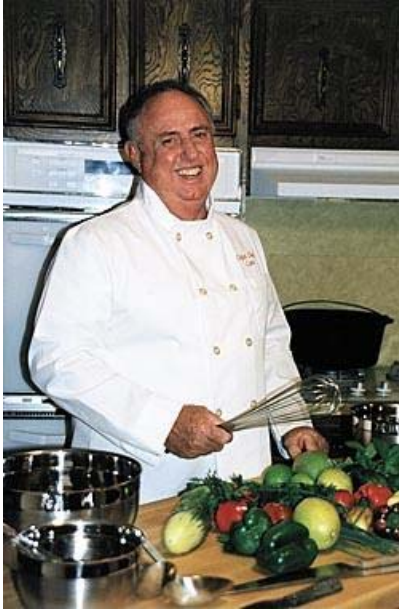


It's So Good!



Hello, I'm Cajun Chef Caro Thomas, the creator of Cajun Power products. In my teen years I studied Cajun recipes and ideas from mid 1800s to the late 1950's. I took those wonderful old recipes and ideas and continued to study them for another 10 years in my restaurant. Here I created those wonderful gourmet flavors that I can now share with you. Due to my proud Cajun culture I chose and trademarked the brand name *Cajun Power*.

My family and I at **Cajun Power Sauce Manufacturing** have been preparing quality sauces and products for more than a quarter of a century. I use only the finest ingredients in all of my products. My goal is to provide you with products of the highest quality and flavor. You are guaranteed that these products are absolutely 100% pure Cajun. You will not find the hottest sauces here; only gourmet sauces and products packed with flavor to enhance any meal on your table. I use squeezed, filtered garlic juice in most of my products.

“The Secret is in the Seasoning.”

True Cajun food is not spicy hot. Cajun food is a blend of seasoning and spices along with garlic, onions, bell pepper, celery, green onion tops, and parsley that will flavor your life forever. My first product, *Cajun Power Garlic Sauce* has a blend of 38 ingredients with a mild rich flavor. Every eight-ounce bottle has two ounces of fresh squeezed garlic juice in it. This garlic sauce is so versatile you can use in cooking and seasoning meats and seafood's or just poured out of the bottle on your favorite food. Add *Cajun Power Garlic Sauce* to my *Cajun Power Ketchup for Kids* and you will never eat plain ketchup again. That's a Promise. One taste and you will see why my *Cajun Power Garlic Sauce* is the most wonderful sauce in the whole world. This is the sauce that made **Cajun Power** famous.



“Soak the Flavor into the Food”

The best tasting meat is always the result of using a good marinade. Marinating meat before cooking not only flavors it superbly, but also tenderizes it, producing a treat the mouth not soon forgotten. Use my *Cajun Power Garlic Sauce* to marinate your chicken, ribs, pork chops, steaks, roasts, and brisket. After cooking, my garlic sauce makes beautiful brown gravy.

“Do You Need more Spice?”

If you are looking for a sauce with more spice, try my *Cajun Power Spicy Garlic Pepper Sauce* and *Cajun Power All Purpose Spicy Garlic Sauce*. Both provide the best heat for spicy Cajun recipes, yet doesn't over power your taste buds. My *Cajun Power Worcestershire Sauce* starts with the original Worcestershire sauce and I have added my own special blend of herbs, spices and lots of onions and garlic. This sauce is perfect for steaks, game and sautéing mushrooms. Try injecting Worcestershire sauce into your next beef roast or mix it with ground hamburger meat. I suggest also my *Cajun Power All Purpose Cajun Seasoning*, a blend of 18 ingredients. This Cajun seasoning is perfect for seasoning anything from meat to vegetables. I have many more Cajun Power seasoning products for your cooking pleasure as well and I continue to improve and create new Cajun Power products.

“Laissez les bons temps rouler”

This means, “*Let the good times roll*” and Cajuns like to have good times. Cajun family home life is closely knit and families love to get together. Cajun families tend to have large suppers and family gatherings tend to be large with lots of food. Tables are lined with lots of appetizers, salads, seafood, meats and poultry, with bowls of rice and vegetables, platters of breads, and desserts to please everyone. You too can let the good times roll with my recipes made with Cajun Power products.





*Here is my kitchen, and as you will note I first lay out all ingredients, along with a cookbook. I use my **Cajun Power Garlic Sauce** in most recipes. Some my other sauces and products will enhance the recipe, however, are absolutely not always necessary. I hope you enjoy the following recipes.*

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Jalapeño Corn Muffins

Breads

Pain Perdu

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Ambrosia

Angel on a Cloud

Cherry Puff Pie

Cherry Puffs

King Cake

Papa Loves Banana Spencer

Lou Lou's Cajun Bread Pudding

Pastry Shells

10-inch Pie Crust

Pineapple Upside Down Cake

President's Jelly Bean Cake

Strawberries and Cream

Strawberry Tart

Nutrition Facts

All the nutrition facts listed were computed with MasterCook 4.0 and the daily values are based on a 2,000 calories diet. Ingredients in this program used to compute the nutrition facts came from the United States Department of Agriculture (USDA) and from food manufacturers including Cajun Power Sauces Mfg., Inc. Nutrition facts are based on uncooked ingredients. Cooking will something change the facts, especially vitamins.

All Cajun recipes are true to form. No matter what the fat and sodium that is listed, the recipes are cooked to preserve the Cajun taste. Many of Cajun dishes are recipes you won't eat everyday but when you do, they need to taste good.

If you are concerned about fat and/or sodium, just cut the fat and/or salt down a bit. Read the nutrition facts labels on the products you are using and when you see it is high in fat and/or sodium, cut back a little bit. But remember, if you cut back too much, you might loss the true Cajun flavor. Also if you see too much fat and/or sodium on the label, a little bit more fat and/or sodium once in a while probably won't hurt you. Also you can take it easy on fats and/or sodium at other meals for that day.

Cajun Power products can be ordered on line: www.cajunpowersauce.com, by telephone 1-887-876-8748, 1-227-893-3856, Fax 1-337-893-2963, or write to: Cajun Power Sauce Mfg. Inc., 10218 LA hwy 62, Abbeville, LA 70510.

Hard to find Cajun products such as crawfish and Cajun sausages are available on line: www.cajungrocer.com or by telephone 1-888-272-9347.

"It's So Good!" copyrighted 2005 by Cajun Power Sauce Mfg. Inc.. ***"It's So Good!"*** was edited by my son, Beau, and friend Richard Calhoun who computed the nutrition facts and tested recipes.

Appetizers

I like to serve hors d'ouvres with an Acadian flavor. The following recipes are my favorites. Also you can serve my **Grilled Shrimp**, mushrooms stuffed with a mixture of eggplant and shrimp, and a block of cream cheese covered with my **Cajun Power Garlic Sauce** or my **Cajun Power Red Pepper Jelly**. Crackers are a must, along with finger foods, such as carrot and celery sticks. On my table are always my **Cajun Power Dip Sauce** and my **“Good Stuff” Sauce.**”

Crab Dip

Makes about 6 cups

1 cup onion, chopped
2 celery ribs, chopped fine
4 tablespoons butter
2 tablespoons flour
10 3/4-ounce can cream of mushroom soup, undiluted
1 pound crab meat
2 tablespoons **Cajun Power Garlic Sauce**
1 tablespoon lemon juice
Dash **Cajun Power Spicy Garlic Pepper Sauce**
Cajun Power All Purpose Cajun Seasoning to taste
Parsley, chopped

1. In a heavy skillet, sauté onions and celery in butter until tender.
2. Stir in the flour slowly.
3. Add the mushroom soup.
4. Cover and simmer over low heat for 5 minutes.
5. Add remaining ingredients and simmer for 10 minutes more, stirring carefully in order not to break up crab meat.
6. Serve in a chafing dish. Sprinkle a little parsley on top. Serve with chips or fancy crackers.

Nutrition facts per tablespoon: 14 calories, 47% calories from fat, .7g total fat (1%), .4g saturated fat (2%), 6mg cholesterol (2%), 51mg sodium (2%), zero carbohydrates and fiber, 1.4g protein (3%), 56iu vitamin A (1%), 1mg vitamin C (1%), 9mg calcium (1%), and .2mg iron (1%).

Deviled Eggs

Makes 24 servings

You can stand up to eat these deviled eggs, but just make sure your legs go all the way to the floor.

12 hard cooked eggs, shelled
1/2 cup **Cajun Power Lemon Dill Mayonnaise**
1 teaspoon salt
2 teaspoons **Cajun Power Garlic Sauce**
1 tablespoon **Cajun Power Spicy Garlic Mustard***
1/2 cup onions, minced
4 small pickles, minced
A dash of **Cajun Power Spicy Garlic Pepper Sauce**
1/4 teaspoon black pepper or to taste
Paprika, olive slices and pimento, if desired

1. Cut eggs in half lengthwise.
2. Remove yolks and in a large bowl mash with a fork.
3. Combine remaining ingredients with the yolks.
4. Fill each egg white with the mixture.
5. Sprinkle with paprika and top with olive slices and pimento, if desired.

Nutritional facts per serving: 78 calories, 73% calories from fat, 6.3g total fat (10%), 1.4g saturated fat (7%), 95mg cholesterol (32%), 166mg sodium (7%), 2.4g carbohydrates (1%), .5g fiber (2%), 3g protein (6%), 240iu vitamin A (5%), 3mg vitamin C (5%), 19mg calcium (2%), and .4mg iron (2%).

***Cajun Power Spicy Garlic Mustard:** This gourmet mustard is smooth to taste, is loaded with pasteurized garlic, along with a few spices that creates the flavors of the tropical islands. This is not thick mustard, making it perfect for salads dressings, marinades, sandwiches and a rub for meats and fish.

Fais Do-Dos

In olden days, a large group of families would get together and build a big barn like a community hall. It was a place for everyone to gather for eating, drinking and dancing. There would be a room for children called “*parc aux enfants*” or children’s park for sleeping. The term “*fais do-dos*”(fay-do-do) is baby talk for to go to sleep or literally “*make sleep*.” Therefore, these affairs came to be called “*Fais Do-Dos*” and the building, the *fais do-do hall*. Today *fais do-dos* are more often held as street dances in the towns because they have become so large.

Parched Pecans

I dearly love parched pecans, and I make pecan spread with the parched pecan and stuff celery with the pecan spread.

3 quarts pecans
1/3 cup butter (2/3 stick)
Salt to taste

1. Place pecan halves in a 9x13-inch baking pan.
2. Bake pecans in 225°F to 250°F preheated oven for 1 1/2-hours, stir occasionally. If not parched enough leave in the oven for another 30 minutes.
3. When pecans are parched, add butter, salt to taste, and mix well.

Parched Pecans Nutrition facts per 1/4 cup: 108 calories, 87% calories from fat. 11.1 total fat (17%), 1.7g saturated fat (8%), 4mg cholesterol (1%), 148mg sodium (6%), 2.6g carbohydrates (1%), 1.1g fiber (4%), 1.1g protein (2%), 72iu vitamin A (1%), zero vitamin C, 5mg calcium (1%), and .3mg iron (2%).

Pecan Spread

Makes about 10 tablespoons

1/4 cup parched pecans, chopped finely
1/4 cup sweet pickle relish
3 ounce package cream cheese
1/2 teaspoon horseradish
2 dashes **Cajun Power Garlic Sauce**
About 2 tablespoons **Cajun Power Lemon Dill Mayonnaise***

1. In a bowl, combine the first 5 ingredients, mix well
2. Add mayonnaise to give it a good spreading consistency.

Stuff the pecan spread on celery and/or spread on crackers

Nutrition facts per tablespoon: 69 calories, 80% calories from fat, 6.4g total fat (10%), 2.3g saturated fat (12%), 11mg cholesterol (4%), 100mg sodium (4%), 2.9g carbohydrates (1%), zero fiber, .8g protein (2%), 133iu vitamin A (3%), zero vitamin C, 8mg calcium (1%), and .2mg iron (1%).

***Cajun Power Lemon Dill Mayonnaise** is packed with flavor, yet so smooth. My mayonnaise is great in sandwiches, use for vegetable dips, and especially good in potato salads. Team my mayonnaise with my **Cajun Power Spicy Garlic Mustard** for a great po'-boy.

Cajuns like pickled foods. Some my favorites are pickled okra, green tomatoes, both hot and mild peppers, asparagus, onions and zydecos (spicy pickled snap beans). Here is my recipe for pickled oysters.

Pickled Oysters

Makes 48 oysters

4 dozen oysters and liquor
3/4 cup **Cajun Power Garlic Sauce**
1 lemon, thinly sliced
1 tablespoon black pepper
1 tablespoon allspice.

1. Place oysters in a double boiler and heat only to curl the edges of the oysters.
2. Drain and save the liquor.
3. In saucepan, boil liquor, spices and garlic sauce for 10 minutes.
4. Place oysters and lemon slices in a jar.
5. Cover oysters with liquor, refrigerate.
6. Serve chilled.

Nutrition facts per oyster: 12 calories, 22% calories from fat, .4g total fat (1%), .1g saturated fat (1%), 7mg cholesterol (2%), 61mg sodium (3%), 1.7g carbohydrates (1%), zero fiber, 1g protein (2%), zero vitamin A, 2mg vitamin C (4%), 8mg calcium (1%), and 1mg iron (6%).



*Enjoy wonderful fresh oysters on the half shell with wedges of lemon. Now complete the experience and dip your oysters in my **Cajun Power Garlic Sauce**.*

Shrimp Mold

Makes 10 servings

2 pounds shrimp, cooked, chopped
3 ounces cream cheese
2 envelopes Knox® unflavored gelatin
1 cup celery, chopped fine
1/2 cup shallots (not green onions)
10 3/4-ounce can cream of celery soup
1 cup **Cajun Power Lemon Dill Mayonnaise**
Cajun Power All Purpose Cajun Seasoning to taste
Cajun Power Garlic Sauce to taste

1. In a small bowl dissolve gelatin in 1/2 cup of cold water.
2. In a saucepan, add remaining 1/2-cup water to soup and bring to a boil.
3. Add cream cheese and mayonnaise to soup and blend with a whip or mixer until smooth. Cool.
4. Add gelatin and remaining ingredients.
5. Season to taste.
6. Chill in an oiled mold until very firm. Turn out onto serving plate.

Nutrition facts per serving: 319 calories, 68% calories from fat, 24.3g total fat (37%), 5.5g saturated fat (27%), 165mg cholesterol (55%), 539mg sodium (22%), 5.7g carbohydrates (2%), .3g fiber (1%), 19.5g protein (39%), 1209iu vitamin A (24%), 3mg vitamin C (5%), 65mg calcium (6%), and 2.4mg iron (14%).

Dippin'

Cajuns like to dip and my appetizer table always has a bowl of my **Cajun Power Cajun Dip Sauce**. I originally called this sauce "*Love It*" *Sauce*, and I really do love this sauce and I am sure your will also love it. Also try my **Cajun Power Salsa/Picante Sauce**, as it is great for dipping as well adding to soup and pasta sauces to boost up the flavor. Also add to American-type melted cheese.

On my table is a nice assortment of carrot and celery sticks, bell pepper strips (also known as Holly Trinity), cauliflower and broccoli florets, French fried potatoes, along with chicken tenders, boiled crawfish, shrimp, and crab claws, as well as French bread.

My **Uncle Easy's Tia Bueno Raspberry Chipotle Sauce** is also an excellent dipping sauce. This sauce is a perfect blend of smoky jalapeños with a hint of raspberry. This sauce is also wonderful served with bread or toast or on top of cream cheese for a delicious hor d'oeuvre.

Soup & Salads

During the hot summer months, it is too hot, even in air-conditioned kitchens, to fix a hot meal. There are always plenty of salad makin's in my kitchen. My refrigerator always has cooked chicken and shrimp available, and both make wonderful salads. Here's a chance for you to enjoy potatoes like they should be, in a salad. And don't forget chilled fruits.

When shopping for salad greens, look for freshness. Avoid at all costs any greens that looked like they just fell off the back of a truck. If the tomatoes are pink and hard as rocks, you need vine ripened tomatoes for perfect salads. Except for tomatoes (refrigeration kills the flavor), all salad ingredients should be chilled. Always wash salad greens under running water to remove dirt and those little critters that sometimes make it home, and than bone dry them thoroughly.

Also have on hand all kinds of garnishes. Cucumber rounds, shaved carrots, fresh sprouts, cheese chunks, green and black olives and pickled peppers.

Asparagus Élegante

Makes 1 serving

| | |
|---|---|
| Lettuce | 1 hard cooked egg, shelled, cut in wedges |
| 4 asparagus spears, cooked or canned | 4 green or black olives |
| 1/2 half tomato, cut in wedges | |
| 2 tablespoons Cajun Power Dip Sauce* | |

1. On a salad plate, place several leaves of lettuce.
2. Place asparagus spears in the center on top of the lettuce.
3. Place tomato wedge on one side of the asparagus
4. Place egg wedges on the other side of the asparagus
5. Add olives as desired.
6. Top with dipping sauce.

Nutrition facts per serving: 191 calories, 72% calories from fat, 15.2g total fat (23%)< 2.6g saturated fat (13%), 191mg cholesterol (64%), 448mg sodium (19%), 7g carbohydrates (2%), 1g fiber (4%), 6.2g protein (12%), 520iu vitamin A (10%), 4mg vitamin C (7%), 43mg calcium (4%), and 1.5mg iron (8%).

* My **Cajun Power Dip Sauce** is a perfect mixture of mayonnaise, ketchup, and my famous **Cajun Power Garlic Sauce**. Use this sauce for dipping all fried and boiled foods, including fish, shrimp, oysters, crabs, burgers, chicken strips, and French fries. Perfect for chicken strips and nuggets. Also my dip sauce makes a great vegetable dip. To sum it up, the more you dip the more you want to dip.

Cajun Cole Slaw

Makes 4 servings

4 cups cabbage, shredded finely
3/4 cup **Cajun Power Lemon Dill
Mayonnaise**
1/2 cup green or red bell pepper,
chopped finely

2/3 cup raisins
1 tablespoon apple cider vinegar
2 tablespoons sugar
**Cajun Power All Purpose Cajun
Seasoning** to taste

1. In a large bowl, toss first six ingredients together.
2. Taste as you toss with Cajun seasoning, as desired.

Nutrition facts per serving: 444 calories, 71% calories from fat, 36.3g total fat (56%), 6.1g saturated fat (30%), 30mg cholesterol (10%), 514mg sodium (21%), 32.1g carbohydrates (11%), 2g fiber (8%), 1.7g protein (3%), 232iu vitamin A (5%), 39mg vitamin C (65%), 61mg calcium (6%), and 1mg iron (5%).

Chicken Salad

Makes about 8 servings

5 pound hen
2 cups celery, chopped
6 eggs, hard cooked, shelled, chopped
8 ounces sweet pickle relish
Cajun Power All Purpose Cajun Seasoning to taste
2 tablespoons **Cajun Power Garlic Sauce**
About 1/2 cup **Cajun Power Lemon Dill Mayonnaise**

1. In a large pot, boil chicken until tender.
2. Cool, remove meat from bones and chop.
3. Combine chicken, celery, eggs and relish.
4. Add Cajun seasoning to taste.
5. Add garlic sauce, more if you like
6. Fold in mayonnaise to desired consistency.

Top chicken salad on a bed of lettuce, use as a spread for crackers and sandwiches, or fill celery sticks.

Nutrition facts per serving: 447 calories, 50% calories from fat, 24.6g total fat (38%), 5.6g saturated (28%), 264mg cholesterol (88%), 626mg sodium (26%), 13.8g carbohydrates (5%), .5g fiber (2%), 42g protein (84%), 354iu vitamin A (7%), 2mg vitamin C (4%), 47mg calcium (5%), and 2.4mg iron (14%).

Courtbouillon

Makes 6 servings

*Courtbouillon (koo-bee-you) is usually made with freshwater white perch, however, you can use any fish you like, such as catfish or red fish. Courtbouillon is one of the few Cajun dishes that's not served over rice. I serve this soup with my **Potato Salad** and **Chicken Fricassee**.*

2 pounds freshwater white perch
Cajun Power Seasoned Fish Fry

Vegetable oil

1 cup **Cajun Power Roux**, divided

2 onions, chopped, divided

2 bell peppers, chopped, divided

4 celery stalks, chopped, divided

1 teaspoon **Cajun Power Spicy**

Garlic Pepper Sauce

2 tomatoes, chopped

2 garlic cloves, minced

1/2 teaspoon dried oregano

1/2 teaspoon dried basil

2 bay leaves

1 tablespoon sugar

1/2 teaspoon **Cajun Power Ground
Red Pepper**

4 cups clam juice

1/2 cup **Cajun Power Garlic Sauce**

Lemon wedges

1. First make the broth. In an iron Dutch oven, add 1/4 cup of roux.
2. Over medium heat add tomatoes, 1 onion, 1 bell pepper, 3 celery stalks, garlic, herbs, sugar, and red pepper.
3. Sauté vegetables until tender.
4. Stir in clam juice and garlic sauce. Reduce heat to simmer and cook about 30 minutes, stirring occasionally.
5. While the broth cooks, coat the fish with seasoned fish fry.
6. Fry in oil until crisp, remove and drain on paper towels.
7. Add remaining roux and vegetables and cook about 5 minutes or until the vegetables are tender.
8. Add these vegetables to the broth in the Dutch oven and stir in spicy garlic pepper sauce.
9. Add fried fish, place the Dutch Oven in a preheated 375°F oven and bake about 30 minutes.
10. Serve hot in soup bowls, garnish with lemon wedges.

Crisp French bread goes great with courtbouillon.

Nutrition facts per serving: 663 calories, 51% calories from fat, 38.2g total fat (59%), 4.5g saturated fat (23%), 136mg cholesterol (45%), 975mg sodium (41%), 48.3g carbohydrates (16%), 2.4g fiber (10%), 33.7g protein (67%), 576iu vitamin A (12%), 36mg vitamin C (60%), 167mg calcium (17%), and 3.6mg iron (20%).

Fruit Salad

Makes 1 serving

*I like to serve this simple salad with my **Hot Tamale Pie**. Since Cajuns have a French background, we like to pronounce mayonnaise the French way in Acadiana: “Mi-o-nez.”*

Curly lettuce leaf

Peach half

Pineapple, sliced

Bananas, sliced

Cheese, grated

Dollop of **Cajun Power Lemon Dill Mayonnaise**

1. On a salad plate, place a layer of curly lettuce leaf.
2. Place peach half on the lettuce.
3. Top with pineapple and sliced bananas.
4. Top with cheese and mayonnaise.

Nutrition facts per serving: 487 calories, 39% calories from fat, 22.5g total fat (35%), 8.3g saturated fat (41%), 40mg sodium (13%), 67.1g carbohydrates (22%), 6.6g fiber (26%), 2927iu vitamin A (59%), 42mg vitamin C (70%), 321mg calcium (32%), and 1.9mg iron (10%).

*Use my flavored **Cajun Power Lemon Dill Mayonnaise** for vegetable dips, potato salads, sandwich spreads or any recipe that calls for mayonnaise. It's so smooth and packed with flavor!

Enjoy Good Food with Good Music

Food and music are inseparable in our French communities. Every little settlement always has one or more Cajun bands. In the old music, the fiddle was the strong sound. Then German immigrants brought their accordions, which the Acadians promptly adopted, and they give the present music its characteristic “push-pull” sound which sort of washboard rhythm. The guitar is a more recent addition. The typical dance of our people is an easygoing movement and rhythms called the “*Cajun Two-Step*.”

If you enjoy the Cajun two-step, you will enjoy music by Beau Thomas (my son) and his Cajun Power Musicians. At the age of seventeen, Beau persuaded me to buy him a fiddle. It only took him five months for Beau to go professional. Today Beau is sought out for performing and recording. Beau has traveled the world bringing a fresh and innovative style of Cajun fiddling to eagerly awaiting ears. His CD and cassette is available from Cajun Power Sauce.

Potato Salad

Makes 8 servings

*This potato salad is good with **Chicken and Sausage Sauce Piquante**, stews, **Courtbouillon** (koo-bee-you), especially good with my **Sticky Chicken**, **Chicken Fricassee**, pork dishes, **Chicken Gumbo**, do-do and you know! Ai-eeeeeee!*

6 large potatoes, boiled, peeled, cut in chucks
6 eggs, hard cooked, shelled, remove yolks and save, chop whites
1 cup green onions, chopped
3/4 cup red or green bell pepper, chopped
6 small sweet pickles, diced
4 tablespoons sandwich spread
2 tablespoons **Cajun Power Spicy Garlic Mustard***
1 pimento, chopped
Cajun Power All Purpose Cajun Seasoning to taste
About 1/2 cup **Cajun Power Lemon Dill Mayonnaise**

1. In a large bowl, place potatoes, egg whites and mix.
2. Add onions, peppers, pickles and pimentos, and toss carefully.
3. Season with Cajun seasoning to taste.
4. In a small bowl, mash yolks with sandwich spread and mustard.
5. Stir in yolk mixture to potato mixture.
6. Add mayonnaise to the consistency that suits you.
7. Cover and refrigerate until ready to serve.

Nutrition facts per serving: 389 calories, 41% calories from fat, 18.2g total fat (28%), 3.4g saturated fat (17%), 153mg cholesterol (51%), 668mg sodium (28%), 51g carbohydrates (17%), 4.2g fiber (17%), 8.7g protein (17%), 400iu vitamin A (8%), 69mg vitamin C (98%), 41mg calcium (4%), and 2.4mg iron (13%).

Enjoy my potato salad with chicken gumbo and a king cake, and get ready to enjoy some Cajun music.



*My gourmet **Cajun Power Spicy Garlic Mustard** is smooth to taste, and is loaded with pasteurized garlic. I also blend in a few spices creating the flavors of the tropical islands. It's not thick mustard, making it perfect for salad dressings, marinades, sandwiches and a rub for meats and fish.

Shrimp Salad

Makes 8 servings

2 pounds shrimp or crawfish, cleaned, boiled
1 small lettuce head, chopped
2 tomatoes, cut in wedges
1 bell pepper, finely chopped
4 eggs, hard cooked, shelled, cut in wedges
1/2 cup sweet pickle relish
1/2 cup **Cajun Power Lemon Dill Mayonnaise** or as desired
1/2 cup **Cajun Power Dip Sauce**
Cajun Power All Purpose Cajun Seasoning to taste
Croutons, optional

1. Combine all ingredients and toss lightly.

Nutrition facts per serving: 342 calories, 55% calories from fat, 20.8g total fat (32%), 3.5g saturated fat (18%), 278mg cholesterol (93%), 630mg sodium (26%), 11.7g carbohydrates (4%), 1g fiber (4%), 26.4 g protein (53%), 1216iu vitamin A (24%), 18mg vitamin C (31%), 99mg calcium (10%), and 3.8mg iron (21%).

Croutons

Olive oil or butter
Day-old French bread
Cajun Power All Purpose Cajun Seasoning

1. In a 9x13-inch baking pan, heat olive oil in a 350°F oven.
2. Trim crusts from the bread and cut bread into 1/4 to 1/2-inch cubes
3. Toss the bread cubes in the olive oil.
4. Sprinkle Cajun seasoning over the bread cubes.
5. Bake bread cubes until crisp or the desired doneness, stirring occasionally.

If desired, top your salad with the croutons. Croutons are also good topped on soup.

Nutrition facts per 1 cup made with olive oil: 122 calories, 15% calories from fat, 2g total fat (3%), .5g saturated fat (2%), zero cholesterol, 209mg sodium (9%), 22g carbohydrates (7%), 1.5g fiber (6%), 3.6g protein (7%), zero vitamins A and C, 1.2g calcium (2%), and 1.2mg iron (7%).

Stuffed Avocado

Makes 2 servings

1 large avocado, cut in half

Lemon juice

1/4 cup onion, minced

1/4 cup celery, minced

1/4 cup bell pepper, minced

3/4 cup crab or lobster

Cajun Power All Purpose Cajun Seasoning to taste

2 teaspoons **Cajun Power Garlic Sauce***

About 2 tablespoons **Cajun Power Lemon Dill Mayonnaise**

1. Sprinkle lemon juice on each half of the avocado.
2. In a bowl, combine all ingredients except avocado and mayonnaise.
3. Add mayonnaise until mixture is smooth and creamy, but still firm.

Place avocado on a salad plate, fill with mixture, and garnish with your choice of lemon or lime slices, olives, boiled shrimp, kiwi fruit, cherries, tomato roses.

Nutrition facts per serving without garnishes: 301 calories, 69% calories from fat, 24.1g total fat (37%), 4g saturated fat (20%), 55mg cholesterol (18%), 605mg sodium (25%), 11.9g carbohydrates (4%), 2.9g fiber (12%), 12.5g protein (25%), 631iu vitamin A (13%), 35mg vitamin C (58%), 71mg calcium (7%), and 1.4mg iron (8%).



Here on my dining table, I have prepared a collection of hors d'oeuvres and salads.

***Cajun Power Garlic Sauce** is what made my Cajun Power products famous. This original recipe sauce is not hot. Every eight-ounce bottle has two ounces of squeezed garlic in it. The sauce is so versatile you can use in for cooking, marinating, seasoning, or just pour right out of the bottle. It tenderizes meats while making beautiful brown gravy. One taste and you will see why this is the ultimate Cajun Sauce.

Seafood

When the shrimp boats are all freshly painted and ready to begin the season, the Bishop comes to bless them. This is always an occasion for a get-together for food, drink, and merrymaking at the church of each homeport. The festival is a grand send-off for the boat and their crews as they parade up and down the bayou or around the bay festooned with flags of many colors.

Bar-B-Que Shrimp or Crawfish

Makes 4 servings

1 to 2 pounds shrimp or crawfish* with heads on or off, peeled or unpeeled.

(There will be more flavor with heads and shells on))

1/2 cup butter or margarine (1 stick)

1 bell pepper, chopped

2 onions, chopped

1 can or lots of fresh sliced mushrooms

3/4 cup **Cajun Power Garlic Sauce**

Onion tops and parsley to taste

1. In a large pot melt butter. Sauté bell pepper and onions. Cook until tender.
2. Add mushrooms to the pot, and cook 3 minutes.
3. Add garlic sauce. Sauté 3-4 minutes on medium heat.
4. Add shrimp or crawfish, cook until tender.
5. Reduce heat to simmer, add onion tops, and parsley. Cook 15 minutes.

If you would prefer more liquid add a little chicken stock, wine, beer, or more butter. Spoon the sauce over rice, pasta, or your favorite French bread.

Nutrition facts per serving with 1 pound of shrimp: 379 calories, 56% calories from fat, 24.9g total fat (38%), 14.5g saturated fat (73%), 234mg cholesterol (78%), 776mg sodium (32%), 19g carbohydrates (6%), 1.9g fiber (8%), 24.9g protein (50%), 1402iu vitamin A (28%), 25mg vitamin C (42%), 98mg calcium (10%), and 4.1mg iron (23%).

*If you have never eaten crawfish, here's how: Remove the tail and squeeze the tail to crack the shell. Remove the meat, discard the black vein, and dip it in **Cajun Power Cajun Dip Sauce** and enjoy. With your little finger, remove the golden fat from the body or suck the fat out with your mouth.

Boiled Shellfish

Makes 20 servings*

All kinds of shellfish are great boiled or steamed and served hot. My favorites are crawfish, crabs and shrimp. When I make boiled shellfish, I make enough for everyone. I use a large pot on a hot fire with lots of ingredients. If my recipe is too large for your family, you can cut the recipe in half or to fit.

20 pounds of live crawfish with heads on
4 gallons boiling water
1 box of salt
1/2 cup cayenne red pepper
4 onions, halved
3 lemons, halved
1/4 cup vegetable oil or butter
1 cup **Cajun Power Garlic Sauce**
Little new potatoes
Corn on the cob, cut in half

1. Rinse crawfish in a large tub, changing the water several times.
2. In a large pot with boiling water add salt, red pepper, onions, lemons, oil and garlic sauce.
3. In another large pot, boil potatoes and corn until almost tender.
4. When the water returns to a second boil in the first pot, add the crawfish and cover.
5. When the crawfish water comes back to a boil, add the corn and potatoes on top of the crawfish and boil 8 to 10 minutes.

I serve everything steaming hot on a large table and let everyone dig in. Serve with a bottle of my **Uncle Easy's Tia Bueno Chipotle Sauce**. This roasted and smoky jalapeño sauce goes perfect with crawfish, as well with shrimp.

Nutrition facts per serving (does not include potatoes and corn): 350 calories, 11% calories from fat, 4g total fat (6%), 1.3g saturated fat (7%), 518mg cholesterol (173%), 263mg sodium (11%), zero fiber, 72.1g protein (144%), 236 vitamin A (5%), 5mg vitamin C (9%), 123mg calcium (12%), and 9.3mg iron (52%).

*Serving size varies from person to person, some say allow 1 pound of crawfish per person, while others claim you need at least 2 pounds. Hence the nutrition facts are only approximate depending on your appetite and how many crawfish you like to eat.

Broiled Shrimp

Makes 4 servings

2 cups vegetable oil
3/4 cup **Cajun Power Garlic Sauce**
2 pounds large shrimp, cleaned and peeled, tail on.

1. In a bowl mix oil and garlic sauce.
2. Add shrimp and marinate for 2 hours, better overnight.
3. Place shrimp in a shallow pan.
4. Pour sauce over shrimp, but do not cover with the sauce.
5. Place under the boiler at about 350°F until lightly brown.
6. Turn shrimp over and brown the other side.

Nutrition facts per serving: 740 calories, 70% calories from fat, 58.3g total fat (90%), 7g saturated fat (35%), 345mg cholesterol (115%), 705mg sodium (29%), 11.1g carbohydrates (4%), zero fiber, 46.1g protein (92%), 409iu vitamin A (8%), 5mg vitamin C (8%), 118mg calcium (12%), and 5.4mg iron (30%).

Serve with tasty wafers.

Grilled Shrimp

Makes 4 servings

1/2 cup butter
3/4 cup **Cajun Power Garlic Sauce**
2 pounds large shrimp, cleaned and peeled, tail on

1. Marinate as above.
2. Drain shrimp from marinate.
3. In a skillet, brown the shrimp in butter, basting with marinate sauce mixture as necessary.

Serve with tasty wafers.

Nutrition facts per serving: 459 calories, 51% calories from fat, 26.5g total fat (41%), 14.8g saturated fat (74%), 406mg cholesterol (135%), 936mg sodium (39%), 11.1g carbohydrates (4%), zero fiber, 1265 vitamin A (25%), 5g vitamin C (8%), 125mg calcium (12%), and 5.4mg iron (30%).

Crawfish Etouffée

Makes 4 servings

Etouffée (a-too-FAY) can be made with crawfish or shrimp. This recipe starts by making roux just like my grandmother made.

3/4 cup vegetable oil*
1 cup flour*
1 onion, finely chopped
1 green bell pepper, diced
5 garlic cloves, minced
2 celery stalks, chopped
1/2 cup **Cajun Power Garlic Sauce****
1 teaspoon **Cajun Power All Purpose Cajun Seasoning**
2 tablespoons dried parsley
1 cup clam juice
1 pound crawfish, peeled, heads off
1 bunch green onions, chopped

1. In a large heavy iron pot, heat the vegetable oil on high.
2. When hot, add the flour and stir constantly with a wooden spoon. Best to lower the heat so the flour doesn't burn, and if it does, throw it out and start over again. Constantly stirring until the flour turns to a rich dark reddish chocolate color. See **Brown Roux** for instructions.
3. Add onions, bell pepper, garlic, and celery. Stir constantly for about 5 minutes.
4. Set heat to medium, add garlic sauce, seasoning, parsley, and clam juice. Simmer for 30 minutes.
5. Add crawfish and cook for about 15 minutes. Taste and add more Cajun seasoning to suit your taste.
6. Add green onions and serve on top of hot cooked **Cajun Power Rice**.

Nutrition facts per serving without rice: 642 calories, 58% calories from fat, 42.5g total fat (65%), 5.1g saturated fat (26%), 130 cholesterol (43%), 824mg sodium (34%), 45.3g carbohydrates (15%), 3.2g fiber (13%), 23.3g protein (47%), 580iu vitamin A (12%), 41mg vitamin C (69%), 91mg calcium (9%), and 5.1mg iron (28%).

*You can replace the vegetable oil and flour with 1 cup of my **Cajun Power Roux**. Heat roux, than add vegetables.

For more spice, use **Cajun Power All Purpose "Spicy" Garlic Sauce. This sauce is a seafood lover's dream for fried fish, shrimp, and oysters. Mix with ketchup and a little horseradish for a wonderful cocktail sauce.

Fried Catfish

Makes 1 serving

*Wait until you taste these catfish you'll scream "Sac-a-lait!" Sac-a-lait is the Louisiana name for white perch and means "sack of milk". Doesn't make sense, but it sounds so good when you yell it, and we yell it a lot at home. When I fry catfish, I also serve peppery fried **Hush Puppies**, and a big **Shrimp Salad**.*

2 catfish fillets*

Cajun Power Garlic Sauce

Cajun Power Seasoned Fish Fry**

1. Marinate catfish fillets in lots of garlic sauce for several hours or overnight.
2. In a bag pour in some fish fry flour.
3. Drop in catfish fillets and shake them well to coat.
4. Deep fat-fry until golden.

When you eat these hot crispy pieces, dip them in **Cajun Power Dip Sauce**. My dipping sauce is a perfect mixture of mayonnaise, ketchup, and my famous **Cajun Power Garlic Sauce**. Use this sauce for dipping all fried and boiled foods, including fish, shrimp, oysters, crabs, burgers, chicken strips, and French fries. Perfect for chicken strips and nuggets. To sum it up, the more you dip the more you want to dip.

Nutrition facts per serving: 370 calories, 21% calories from fat, 9g total fat (14%), 2.3g saturated fat (11%), 184mg cholesterol (61%), 929mg sodium (39%), 23g carbohydrates (8%), .4g fiber (2%), 53.3g protein (107%), 159iu vitamin A (3%), 2mg vitamin C (4%), 45mg calcium (4%), and 1mg iron (5%).

I fry the catfish and pile it in a skillet and serve it with peppery fried hush puppies



*This recipe works well with many kinds of firm fish, such as red fish, cods, and salmon. Also use this recipe to coat peeled shrimp, oysters, chicken strips, French fries and other vegetables.

My **Cajun Power Fish Fry is made with rice flour grown here in Louisiana and seasoned the rice flour to perfection with my **Cajun Power All Purpose Cajun Seasoning** and lemon. This combination, when breaded, makes your fish, and even fried vegetables scrumptious. It gives your fried foods a one of a kind taste. **It's So Good!** Also try my **Cajun Power Chicken Fry** for chicken and other meats.

Sautéed Shrimp

Makes 4 servings

I am happy to announce that this is one of my very all time favorite recipes. The flavor is indescribable.

1/2 cup butter (1 stick)
1 red or green bell pepper, cut in chunks
1 onion, chopped
3/4 cup **Cajun Power Garlic Sauce**
8 ounces fresh mushrooms
2 pounds shrimp, shelled, cleaned (do not season)

1. Sauté first 5 ingredients until tender.
2. Add shrimp and simmer for 10 to 15 minutes until nicely pink and done.

Serve over rice or with hot French bread

Nutrition facts per serving: 483 calories, 49% calories from fat, 26.7g total fat (41%), 14.9g saturated (74%), 406mg cholesterol (135%), 939mg sodium (39%), 16.3g carbohydrates (5%), 1.2g fiber (5%), 47.3g protein (95%), 1381iu vitamin A (28%), 24mg vitamin C (40%), 135mg calcium (13%), and 5.8mg iron (32%).



A choice of shrimp dishes: boiled shrimp, sautéed shrimp and shrimp sauce piquante. Serve your favorite shrimp recipe with Cajun Power rice, buttered Brussels sprouts, deviled eggs, cracklin's and browned rolls.

Seafood Stuffed Eggplant

Makes 4 servings

2 large eggplants or 4 small eggplants
1/2 cup **Cajun Power Roux**
2 onions, chopped
2 bell peppers, chopped
2 celery stalks, chopped
3 garlic cloves, minced
2 cups clam juice
1 teaspoon dried Italian herbs
1/2 teaspoon **Cajun Power Ground Red pepper**
1 pound shrimp
1 pound crawfish
1 pound crab claw meat, shell bits removed
4 green onions, chopped
Flour
2 cups **Cajun Power Seasoned Fish Fry**
2 eggs, beaten
1 cup **Cajun Power Garlic Sauce**

1. Slice eggplant in half. Scoop out the center of the eggplant, leaving eggplant shell about 1/2-inch thick, and set aside.
2. Chop eggplant pulp and place in a saucepan, cover with water and cook until tender. Drain water.
3. In a heavy skillet, heat roux until hot. Add vegetables and cook until very tender, stirring constantly.
4. Add clam juice, seasonings, and eggplant pulp. Simmer about 30 minutes.
5. Add shrimp, crawfish, crab and green onions, and cook until shrimp turn pink.
6. Combine egg and garlic sauce in a bowl.
7. Dredge eggplant shells in flour, dip in egg mixture, and dredge eggplant in fish fry.
8. Deep fat fry eggplant shells one at a time until golden brown.
9. Fill eggplant shell with seafood mixture and serve hot.

Nutrition facts per serving: 895 calories, 33% calories from fat, 34.1g total fat (52%), 4.8g saturated fat (24%), 441mg cholesterol (147%), 2043mg sodium (85%), 81.3g carbohydrates (27%), 11.5g fiber (46%), 74.1g protein (148%), 1656iu vitamin A (33%), 84mg vitamin C (139%), 315mg calcium (32%), and 10.5mg iron (59%).

Shrimp Sauce Piquante

Makes 12 servings

*Sauce piquante (pee-KAWNT) is the Acadiana name for our spicy sauce or what our Mexican neighbors call picante salsa. This sauce is used with many of our main dishes, especially with seafood, as well as many different kinds of meat. Serve sauce piquante with **Cajun Cole Slaw** and **Sweet Peas in Onion Cups**.*

6 pounds shrimp, cleaned and peeled

Cajun Power All Purpose Cajun

Seasoning

Cajun Power Garlic Sauce

2/3 cup olive oil

6 ounce can of tomato paste

3 onions, chopped

1 bell pepper, chopped

4 stalks celery, chopped

2 cups tomatoes, fresh or canned,
chopped

8 ounces fresh mushrooms

Green onion tops, chopped

Parsley, chopped

Zest of 1 lemon

2 tablespoons sugar

3 tablespoons prepared **Brown Roux**

Chicken stock or water

1. Season shrimp with Cajun seasoning and garlic sauce, set aside.
2. In a large heavy pot, combine oil, tomato paste, stir over medium heat until the tomato paste gets dark and separates from the oil. Be careful not to burn the tomato paste.
3. Add onions, bell pepper and celery. Sauté until tender and add the tomatoes.
4. Add roux and cook until dissolved. Add about 3 cups of stock, stir.
5. Add shrimp, cover, and cook about 2 minutes.
6. Uncover, add sugar, mushrooms and half the zest. Simmer slowly and taste for seasoning.
7. Add onion tops and simmer 2 minutes. Do not over cook the shrimp.
8. Serve piquante sauce over rice and be sure to have enough French bread for “sopping” leftover sauce.

Nutrition facts per serving: 190 calories, 55% calories from fat, 12.6g total fat (19%), 1.7g saturated fat (8%), 10mg cholesterol (3%), 356mg sodium (15%), 19.5g carbohydrates (7%), 2.8g fiber (11%), 4.1g protein (8%), 1255iu vitamin A (25%), 28mg vitamin C (46%), 70mg calcium (7%), and 3.9mg iron (22%).

Spicy Garlic Pepper Shrimp

Makes 2 servings

1 pound large shrimp peeled, deveined, butterfly with tail tip on*

5 tablespoons butter (2/3 stick)

2 tablespoons olive, or cooking oil

Cajun Power All Purpose Cajun Seasoning

Cajun Power Garlic Sauce

1 onion cut in strips

1/2 bell popper cut in strips

1/2 cup button fresh mushrooms

Juice of 1/2 fresh lemon

1/2 cup green onion tops, chopped

Cajun Power Spicy Garlic Pepper Sauce

Fresh parsley

1. Season shrimp with Cajun seasoning and garlic sauce.
2. In a skillet on medium-high heat. Sauté shrimp* in butter and olive oil on each side two to three minutes.
3. Add onions, bell pepper and mushrooms and sauté about 3 more minutes.
4. Squeeze in juice of lemon and stir.
5. Sprinkle lots of Spicy Garlic Pepper Sauce to taste.
6. Stir to blend the flavors.
7. Sprinkle Spicy Garlic Pepper Sauce again over all ingredients, and stir.
8. Add onion tops and parsley to taste.

Serve and enjoy. Do you want a little more spicy heat? Serve your shrimp with my **Uncle Easy's Tio Bueno Chipotle Sauce**. This sauce has a perfect blend of roasted and smoked jalapeño peppers.

Nutrition facts per serving: 687 calories, 59% calories from fat, 46.1g total fat (71%), 20.2g saturated fat (101%), 422mg cholesterol (141%), 1152mg sodium (48%), 23.9g carbohydrates (8%), 2.4g fiber (10%), 48.9g protein (98%), 2483iu vitamin A (50%), 59mg vitamin C (98%), 203mg calcium (20%), and 9.6mg iron (54%)>

*If using cooked shrimp, add after vegetables are cooked. Do not over cook the shrimp. Shrimp can also be replaced with crawfish.

Meat

Not so long ago, pigs would be found in the family yard (and still are found in many yards today). The family fed them scraps and the kids loved them. Families would get together with their pigs and have la boucheri. Stuffed meats are very popular. Beef is not as popular as pork and poultry, but when beef is prepared it must be the best. Second-hand beef will never find the way to a Cajun table.

Baked Ham

A fine baked ham deserves the place of honor at your family reunion. Laissez les bon temps rouler! Means: "Let the good times roll"!

| | |
|---|-----------------------------------|
| 8 to 10 pound ham, fully cooked (you may want your ham sliced and tied) | 2 tablespoons dry mustard |
| 1 can apricot, halves | 4 tablespoons lemon juice |
| 2 cups brown sugar | Whole cloves |
| | 4 ounces of your favorite liqueur |
| | Whole cherries |

1. In a baking pan place ham fat side up. Score diagonally with a sharp knife.
2. Stud each diamond with a clove. Drain apricots, save juice.
3. In a bowl combine brown sugar, mustard, lemon juice and apricot juice for a basting sauce.
4. Bake ham in 325°F preheated oven for about one hour, basting with sauce and pan dippings every 15 minutes.
5. Remove ham, place apricots on top, secure with toothpick and cherry on top of each. Baste ham and return to oven. Continue basting every 45 minutes.
6. Remove ham and place on a platter. Decorate your ham for a splendid presentation. When finished pour liqueur (Grand Marnier, Triple Sec or apricot brandy) over the entire work of art.

Nutrition facts per 8 ounce serving: 447 calories, 59% calories from fat, 28.4g total fat (44%), 10.1g saturated fat (50%), 119mg cholesterol (40%), 3049mg sodium (127%), zero carbohydrates and fiber, 44.4g protein (89%), zero vitamin A and C, 15mg calcium (2%), and 1.6mg iron (9%).

Candied Fruits: When I bake ham, it is a must to cook peaches, apricots and chunks of fresh pineapple in the sauce while baking the ham. When the ham is finished, and is put on the platter, I place the fruit in a bowl and pour the remaining syrup over the fruit. I bring in the bowl of candied fruit loudly announce: "*Lagniappe*" (lan-yap) "Just a little something extra."

Cajun Chili

Makes 8 servings

My Cajun chili is so good a horse might leave its oats for it. Cajun cowboys like to fill their stomachs with Cajun chili and then snuggle in their bedrolls for the night. Be sure to have lots of French bread to sop up the sauce.

1 pound of hamburger
2 cups **Cajun Power Makin' Chili** sauce (1 pint jar)*
2 cups water
2 cups red beans, cooked or canned, if desired

1. In a pot, brown hamburger and drain fat.
2. Add chili sauce, stir well
3. Add water and stir again.
4. If desired, stir in red beans, stir once more.
5. Do not cover the pot. Bring ingredients to a boil. Reduce heat to simmer and simmer to 20 minutes. If you make a double recipe, simmer longer. To make it even better, turn off heat, cover pot, and let the seasonings blend for a while.

Nutrition facts per serving with beans: 389 calories, 21% calories from fat, 9.9g total fat (15%), 3.3g saturated fat (16%), 22mg cholesterol (7%), 274mg sodium (11%), 64.2g carbohydrates (21%) 16.6g fiber (67%), 20.1g protein (40%), 133iu vitamin A (4%), 11mg vitamin C (19%), 264mg calcium (26%), and 7mg iron (39%).

Cajun Chili is nice when served with fresh chopped green onions and cheddar cheese sprinkled on the top. Use my **Cajun Power Chipotle Pepper Jelly** with your Cajun Chili. This jelly is kinda sweet, kinda smokey, kinda hot and kinda spicy. Get your taste buds ready! Leftovers can be refrigerated or frozen.

Spoon Cajun Chili over hot dogs in a bun for a Cajun Chili Dog. Top with chopped onions and grated cheese. Cajun Chili can be served over plain bread or poured into taco shells. Use Cajun Chili for a fine dip. Cajun Chili makes a fine topping for baked potatoes, melt some American cheese in the chili sauce with meat. You can use this recipe to make Fajitas. Just replace the hamburger with cut up beef, add a chopped onion or two, plus a bell pepper cut into strips, omit the beans, add 2 cups of **Cajun Power Garlic Sauce** or **Cajun Power All Purpose "Spicy" Garlic Sauce**, and slow cook until meat is tender.

*My **Cajun Power Makin' Chili**. is great for chilibogs, tacos, nachos, enchiladas, cheese & chili dip, or just pour over chips for a super snack. My "old time" Makin' Chili has onions, tomato sauce, bell pepper, chili peppers, spices and my garlic sauce blended ready for you to make Cajun Chili is less than 30 minutes.

Cajun Country Fried Steak

Makes 4 servings

In Texas you will find Chicken Fried Steak on almost every restaurant menu. Instead of using flour and bread crumbs, and deep fat fried, I use my **Cajun Power Seasoned Chicken Fry** and pan fry. You will find the appearance is about the same as in Texas, but just wait until you taste that first bite.

4 cube steaks, about 8 ounces each

1 egg

1 tablespoon water

Cajun Power Seasoned Chicken Fry

Easy White Sauce

1. Wash the steak and leave a little wet.
2. Coat the steak with my chicken fry.
3. In a small bowl, beat the egg with 1 tablespoon of water.
4. Dip the coated steak in the beaten egg.
5. Coat once more with the chicken fry.
6. In a skillet over medium heat, add a little vegetable oil.
7. When the oil is hot, fry the steak until golden brown. Turn over the steak and cook the other side.
8. Top with the easy white sauce.

Serve with mashed potatoes, topped with white sauce.

Nutrition facts per serving based on 8-ounce steak: 566 calories, 58% calories from fat, 35.5g total fat (55%), 14.8g saturated fat (74%), 202mg cholesterol (67%), 458mg sodium (20%), 10g carbohydrates (3%), .3g fiber (1%), 48.7g protein (97%), 251iu vitamin A (5%), 1mg vitamin C (1%), 90mg calcium (9%), and 5.1mg iron (28%).



Boudin sausage is made with pork, rice, vegetables and seasonings.

Frying pork skins are known as “cracklin’s”



Cochon de Laiare

A cochon de lait, or suckling pig, is roasted on a spit over a wood fire, are for family celebrations, church suppers, political rallies or just for the good times. Once you taste cochon de lait you will be looking for a piece of land in Cajun country soon.

Pigs range from 25 to 90 pounds
(I prefer a pig of 40 to 45 pounds)

Cajun Power Garlic Sauce **Cajun Power All Purpose Cajun Seasoning**

1. Have the pig dressed and the back cracked at your market.
2. Season the pig both inside and outside with Cajun seasoning.
3. Pour garlic sauce over the pig, rubbing well.
4. In several areas inject garlic sauce in the pig.
5. Place pig in a cooler for 48 hours.
6. Roast over an open fire, turning spit constantly. A 40-pound pig will take about 8 hours. A general rule of thumb is about 1 hour for every 5 pounds.

Nutrition facts per 8 ounce serving: 391 calories, 67% calories from fat, 28.4g total fat (44%), 9.9g saturated fat (50%), 119mg cholesterol (40%), zero carbohydrates and fiber, 31.5g protein (63%), zero vitamin A, 1mg vitamin C (2%), 26mg calcium (3%), and 1.5mg iron (8%).

Serve *cochon de lait* with my **Rice Dressing, Fried Sweet Potatoes**, a green salad and lots of hot **French Bread**. For dessert serve my **Pineapple Upside Down Cake**.

La Boucherie

A *boucherie* (boo-shoh-ree) (means butchering) can become a family festival. Several families would gather together to butcher their hogs. They cut up the meat and make “*cracklin’s*” (fried pork skins), sausage, hoghead cheese called “*fromage de tête*,” and *tasso* (dried meat similar to peppery jerky). They usually make large coil of white *boudin* (sausage make with rice, ground pork, onions and seasonings).

After the *boucherie*, food would be brought that was easy to serve or heat for a large group of people, such as po’-boys, cracklin’s or boudin, as well as gumbo and jambalaya.

One phrase you hear often in Cajun country is “*Laissez les bons temps rouler!*” which means, “Let the good times roll.” And this is especially true during *La Poucherie*.

Stuffed Beef or Pork Roast

Acadiana produced beef one hundred years before Texas, “Les Vachers” were the Cajun cowboys of the marshlands” Vache” is the word for cow The cattle came from Mexico, which the Mexicans called “vacheries” for their longhorns. When you make your stuffed roast, you will be proud to be a Cajun chief.

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|------------------------|--|
| Beef or pork roast | Cajun Power All Purpose Cajun Seasoning |
| 1 onions, chopped | Salt to taste |
| 1 bell pepper, chopped | Cajun Power Garlic Sauce |
| 2 celery ribs, chopped | Cajun Power Filtered Garlic Juice* |

1. The size of the roast will determine the amount of stuffing required.
2. In a large mixing bowl, combine vegetables and seasonings as desired.
3. Add garlic sauce as you are mixing.
4. Form a pocket in the roast with a thin knife, keeping the opening as small as possible.
5. Fill the hole with stuffing with a teaspoon and push it into the pocket with your fingers.
6. Rub the roast with Cajun seasoning. Rub the roast with lots of garlic sauce.
7. Inject garlic juice in several areas of the roast.
8. Brown roast on all sides in vegetable oil in a Dutch oven. Be careful not to burn the juices, as this is the beginning of your Cajun brown gravy.
9. With leftover vegetables, sauté in the meat juice until tender.
10. Add 3/4 cup of water to remove all particles from the bottom of the pot.
11. Return meat to the pot and cover. Simmer on low heat until tender. A little water might be needed from time to time.

Use the gravy to top cooked rice or mashed potatoes. Use my **Cajun Power Red Pepper Jelly** as an accompaniment for your roasts.

Nutrition facts per 8 ounce serving (normal serving is 4 ounces, cut nutrition facts in half) with a beef blade roast: 524 calories, 62% calories from fat, 37.1g total fat (57%), 14.9g saturated fat (7%), 132mg cholesterol (44%), 891mg sodium (37%), 19.5g carbohydrates (7%), 2g fiber (8%), 32.4g protein (65%), 343iu vitamin A (7%), 47mg vitamin C (80%), 42mg calcium (4%), and 4.1mg iron (23%).

*My **Cajun Power Squeezed, Filtered Garlic Juice** is pasteurized to perfection. Use for cooking, seasoning, sautéing, marinating and injecting.

Stuffed Pork Chops

Makes 6 servings

*Marinating meat before cooking not only flavors the meat superbly, but it also tenderizes the meat, producing a treat for the mouth not soon forgotten. I like to serve my stuffed pork shops with **Eggplant Casserole, Candied Yams, Jalapeño Cornbread Muffins** and my special salad, **Asparagus Élegante**.*

6 pork chops, cut 1 1/4 inch thick

1 onion chopped

1 bell pepper chopped

3/4 cup celery, chopped

Cajun Power Garlic Sauce

Cajun Power All Purpose Cajun Seasoning to taste

1/2 cup olive or vegetable oil

1 pound ground pork

Lemon slices

Onion slices

Bell pepper strips

1. In a bowl, add chopped vegetables, ground pork and Cajun seasoning.
2. With a sharp knife, make a small cut in the meat side of the shop. Open the pocket all the way to the bone.
3. Stuff the pork chop with the vegetable/pork mixture.
4. Coat the outside of the pork chop with garlic sauce.
5. Pour oil in the bottom of a large baking pan. Lay the pork chops flat side down.
6. Cover with sliced lemon, onion and bell pepper. Add more garlic sauce as desired.
7. Cover with aluminum foil and let the chops marinate overnight.
8. Bake covered with foil in 400°F oven for one hour until brown on both sides.
9. Pour **“Good Stuff” Sauce** over pork chops and serve.

Nutrition facts per pork chop without “Good Stuff” Sauce: 630 calories, 68% calories from fat, 48g total fat (74%), 13.2g saturated fat (66%), 146mg cholesterol (49%), 384mg sodium (16%), 7.3g carbohydrates (2%), 1.1g fiber (4%), 42.6g protein (85%), 115iu vitamin A (2%), 29mg vitamin C (48%), 60mg calcium (6%), and 2.2mg iron (12%).

Poultry

When there's a chicken in every pot and a festival in every town, you know you are in Cajun country. Here in Acadiana we don't just look for fun, we make it happen. Everything that occurs is an excuse for a celebration, such as to honor the sugar cane harvest with the Sugar Cane Festival, as well as our Cattle Festival.

Cajun Fried Chicken

Makes 6 servings

There are several things you can do when you have a desire for fried chicken. Here are a couple ideas:

1 chicken fryer, cut into pieces
Cajun Power All Purpose Cajun Seasoning
Cajun Power Garlic Sauce
Cajun Power Seasoned Chicken Fry

1. Clean and wash chicken well.
2. Season with Cajun seasoning as desired.
3. Sprinkle with the garlic sauce.
4. Toss well with chicken fry.
5. Fry in deep, hot fat (or can be oven fried in a greased pan at 375°F for 1 hour).

Nutrition facts per serving: 305 calories, 36% calories from fat, 12g total fat (18%), 3.2g saturated fat (16%), 123mg cholesterol (41%), 344mg sodium (14%), 6.9g carbohydrates (2%), .5g fiber (1%), 40.5g protein (81%), 77iu vitamin A (2%), zero vitamin C, 22mg calcium (2%), and 1.8mg iron (10%).

Another way is to soak the cut up chicken in salt water and garlic sauce in the refrigerator. Let the chicken marinate for 24 hours. Drain well, dust with chicken fry and deep fat fry.

Use my **Cajun Power Jalapeño Pepper Jelly** as an accompaniment with your fried chicken. My jalapeño pepper jelly is not too spicy, yet has a wonderful taste of jalapeño peppers and is made with my **Cajun Power Spicy Garlic Pepper Sauce**

Chicken Fricassée

Makes 6 servings

Chicken Fricassée sounds even tastier when Acadians pronounce it the French way – “free-kah-say.” It’s so good! Come on baby, let’s go for a ride.

*My mother always set a pretty table and when she served chicken fricassee. The table usually included **Pickled Beets**, **String Beans with Bacon** and rice. The salad usually was pineapple and cheese, and for dessert, she fixed her favorite recipe of **Strawberries and Cream**.*

5 pound hen, cut up
Cajun Power Garlic Sauce
2 cups onions, chopped
2 cups celery, chopped
1/2 cup bell pepper, chopped
1/2 cup **Brown Roux**

1/2 cup vegetable oil
3 cups chicken stock or water
Onion tops and parsley chopped
Cajun Power All Purpose Cajun Seasoning
Mushrooms

1. Clean and wash the chicken.
2. Marinated with the garlic sauce. Best if marinated overnight.
3. In a heavy pot, sauté onions, celery and bell pepper until tender.
4. Add the roux and stir constantly melted, do not burn.
5. Add the chicken as soon as the roux is dissolved. Cook uncovered about 20 minutes, stirring occasionally.
6. Add 3 cups of chicken stock and cook for an hour.
7. At this time taste for seasoning and check for thickness. Add more roux if necessary. Add roux in small portions, as it will take longer to dissolve in the liquid. Don’t be afraid to season again after cooking for a while. Also note, you will taste the roux if you don’t cook it long enough.
8. Cover pot and cook until the chicken is tender.
9. Add onion tops and parsley and serve over rice.

Nutrition facts per serving: 740 calories, 48% calories from fat, 38.7g total fat (60%), 7.6g saturated fat (38%), 206mg cholesterol (69%), 1650mg sodium (69%), 25.2g carbohydrates (8%), 2.8g fiber (11%), 70.5g protein (141%), 879iu vitamin A (18%), 25mg vitamin C (41%), 107mg calcium (11%), and 7.1mg iron (40%).

My mother sets a pretty table and for her I cooked chicken fricassee, pickled beets, strings beans with bacon and parsley rice



Chicken Gumbo

Makes 6 servings

In some areas they have a Courir de Mardi Gras or “running of the Mardi Gras” that is nothing like the Mardi Gras in New Orleans. A group of men on horseback in clownish grab and led by a “Captaine” who wears a grand cape, while his followers wear rags and funny hats, They ride around and beg for chickens from neighbors. Near the end of the afternoon the gathered chickens are put into a pot for gumbo (gum-boe) and everyone feasts.

5 pound hen, cut in 12 pieces

Cajun Power Garlic Sauce

Cajun Power All Purpose Cajun Seasoning

1 cup prepared **Brown Roux***

2 cups onion, chopped

1 cup celery, chopped

3/4 cup onion tops, chopped

1/2 cup parsley, chopped

2 to 3 quarts of chicken stock or water

Filé (fee-lay)

1. Wash and season chicken with Cajun seasoning and garlic sauce, set aside.
2. In a heavy pot, melt the roux.
3. Add the onions and celery, sauté until tender and be careful not to burn
4. Add 3 cups of stock. Stir well.
5. Add the chicken, cover, and cook on low heat for about 1 1/2 hours. You will want to add a cup of stock every once in awhile.
6. Uncover, add the balance of the stock and onion tops and simmer for another 30 minutes.
7. Taste for seasoning at this point and add as desired.
8. Add parsley
9. Serve over rice and let each person add his own file. Never add file to the pot, as it tends to get to thick and stringy when the gumbo is reheated.

Nutrition facts per serving: 956 calories, 55% calories from fat, 57.2g total fat (88%), 9.8g saturated fat (49%), 206mg cholesterol (69%), 3434mg sodium (143%), 33.5g carbohydrates (11%), 2.9g fiber (1%), 72.5g protein (145%), 1367iu vitamin A (27%), 16mg vitamin C (27%), 144mg calcium (14%), and 11.1mg iron (62%).

*When adding roux to a recipe, don't add too much at a time. It is better to add more roux as needed, as if you add too much to a recipe, it is impossible to remove the roux. This is another reason to taste recipes from time to time while adding seasonings and roux.

Chicken and Sausage Piquante

Makes 12 servings

*Sauce piquante is the Acadiana name for our spicy sauce or what our Mexican neighbors call picante salsa. This sauce is used with many of our main dishes, especially with seafood, as well as many different kinds of meat. Plain every day sausage and the cheaper cuts of meat cooked in my sauce piquante are truly fit for the table of a king. Serve sauce piquante with **Cajun Cole Slaw** and **Sweet Peas in Onion Cups**.*

| | |
|--|---|
| 5 pound hen cut in 12 pieces | 4 stalks celery, chopped |
| Cajun Power All Purpose Cajun Seasoning | 8 ounces fresh mushrooms |
| Cajun Power Garlic Sauce | Green onion tops, chopped |
| 2/3 cup olive oil | Parsley, chopped |
| 6 ounce can tomato paste | Zest of 1 lemon |
| 3 onions, chopped | 2 tablespoons sugar |
| 1 bell pepper, chopped | 3 tablespoons prepared Brown Roux |
| 2 cups tomatoes, fresh or canned, chopped | Chicken stock or water |
| | 2 pounds link pork sausage, cut in 4-inch lengths |

1. Season chicken with Cajun seasoning and garlic sauce, set aside.
2. In a large heavy pot, combine oil, tomato paste, stir over medium heat until the paste gets dark and separates from the oil. Be careful not to burn the tomato paste.
3. Add onions, bell pepper and celery. Sauté until tender and add the canned tomatoes.
4. Add roux and cook until dissolved. Add about 3 cups of stock, stir.
5. Add chicken, cover, and cook until tender, stir occasionally.
6. Uncover, add sugar, mushrooms and half the zest. Simmer slowly and taste for seasoning.
7. In a separate pan, brown the sausage in a little oil.
8. Add sausage to the chicken. Stir carefully as not to break up the sausage.
9. Add onion tops and simmer 15 minutes. Add more stock, or even more roux if necessary. The sauce must not be too thick or too thin.
10. Serve piquante sauce over rice and be sure to have enough **French Bread** for “sopping” leftover sauce.

Nutrition facts per serving: 763 calories, 67% calories from fat, 56.5g total fat (87%), 15.7g saturated fat (79%), 155mg cholesterol (52%), 1438mg sodium (60%), 18.2g carbohydrates (6%), 2.6g fiber (11%), 44.9g protein (90%), 802iu vitamin A (16%), 22mg vitamin C (37%), 75mg calcium (8%), and 4.9mg iron (27%).

Chicken in Rusty Red Gravy

Makes 6 servings

*My authentic **Cajun Power Sauce Piquant**, I like to call “rusty red Cajun country gravy” is pure Cajun. Now you’re makin’ Cajun gravy!*

4 to 4 1/2 pound chicken, cut up and cleaned*
Cajun Power All purpose Cajun Seasoning to taste
4 cups **Cajun Power Sauce Piquant**
1 cup water

1. After you have cleaned the chicken pieces, season with Cajun seasoning to taste.
2. In a large pot pour in the sauce piquant.
3. Pour the water in the sauce piquant jar and give it a good shake to get all the sauce out.
4. Pour the water into the sauce piquant.
5. Add the seasoned chicken pieces.
6. Bring to a boil, cover, and lower heat to simmer.
7. About every 15 minutes stir up the ingredients from the bottom of the pot.
8. Cook about 1 to 1 1/2 hours or until chicken is tender.

Serve chicken and sauce over rice, and sop up the sauce with **French Bread**.

Nutrition facts per serving: 545 calories, 33 calories from fat, 16g total fat (25%), 4.3g saturated fat (2%), 165mg cholesterol (55%), 3526mg sodium (147%), 19g carbohydrates (6%), .2g fiber (1%), 53.7g protein (107%), 104iu vitamin A (2%), zero vitamin C, 30mg calcium (3%), and 2.4mg iron (13%).

*If desired add 1 pound browned sausage cut in chucks the last 15 minutes.

This recipe works well with shrimp. Replace the chicken with 3 pounds peeled and cleaned shrimp.



I serve chicken and sausage piquant with Cajun coleslaw and pens in onion cups.

Sticky Chicken

Makes 6 servings

Sticky chicken is a family favorite in my house, and is my favorite chicken recipe. When I take the chicken out of the marinate and cook it, it sticks to the skillet because of all the good stuff that clings to it from the marinade and that what makes it taste so much better.

3 pound frying chicken, washed and cut up
Cajun Power Worcestershire Sauce
Cajun Power Garlic Sauce
Cajun Power All Purpose Cajun Seasoning
1/4 cup vegetable oil
1 1/2 cups onions, chopped
1/2 cup bell pepper, chopped
1/4 cup celery, chopped
1/3 cup water
1/2 cup green onions, chopped
1/3 cup parsley, chopped

1. Coat the chicken with Worcestershire sauce and rub the sauce in with your fingers
2. Do the same with my garlic sauce.
3. Finally, rub in the Cajun seasoning.
4. Over high heat in a heavy non-stick pot, add the oil.
5. When the oil is hot, add the chicken and cook until browned. If the chicken doesn't stick, the pot is not hot enough. When brown, remove the chicken to a platter.
6. Add the vegetables and sauté until tender.
7. Add the water, lower heat, and with a heavy cooking spoon unstuck the stuck ingredients on the bottom of the pot.
8. Return the chicken to the pot, cover, and simmer for 1 hour. You might have to add a little water from time to time to maintain the gravy.
9. Remove pot from the stove, stir in green onions and parsley
10. Serve over rice.

Nutrition facts per serving: 439 calories, 46% calories from fat, 21.4g total fat (33%), 4.3g saturated fat (21%), 124mg cholesterol (41%), 872mg sodium (36%), 15.2g carbohydrates (5%), 1.7g fiber (7%), 41.8g protein (84%), 995iu vitamin A (20%), 23mg vitamin C (38%), 88mg calcium (9%), and 5.3mg iron (30%).

Sauces and Seasonings

The secret to Cajun cuisine is in both the sauces and seasonings. As I said earlier, Cajun recipes are not necessary “spicy” hot. True Cajun dishes are a blend of flavors, generally cooked over a long period of time. The longer you let the ingredients marry, the better the dish will taste.

My first sauce was **Cajun Power Garlic Sauce**. I call it “*The Most Wonderful Sauce in the Whole World!*” This is not a hot sauce, as it has a mild, rich flavor with fresh squeezed garlic juice in every bottle. My garlic sauce is great for marinating, cooking with all kinds of meat, seafood, add it to rice and vegetables, or just pour it out of the bottle on anything you wish. It is especially good for breakfast poured on eggs.

If you want more spice, use my **Cajun Power All Purpose “Spicy” Garlic Sauce**. This sauce is seafood lover’s dream as it is great for fried fish, shrimp and oysters. Just mix with **Cajun Power Ketchup for Kids** and a little horseradish for a wonderful cocktail sauce. This sauce is perfect for chicken wings.

My **Cajun Power Worcestershire Sauce** was created to compliment my garlic sauce. This sauce, I also call, “*Herbs and Spices,*” is made with Worcestershire sauce and my own blend of herbs and spices with lots of onions and garlic. This sauce is great for steaks, injecting in meats and especially good for sautéing mushrooms. My Cajun friends call it the “*Burger Sauce.*”

My **Cajun Power Squeezed Filtered Garlic Juice** has been pasteurized to perfection. Use it in cooking, seasoning, sautéing, marinating and injecting.

When it comes to BBQ, use my **Cajun Power Marinating and Basting Sauce**. Use this sauce to inject and baste your meat. There’s a special recipe on every bottle. If you prefer not to marinate your meat, but would like to have that special BBQ flavor, use my **Cajun Power Bar-B-Q Basting Sauce**. Baste it on 15 to 20 minutes before the meat is ready to serve. The more you baste, the better the taste. It is that final touch that caramelizes and glazes your meat. The meat will have an unbelievable flavor.

I have developed **Cajun Power Salsa/Picante Sauce** to be used for dipping, adding to spaghetti sauce for that little bit of extra flavor, and use it to make Spanish and Mexican rice. This sauce is made with fire roasted green chilies, jalapeños and garlic, yet is not “too spicy hot.”

Roux is one of the first sauces you need to learn how to make, or you can use my **Cajun Power Roux**. You need a dark roux to make stews, gumbos, etouffées, sauce piquante, and gravy.

When it comes to seasonings, you can find many blends available in the market. Some are spicy hot, while others a mild. Try my **Cajun Power All Purpose Cajun Seasoning** and then add other seasonings to suit your taste. My Cajun seasoning has a blend of 18 quality ingredients including salt, red pepper, black pepper, white pepper, herbs, garlic, onions and my secret spices, and can be used to season everything from meat to vegetables. Use sparingly at first.

If you want more spice, use my **Cajun Power Spicy Garlic Sauce**, **Cajun Power Red Pepper**, **Cajun Power Jalapeño Pepper Jelly**, **Cajun Power Chipotle Pepper Jelly**, **Uncle Easy's Tio Bueno Chipotle Sauce** (make with roasted and smoked jalapeños), **Uncle Easy's Tio Bueno Raspberry Chipotle Sauce** (with a hint of raspberry) or **Cajun Power Louisiana Lightning Strike Hot Sauce** (it's a new kind of hot) to suite your tastes. However, be careful, if you add too much spice, there is no way to remove it.

A special seasoning is my **Cajun Power Sweet Treat**. This seasoning is a perfect blend of cinnamon sugar, and pure vanilla. Use Sweet Treat for cinnamon toast, baked apples, cakes, pies, bread pudding, cereals, cookies, applesauce, and to top desserts.



*Soak up the flavor into the food by marinating your meat with my **Cajun Power Garlic Sauce**, **Cajun Power Worcestershire Sauce**, and/or **Cajun Power Squeezed Filtered Garlic Juice***

Brown Roux

Almost any Cajun can make roux (roo) with his or her eyes shut. Many people who have never made roux are afraid to try. There are many ways to make roux, so as not to confuse you, here is the way my grandmother made it. I will take you one step at a time and you will see how easy it is to make roux. The whole basis for a roux is the blending of oil with flour

1 cup vegetable oil*

1 cup flour

1. A heavy bottom thick pot, such as an iron pot, is best for making the perfect brown roux. Pour the oil in the pot over high heat.
2. When the oil is real hot, add the flour all at once, stirring constantly with a wooden spoon. Don't use a metal spoon, as the handle will get too hot and will burn your hand. As soon as you see the roux begin to thicken on the bottom, lower the fire, still stirring. Don't let the roux to burn, if it does, throw it out and start over again. Burnt roux will cause the finished dish to be bitter. The roux will become darker and darker as you continue to stir. As a beginner, you might find it best to stir on a lower fire, however, it will take longer to darken.
3. It is important to constantly stir, and as the roux darkens, stir faster. The darker the roux, better the flavor, however, also easier for the roux to burn. When I make the roux I can do it in about 10 minutes, it might take you 20, 30 or more minutes, even up to an hour for a beginner. Be careful as you stir, don't let the roux splash on your skin, as it can be as hot as 500°F.
4. When the roux becomes a dark reddish chocolate brown, turn off the heat, leave pot on the stovetop, and continue to stir until it is cool.
5. Store cooled roux in glass jars and refrigerate until ready to use. Roux also freezes well, store in 1 cup containers.

Nutrition facts per tablespoon: 149 calories, 82% calories from fat, 13.7g total fat (21%), zero cholesterol and sodium, 6g carbohydrates (2%), .2g fiber (1%), .8g protein (2%), zero vitamin A and C, zero calcium, and .4mg iron (2%).

Nutrition facts per cup: 2382 calories, 82% calories from fat, 219.2g total fat (337%), 25.4g saturated fat (127%), zero cholesterol and sodium, 95.4g carbohydrates (32%), 3.6g fiber (15%), 12.9g protein, zero vitamins A and C, 19mg calcium (2%), and 3.8mg iron (32%).

*The oil or fat you use should have a high smoke point, such as peanut oil. The amount and type of oil varies from Cajun to Cajun. Some cooks use less, while others use more. Some use lard, some use duck fat, bacon fat, and other fats. Clarified butter is okay for a light or blond roux, but is hard to use for making a dark roux.

Cajun Brown Gravy

Makes about 4 servings

You can make great Cajun brown gravy when cooking round steak, roasts, pork chops, steaks, chicken, ribs, etc. Serve the brown gravy over rice or mashed potatoes.

| | |
|------------------------|------------------------|
| Meat of your choice | 2 celery ribs, chopped |
| 2 onions, chopped | Vegetable oil |
| 1 bell pepper, chopped | Water |

1. Season your meat as in recipes **Seasoning Meat** or **Marinating**.
2. Add enough oil to cover the bottom of the pot. Do not use a non-stick pot, as the particles won't stick, and it's those particles that provide much of the flavor.
3. On high heat, and when the oil is hot, but not smoking, add the meat and brown well on all sides. For proper browning, the meat juices must evaporate. Browning also occurs on the bottom of the pot and care must be taken not to let particles on the bottom burn, hence adjust the heat as needed. This is the beginning of your brown gravy.
4. When the meat has browned on all sides, remove and set aside.
5. Add the vegetables and sauté until tender.
6. Add about 3/4 cup of water. Stir well to remove all particles from the bottom of the pot.
7. Return the meat to the pot, cover, lower heat to a simmer, and slow cook until the meat is tender. A little water might be required from time to time.

Nutrition facts per serving (gravy only, no meat or meat juices): 152 calories, 83% calories from fat, 13.7g total fat (21%), 1.6g saturated fat (8%), zero cholesterol, 315mg sodium (13%), 1.6g carbohydrates (2%), 1g fiber (4%), .6g protein (1%), 70iu vitamin A (1%), 11mg vitamin C (19%), 12mg calcium (1%), and .2mg iron (1%).



*Chile dog are topped with my **Cajun Power Makin' Chili Dogs** sauce.*

Cocktail Sauce

Makes about 1 cup

Lemon juice
Cajun Power Ketchup for Kids
Horseradish

**Cajun Power Worcestershire
Sauce**
Cajun Power Garlic Sauce

1. In a small bowl, start with the juice of a half a lemon.
2. Next pour in about a 1/2 a cup of ketchup
3. Add a little horseradish.
4. Add a dash or two of Worcestershire sauce.
5. Pick up a bottle of garlic sauce. Give it a good shake. Remove the cap and inhale. What a spectacular aroma! Add a tablespoon or two of garlic sauce.
6. If your finger is reasonably clean, stick it in the sauce and taste. Mmm, yum!
7. If necessary add more garlic sauce and/or more of the ingredients of your choice, but just a little at a time.

Nutrition facts per tablespoon: 12 calories, zero fats and cholesterol, 11.8mg sodium (5%), 3.2g carbohydrates (1%), .1g fiber (1%), zero protein, 78iu vitamin A (2%), 5mg vitamin C (8%), and zero calcium and iron.

Creamy Dip Sauce

Makes about 1 1/2 cups

Your will like my Creamy Dip Sauce for all boiled and fried seafoods, especially fried catfish, crawfish, and shrimp.

1/2 cup **Cajun Power Lemon Dill
Mayonnaise**

1/2 cup **Cajun Power Ketchup
for Kids**

1/4 cup **Cajun Power Garlic Sauce**

2 tablespoons **Spicy Garlic
Pepper Sauce**

1 tablespoon **Cajun Power
Worcestershire Sauce**

1. In a bowl combine all ingredients and mix well.

Nutrition facts per tablespoon: 45 calories, 78% calories from fat, 4g total fat (6%), .7g saturated fat (3%), 3mg cholesterol (1%), 153g sodium (6%), 2.5g carbohydrates (1%), zero fiber and protein, 51iu vitamin A, 1mg vitamin C, and zero calcium and iron.



The way I serve crawfish is by just piling them on newspapers and everyone helps themselves.

Easy White Sauce

Makes 1 cup

1 tablespoon butter 1 tablespoon flour 1 cup whole milk*
Cajun Power All Purpose Cajun Seasoning to taste

1. In a saucepan, melt butter. Stir in flour.
2. Add milk, stirring constantly.
3. Simmer and stir until thick
4. Season to taste.

*For a richer sauce use half and half cream.

Nutrition facts per cup: 279 calories 63% calories from fat, 19.6g total fat (30), 12.1g saturated fat (61%), 64mg cholesterol (21%), 235mg sodium (10%), 17.3g carbohydrates (6%), .2g fiber (1%), 9g protein (18%), 736iu vitamin A (15%), 2mg vitamin C (4%), 296mg calcium (30%), and .5mg iron (3%).

Nutrition facts per tablespoon: 17 calories, 63% calories from fat, 1.2g total fat (2%), .8g saturated fat (4%), 4mg cholesterol (1%), 15mg sodium (1%), zero carbohydrates and fiber, .6g protein (1%), 46iu vitamin A (1%), zero vitamin C, 18mg calcium (2%), and zero iron.

The Cajun Kitchen

You want to keep you Cajun pantry simple with the following ingredients:

Cajun Power Garlic Sauce (*The Most Wonderful Sauce in the Whole World!*) a mild rich sauce.

Salt

Cayenne pepper

Black pepper (best to grin your peppercorns as you cook)

Cajun Power All Purpose Cajun Seasoning (an 18 blend of salt, black pepper, red pepper, white pepper, onion, garlic, herbs and spices)

Yellow onions

Green bell peppers

Celery

Green onions

Fresh garlic

Vegetable oil

All-purpose flour

Cajun Power Garlic Mustard

Filé powder (used in gumbos)

Andouille sausage

Tasso

Fresh and smoked sausages

Cajun Power Spicy Garlic Pepper Sauce

Fresh seafood (crawfish, crabs, shrimp, and fish)

Rice

Cajun Power Fish Fry

Cajun Power Chicken Fry

Steen's 100% Pure Cane Syrup

Enchilada Sauce

Makes about 4 cups

You will find this sauce better than any canned enchilada sauces found in your supermarket. This sauce also works well with spaghetti and other pasta recipes.

1 tablespoon olive oil
1/2 cup bell pepper, chopped
1/2 cup onion, chopped
1 cup **Cajun Power Garlic Sauce**
1/2 cup **Cajun Power Makin' Chili**
2 cups tomatoes, diced
1 to 3 teaspoons **Cajun Power All Purpose Cajun Seasoning**
1/2 cup canned green chilies, hot or mild, diced

1. In a saucepan heat oil on medium heat.
2. Add onion and bell pepper, sauté until tender.
3. Add remaining ingredients, reduce heat to simmer and cook until mixture thickens.

Nutrition facts per cup: 136 calories, 26% calories from fat, 3.5g total fat (5%), .5mg saturated fat (2%), zero cholesterol, 2444 sodium (102%), 22.2g carbohydrates (7%), 1g fiber (4%), .7g protein (1%), 259iu vitamin A (5%), 45mg vitamin C (74%), 9mg calcium (1%), and .3mg iron (2%)>

Cajun Enchiladas

Makes 12 servings

To make Cajun enchiladas, dip 12 tortillas in the enchilada sauce, remove and fill with **Cajun Chili** (meat can be ground beef, chicken or pork), roll and place in a baking dish. Top with 1 cup picante sauce and 2 cups grated cheddar cheese. Place in 350°F oven and bake until bubbly and cheese is melted.

Nutrition facts per serving: 351 calories, 39% calories from fat, 14.9g total fat (23%), 6.3g saturated fat (31%), 35mg cholesterol (12%), 1262mg sodium (53%), 39.9g carbohydrates (13%), 1.4g fiber (6%), 12.1g protein (26%), 286iu vitamin A (6%), 15mg vitamin C (25%), 209mg calcium (21%), and 2.4mg iron (13%).

If you like more heat, serve your enchiladas with **Uncle Easy's Tio Bueno Chipotle Sauce** made with roasted and smoked jalapeño peppers

“Good Stuff” Sauce

Makes about 2 cups

*This is the sauce I like to pour over **Stuffed Pork Chops**, however, is just as great on steaks and other meats as well. I also spoon some of this sauce on **French Bread** and then run like hell to eat it.*

1/2 cup butter (1 stick)
1 onion, chopped
1 bell pepper, chopped
2 dashes **Cajun Power Worcestershire Sauce**
3/4 cup **Cajun Power Garlic Sauce**
8 ounces fresh mushrooms

1. In a saucepan, melt the butter over medium heat.
2. Add the vegetables and sauté until tender. When adding the mushrooms, slice the larger ones, leave the smaller ones whole.
3. Reduce the sauce as desired. The more you reduce it, the better and richer it gets, but the less you will have.

Nutrition facts per tablespoon: 31 calories, 74% calories from fat, 2.9g total fat (4%), 1.8g saturated fat (9%), 8mg cholesterol (3%), 76mg sodium (3%), 2g carbohydrates (1%), .2g fiber (1%), zero protein, 122iu vitamin A (2%), 3mg vitamin C (4%), zero calcium, and 1mg iron (1%).



Here I cooked stuffed pork chops and topped them with my good stuff sauce. I served the pork chops with eggplant casserole, candied yams, cornbread muffins and asparagus élégante.

Homemade Basting Sauce

Makes about 3 cups

You can make your own homemade basting sauce with my Cajun Power products. Use this sauce for BBQ pits, smokers and ovens. This sauce works well with ribs, chicken, pork chops, brisket, etc.

1/2 cup butter or margarine (1 stick)
1/2 cup vegetable oil
1 onion, chopped in chunks
2 celery ribs, chopped in chunks
1 bell pepper, chopped in pieces
1/2 lemon, cut in pieces
1 1/2 cups **Cajun Power Marinating and Basting Sauce***
1/3 cup brown sugar

1. Melt butter and oil in a saucepan
2. Sauté vegetables until soft.
3. Add marinating and basting sauce, stir well. If you want a tangy sauce, add more sauce.
4. Stir in brown sugar. If you want a sweeter sauce, add more brown sugar.
5. Stir occasionally on low heat
6. Mop sauce on meat on all sides about 20 minutes before meat is ready, basing several times.

Nutrition facts per cup: 855 calories, 74% calories from fat, 66.8g total fat (103%), 23.1g saturated fat (115%), 82mg cholesterol (27%), 2346mg sodium (98%), 52.3g carbohydrates (17%), 1.9g fiber (7%), 1.5g protein (3%), 1334iu vitamin A (27%), 41mg vitamin C (68%), 66mg calcium (7%), and 1.2mg iron (7%).

Nutrition facts per tablespoon: 54 calories, 74% calories from fat, 4.2g total fat (6%), 1.4g saturated fat (7%), 5mg cholesterol (2%), 147mg sodium (6%), 3.3g carbohydrates (1%), zero fiber and protein, 83iu vitamin A (2%), 3mg vitamin C (4%), and zero calcium and iron.

*If my **Cajun Power Marinating and Basting Sauce** isn't available, use about 1 cup of **Cajun Power Garlic Sauce** and about 1/3 cup of **Cajun Power Worcestershire Sauce**.

Sautéed Mushrooms

Makes about 1 cup

Sautéed mushrooms can be served as a side dish, however, more often sautéed mushroom are usually served on top of meat.

2 tablespoons olive oil

3 tablespoons butter

3 shakes **Cajun Power**

Worcestershire Sauce

8 ounces mushrooms

1. Rinse and dry mushrooms.
2. In a skillet sauté mushrooms in olive oil and butter for 4 to 5 minutes.
3. Shake in Worcestershire sauce and cook 2 minutes more
4. Serve over meat.

Nutrition facts per tablespoon: 38 calories, 90% calories from fat, 3.9g total fat (6%), 1.6g saturated fat (8%), 6mg cholesterol (2%), 29mg sodium (1%), .zero carbohydrates, .2g fiber (1%), .3g protein (1%), 80ius vitamin A (2%), zero vitamin C and calcium, .2mg iron (1%).

Cajun Meats

Cajuns like all kinds of meats with pork topping the list. Here are a few from in my refrigerator:

Alligator, I use both ground and fillets. Alligator tastes like veal. When I make burger patties I add breadcrumbs, green onions, and Cajun Seasoning.

Andouille (ahn-DOO-wee) **sausage**: Available both smoked and fresh, is a spicy sausage with zing! I use it in gumbos, jambalya and red beans and rice.

Beef is not as popular as other meats, but when used, beef must be the best cuts, prime or choice.

Boudin sausage: It is made with pork, rice and seasonings. Boudin is made into links, or you can make balls that are deep fat fried or baked. Boudin is also made with crawfish or shrimp, and available fresh and smoked. Boudin can be spread on crackers and served as appetizers.

Chaurice sausage: Mostly made with pork, but is available made with turkey or venison. Chaurice is available smoked and fresh.

Fresh sausages: Cajun sausages are made with pork, beef, or combined, alligator or chicken. They are available mild or hot (burn baby burn).

Pickled pork: A must for red beans and rice.

Tasso are strip pieces of pork or beef that has been tumbled in a seasoning mixture and smoked. Tasso is used to flavor dishes and cream sauces. Tasso is perfect for beans, gumbo, and added to vegetables as you would bacon or ham. Tasso makes a terrific topping for pizza.

Seasoning and Marinating Your Meat

Do it like a Cajun, marinate your meat! The real secret is in the seasoning. Don't be afraid. Let's do it together. Example: for pork chops lay chops flat and rub in some **Cajun Power Worcestershire Sauce**. Next add some **Cajun Power Garlic Sauce** or my **Cajun Power All Purpose "Spicy" Garlic Sauce** and rub the chops some more. Finally sprinkle some **Cajun Power All Purpose Seasoning** and take your fingers and rub it in real good. Turn the chops over and do it again. Place some sliced onions, bell pepper and lemons under, in between, and on top of the chops. Place in a plastic bag or in a large covered glass dish and refrigerate at least 30 minutes, best if marinated 24 to 36 hours.

You can do the same procedure with beef, lamb, and poultry. If the meat of your choice is fish or shellfish, season moderately. For roast turkey and on the large cuts of meat, use the injector syringe and inject the meat with my **Cajun Power Garlic Sauce** and/or **Cajun Power Squeezed Filtered Garlic Juice** in several places.

Marinating calls for a larger volume of liquid. Along with my Cajun Power products, a little vinegar, olive oil and/or wine will improve the flavor even more.

Cajun Power Worcestershire Sauce
Cajun Power Garlic Sauce
Cajun Power All Purpose Cajun Seasoning
Cajun Power Squeezed Filtered Garlic Juice
White wine vinegar, optional
Olive oil, optional
Wine, optional

1. Start seasoning the meat as explained above.
2. Add more garlic sauce and Worcestershire sauce.
3. If more liquid is required to cover the meat, add garlic juice, vinegar, olive oil, and/or wine, as you desire.
4. Meat must be marinated at least 30 minutes. Several hours or even over night is better.

Nutrition facts per one 8 ounce piece of meat, but does not include the meat or options, only the seasoning: 53 calories, zero calories from fat, zero fats and cholesterol, 1223mg sodium (51%), zero carbohydrates and fiber, zero protein, zero vitamins A and C, zero calcium and iron.

Sloppy Boudreaux

Makes 6 servings

*You have heard people calling me “Sloppy Joe,” haven’t you? Well some call me just plain “Joe,” but my real name is “Sloppy Boudreaux”. My recipe is fast, easy to make and it’s so good! My **Cajun Power Sloppy Boudreaux** sauce contains my **Cajun Power Garlic Sauce**. Great for tailgating, parties, camping, ballgames and a real hit at the beach.*

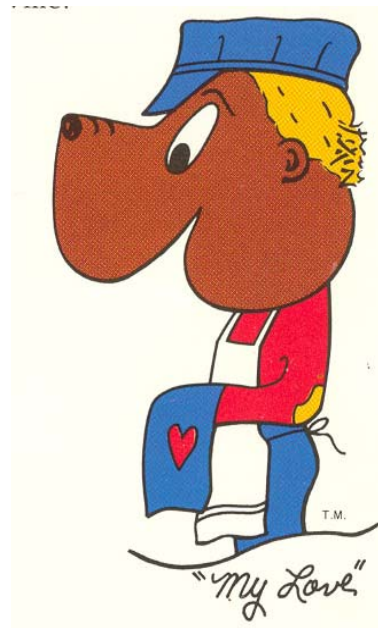
1 1/2 pounds of ground beef*
16 ounce jar of **Cajun Power Sloppy Boudreaux**
6 hamburger buns

1. In a skillet, brown the ground meat until no longer pink.
2. Add the jar of sloppy boudreaux.
3. Heat to a simmer.
4. Serve on a bun and enjoy.

Nutrition facts per serving: 569 calories, 60% calories from fat, 37g total fat (57%), 12.7g saturated fat (64%), 96mg cholesterol (32%), 1058mg sodium (44%), 32.7g carbohydrates (11%), 1.6g fiber (6%), 24.1g protein (48%), 158iu vitamin A (3%), 3mg vitamin C (5%), 41mg calcium (4%), and 3.3mg iron (8%).

*You can also replace the ground beef with ground pork, leftover roast, brisket, or chicken. However, it is even better with leftover BBQ pork.

I like to draw cartoons and this little caricature that I use in connection with my products is named “**My Love**.” He proudly wears a blue cap and a red jacket that was bestowed upon him by my son, Beau, and his Cajun Power Band.



Grains and Pasta

Cajuns love rice. In fact most Cajuns prefer rice rather than potatoes. One of my favorite rice recipes is rice cooked with chopped pecans. While the rice cooks, the odor of pecans fills the kitchen. **Dirty Rice** is another Cajun favorite. It has been said: Cajuns and dirty rice are like pancakes and syrup they just belong together. My all time favorite is **Jambalaya**, rice cooked with pork ribs. But wait until you taste my **Rice Dressing**, you just may never want rice fixed any other way again.

Cajun Power Rice

Makes 12 servings

This rice will have a lovely color and will taste just scrumptious.

6 cups water

3 cups long grain rice

1 tablespoon vegetable oil or vinegar, optional

Butter

1/2 cup onion, chopped

1 cup pecans, chopped

Cajun Power Garlic Sauce

Cajun Power All Purpose Cajun Seasoning, as desired

1. In a saucepan, sauté onions in butter until golden, add pecans, set aside when onions are tender.
2. In a large pot, bring water to a boil.
3. Add rice and turn down heat just enough so it won't boil over. Add oil or vinegar, if desired, it will make it better.
4. Add Cajun seasoning and cook rice for 18 minutes
5. If rice is still wet, drain.
6. Add enough garlic sauce to coat each grain.
7. Add onions and pecans.
8. Season to taste.

Nutrition facts per serving: 224 calories, 23% calories from fat, 5.6g total fat (9%), 1.1g saturated fat (5%), .3mg cholesterol (1%), 137mg sodium (6%), 39.4g carbohydrates (13%), 1.1g fiber (4%), 3.8g protein (8%), 42iu vitamin A (1%), 1mg vitamin C (1%), 16mg calcium (2%), and 2.1mg iron (12%).

Hot Tamale Pie

Makes 6 servings

1 pound lean ground meat*
2 cups **Cajun Power Makin' Chili** sauce (1 pint jar)**
2 cups water
1 jalapeño pepper, chopped
1 cup cheddar cheese, grated, optional
Quick grits (5 minute type)*
Boiling water*

1. Make **Cajun Chili** as directed (with first 3 ingredients), omit beans, set aside.
2. Make grits as directed on the box (measurements vary depending upon which brand you purchase). For 9-inch pie tin 3/4 cup grits and 2 cups boiling water. Boil about 5 minutes or until thick.*
3. Strain 1 cup of the finished chili juice and add to the grits.
4. Cook grits another 3 minutes, and stir well.
5. Cool grits about 10 minutes.
6. Spread half of the grits in a thin layer on the bottom and sides of a pie tin..
7. Add the Cajun Chili without the juice
8. Top with jalapeño pepper.
9. Add cheese, if desired.
10. Top with remaining grits.
11. Bake in 375°F oven until good and hot.

Serve with wafers and a **Fruit Salad**

Nutrition facts per serving with cheese: 573 calories, 35% calories from fat, 24.1g total fat (37%), 10g saturated fat (50%), 64mg cholesterol (21%), 714mg sodium (30%), 76.1g carbohydrates (25%), 7.1g protein (28%), 491iu vitamin A (10%), 26mg vitamin C (43%), 428mg calcium (43%), and 6.1mg iron (34%).

*For 10-inch pie tin, increase ground meat to 1 1/2 pounds, grits to 1 cup and boiling water to 3 cups.

****Cajun Power Makin' Chili Sauce** is concentrated. With this sauce you don't need to cook onions, tomatoes, peppers, spices and other ingredients, it's all blended in the sauce. This saves you cooking time, as well as money on your utilities. This sauce is concentrated, hence all you need to do is add water, and if you are making my **Cajun Chili**, your choice of meat and beans. Use this sauce for making pasta recipes, **Stuffed Bell Peppers**, to flavor rice, and in my **Macaroni and Chili Casserole**

Jambalaya

Makes 12 servings

*My Acadian ancestors migrated to Louisiana when the British forced them out of Canada because they wouldn't swear allegiance to the British Crown, they were somewhat destitute. They learned to live off the land. Whatever was on hand in the way of meat, poultry, seafood, vegetables and herbs went into a big pot on the stove and they invented many wonderful combinations. Thus, the most unique regional cooking in America was developed here in Acadiana (the French part of Louisiana). Most other regional styles of cooking have been brought from other countries. Gumbo and Jambalaya (jahm-buh-LIE-ya) are both example of "all-in-a-pot" cooking. Gumbo (see **Chicken Gumbo**) is a thick, rich soup and Jambalaya is a rice mixture. Both come in many different flavors, depending on what ingredients are used.*

2 pounds pork ribs
Cajun Power All Purpose Cajun Seasoning

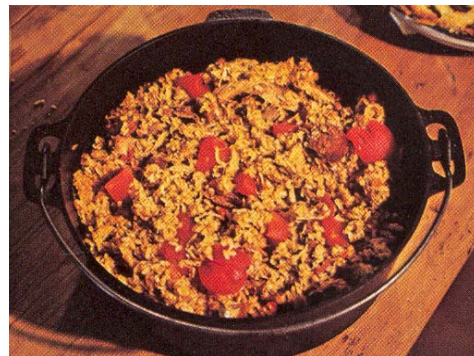
Cajun Power Garlic Sauce

1/4 cup vegetable oil
2 cups onions, chopped
1 bell pepper, chopped

3 celery ribs, chopped
1 pound sausage, cut in 1-inch pieces, fried, optional
3 1/2 cups short grain rice
3/4 cup green onion tops, chopped
1/2 cup parsley
3 1/2 cups water

1. Cut pork ribs into pieces, season with Cajun seasoning and garlic sauce.
2. In a big heavy pot, heat oil on high. Brown pork ribs. It is important that you brown the meat well, but be careful not to burn the ribs.
3. Add the vegetables and sauté until tender.
4. Add the rice, onion tops and parsley.
5. If you like, add some cut up fried sausage, stir well.
6. Add water, cover, simmer about 1 hour. Do not stir anymore. Keep the heat low and season to taste with Cajun seasoning.

Nutrition facts pr serving without sausages: 532 calories, 46% calories from fat, 27.2g total fat (42%), 9g saturated fat (45%), 73mg cholesterol (24%), 260mg sodium (115), 49.9g carbohydrates (17%), 21g protein (42%), 668iu vitamin A (13%), 12mg vitamin C (20%), 72mg calcium (7%), and 5.9mg iron (33%).



On a cold day nothing hits the spot better than a bowl of jambalaya.

Macaroni and Chili Casserole

Makes 6 servings

*I have discovered I can make marvelous pasta dishes using my **Cajun Chili** recipe. I like to serve this dish with my **Broccoli and Cheese Casserole** recipe. Both recipes are rich and filling.*

Butter

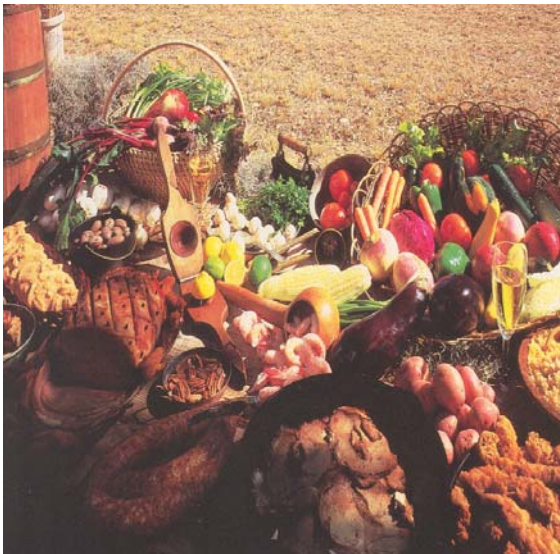
12 ounces macaroni shells, cooked

Cajun Chili

1 ounce cheddar cheese, grated

1. Make Cajun Chili recipe without beans, set aside
2. Butter a casserole dish.
3. Place a layer of cooked macaroni on the bottom.
4. Next a layer of chili.
5. Finally top with grated cheese.
6. Repeat layers to the top of the casserole dish.
7. Bake at 350°F for 45 minutes.

Nutrition facts per serving: 717 calories, 30% calories from fat, 24.8g total fat (38%), 10.1g saturated fat (51%), 64mg cholesterol (21%), 634mg sodium (26%), 104.2g carbohydrates (35%), 8.3g fiber (33%), 29.5g protein (59%), 373iu vitamin A (7%), 13mg vitamin C (21%), 437mg calcium (44%), and 7.6mg iron (42%).



When my ancestors migrated to Louisiana, they learned to live off the land with whatever was at hand. This includes meat, seafood, vegetables and herbs that usually went into a big pot I call “All-in-a-Pot” cooking.

This how the Cajuns invented wonderful combinations, the most unique regional cooking in America, and it all developed here in Acadiana, the French part of Louisiana.

Red Beans and Rice with Sausage

Makes 4 servings

Monday in Louisiana is red beans and rice with sausage day. Originally Monday was the washday and the lady of the house had little time to prepare dinner that required a lot of time and attention. At that time the red beans and rice with sausage were cooked together and placed on the back of a wood stove and left to cook unattended. Many Cajuns like to serve red beans and rice with pickled okra. I like to cook it this way.

| | |
|---|--|
| 1 pound dried small red or red kidney beans | 1 pound smoked spicy tasso or ham steak, cut into 2-inch squares |
| 1 onion, chopped | 2 teaspoons Cajun Power Cajun Seasoning |
| 1 green pepper, chopped | 2 cups boiling water |
| 1 whole head of garlic, minced | 1 pound andouille sausage, or any hot or mild sausage |
| 2 celery stalks, chopped | 1 tablespoon butter |
| 2 tablespoons bacon drippings or butter | 1 cup rice |
| 1 cup Cajun Power Garlic Sauce | 2 cups chicken broth |
| 1/2 cup Cajun Power Worcestershire Sauce | 6 green onions with tops, sliced |
| 1/2 cup parsley, minced | |

1. Wash and sort the beans. Place in a large bowl, cover with water, and soak overnight.
2. The next day, in a Dutch oven, sauté onion, green pepper, garlic, and celery in the bacon drippings. Cook about 3 minutes.
3. Add garlic sauce, Worcestershire sauce, tasso, and seasoning. Bring to a boil.
4. Drain beans, add beans to the vegetable mixture with boiling water.
5. Put the Dutch oven in a 350°F preheated oven and bake for about 2 hours or until beans are tender. Add more water if necessary
6. In a skillet, fry the sausages until cooked.
7. In a large pot, brown rice in butter for several minutes.
8. Add chicken broth, bring to a boil, cover and reduce to simmer and cook 20 minutes.
9. To serve, spoon rice onto a serving platter. Make a well in the center and fill with the bean mixture. Top with the green onions and parsley.
10. Place sausages alongside.

Nutritional facts per serving: 1190 calories, 29.1% calories from fat, 37.1g total fat (57%), 15.1g saturated fat (75%), 103mg cholesterol (34%), 4339mg sodium (181%), 142g carbohydrates (47%), 35.9g fiber (144%), 61.5g protein (123%), 1287iu vitamin A (26%), 123mg vitamin C 206%), 382mg calcium (38%), and 16.5mg iron (92%).

Rice Dressing

Makes about 6 servings

*Rice dressing is wonderful with **Cajun Fried Chicken**. It's too bad the Fa-Tras can't play the "Cajun National Anthem" while you eat this rice dressing. You would never go home!*

2 cups cooked rice
4 cups prepare dressing stock

1. In a bowl, combine hot cooked rice with 4 cups prepared hot dressing stock. You can adjust amounts of each to suit your taste.

Dressing Stock

Makes 12 cups

3/4 cup vegetable oil
3 cups onions, chopped
1 1/2 cups celery, chopped
1/2 cup bell pepper, chopped
2 pounds pork, ground
2 pounds beef, ground
1 cup prepared **Brown Roux**
3 1/2 cups water
3 tablespoons **Cajun Power Garlic Sauce**
2/3 cup green onion tops, chopped
1/2 cup parsley, chopped
Cajun Power All Purpose Cajun Seasoning

2. In a skillet sauté vegetables in oil until tender.
3. Add pork and beef, brown and pour off fat.
4. Add roux, stir to dissolve.
5. Add water and simmer.
6. Season with Cajun Seasoning and garlic sauce.
7. Add green onion tops and simmer 20 minutes more.
8. Taste and adjust seasoning to your taste.
9. Add parsley.
10. Leftover dressing stock freezes well.

Nutrition facts per serving: 794 calories, 54% calories from fat, 47.5g total fat (73%), 11.6g saturated fat (58%), 92mg cholesterol (31%), 95mg sodium (25%), 61.2g carbohydrates (20%), 1.4g fiber (6%), 31g protein (62%), 363iu vitamin A (7%), 10mg vitamin C (17%), 121mg calcium (12%), and 5.2mg iron (29%).

Spaghetti and Meat Sauce

Makes about 5 cups

I like to make this recipe with meatballs and serve with a salad of lettuce, pickles and olives.

1 1/3 pounds ground beef
Spaghetti, cooked
Cajun Power All Purpose Cajun Seasoning

32 ounce jar of **Cajun Power Makin' Cajun Spaghetti Pasta Sauce**

12 to 16 ounces water

1. In a large saucepan, brown the ground meat. Stir until is brown.
2. Stir in spaghetti sauce.
3. Add water. Leave pot uncovered. Bring to a boil, lower heat to simmer for about 20 minutes. Add Cajun seasoning as desired.

Pour this sauce on top of cooked spaghetti. If you like meatballs, make in a separate skillet and add to the finished meat sauce.

Nutrition facts per cup without spaghetti: 505 calories, 54% calories from fat, 22.7g total fat (355), 8g saturated fat (40%), 95mg cholesterol (32%), 3915mg sodium (163%), 19.2g carbohydrates (6%), zero fiber, 24.2g protein (50%), zero vitamin A, 1mg vitamin C (1%), 21mg calcium (2%), and 1.2mg iron (75%).

Nutrition facts per 1 cup cooked spaghetti: 197 calories, 1% total and saturated fats, zero cholesterol and sodium, 39.7g carbohydrates (13%), 2.1g fiber (8%), 6.7g protein (13%), zero vitamins A and C, 10mg calcium (1%), and .7mg iron (4%).

Meatballs

Makes 6 servings

2 pounds hamburger
1 egg

1/2 teaspoon **Cajun Power All Purpose Cajun Seasoning**

1 onion, finely chopped

1. Thoroughly mix all ingredients and shape into small balls.
2. In a skillet, add a little vegetable oil, and fry until browned.

Nutrition facts per serving: 482 calories, 38% calories from fat, 20.6g total fat (32%), 7.2g saturated fat (36%), 89mg cholesterol (30%), 744g sodium (31%), 53.5g carbohydrates (18%), .4g fiber (2%), 21.9g protein (44%), 45iu vitamin A (1%), 2mg vitamin C (4%), 114mg calcium (11%), and 4.2mg iron (23%).



Vegetables

As you look through many of my recipes you will note that onions, bell peppers (also known as Holy Trinity), garlic, celery, and parsley are the base for many of my recipes. Cajuns like vegetables, especially greens cooked with turnips and tasso. Generally these greens are served in a bowl with lots of juice, we call *pot likker*, or what you call “vegetable broth.” Cajuns like all kinds of beans, fresh and dried. Also broccoli, cauliflower and eggplant are always found on my grocery list. Yams and sweet potatoes are cooked a number of ways, both fried and sweeten, as well in pies. Cajuns tend to eat a lot more rice than potatoes, however, potatoes are found on my dinner table from time to time.

To anyone who may not like the Chef! Make these recipes and stuff yourself. See you later, alligator!

Baby Lima Beans with Bacon

Makes 4 servings

- 1 pound baby lima beans
- 4 strips bacon, fried crisp
- 1 onion, finely chopped
- 2 cups water (or 1 cup milk and 1 cup water)
- 2 teaspoons **Cajun Power Garlic Sauce**
- Cajun Power All Purpose Cajun Seasoning** to taste
- 2 tablespoons pimento, chopped, optional

1. Sauté onions in bacon fat.
2. Add limas, bacon, garlic sauce, and Cajun Seasoning.
3. Add liquid and cook over medium heat until done.
4. Add pimento if desired.

Nutrition facts per serving made with milk/water combination: 221 calories, 22% calories from fat, 5.6g total fat (9%), 2.5g saturated fat (12%), 14mg cholesterol (5%), 156mg sodium (6%), 30.6g carbohydrates (10%), 8.6g fiber (34%), 13.3g protein (27%), 236iu vitamin A (5%), 19mg vitamin C (32%), 101mg calcium (10%), and 3mg iron (17%),



Enjoy my baby lima beans with a stuffed roast, onion and potato casserole smothered carrots and French bread.

Baked Beans I

Makes 4 servings

Cajun-style baked beans make a perfect side dish, especially with Bar-B-Que.

8 strips bacon, fried crisp
2 15-ounce canned pork and beans
1 cup onion, chopped
1/4 bell pepper, chopped
1/4 cup brown sugar
1/4 cup **Cajun Power Garlic Sauce**

1. Add onions and pepper to the fried bacon and sauté until tender.
2. Add brown sugar and garlic sauce.
3. Add beans and stir well.
4. Pour in baking dish and bake 350°F for 45 minutes until bubbly hot.

Nutrition facts per serving: 373 calories, 22% calories from fat, 9.6g total fat (15%), 3.5g saturated fat (17%), 26mg cholesterol (9%), 1212mg sodium (51%), 62.7g carbohydrates (21%), 12.5g fiber (50%), 15.4g protein (31%), 408iu vitamin A (8%), 15mg vitamin C (25%), 134mg calcium (13%), and 4.2mg iron (23%).

Baked Beans II

Makes 4 servings

*Make my baked beans easy as 1-2-3.with my **Cajun Power Baked Bean Syrup**. This syrup has it all, onions, bell peppers, brown sugar and of course it's loaded with the original **Cajun Power Garlic Sauce**. It's so good you can't enjoy Bar-B-Que without it.*

2 15-ounce canned pork and beans
9 ounce jar **Cajun Power Baked Bean Syrup**
4 strips bacon, cut in 2-inch pieces

1. Preheat oven to 375°F.
2. Pour pork and beans in an 8x8-inch baking dish.
3. Pour bean syrup into baking dish. Stir well.
4. Place bacon over beans.
5. Bake uncovered, 1 hour.

Nutrition facts per serving: 302 calories, 24% calories from fat, 10.4g total fat (16%), 2.4g saturated fat (12%), 20mg cholesterol (7%), 1081mg sodium (45%), 62.4g carbohydrates (21%), 11.7g fiber (47%), 13g protein (26%), 378iu vitamin A (8%), 6mg vitamin C (11%), 113mg calcium (11%), and 3.7mg iron (21%).

Broccoli and Cheese Casserole

Makes 6 servings

| | |
|--|---|
| 3 heads broccoli, chopped | 1 onion, chopped |
| 1/2 cup mushrooms, sliced or 1 small can pieces | 1/2 cup butter (1 stick) |
| 8 ounces garlic cheese, grated | 1 cup Easy White Sauce Seasoned breadcrumbs |

1. In a saucepan, cook broccoli in boiling water until tender, drain.
2. In a skillet, sauté onions and mushrooms in butter until tender.
3. Add white sauce and cheese, and stir until cheese is melted.
4. Place cooked broccoli in a greased baking dish.
5. Pour cheese sauce over broccoli.
6. Sprinkle with breadcrumbs and dot with butter.
7. Bake in 350°F oven for about 30 minutes.

Nutrition facts per serving: 336 calories, 57% calories from fat, 21.6g total fat (33%), 12.4g saturated fat (62%), 54mg cholesterol (18%), 439mg sodium (18%), 29.9g carbohydrates (10%), 2.8g fiber (11%), 7.3g protein (15%), 1392iu vitamin A (28%), 43mg vitamin C (72%), 140mg calcium (14%), and 1.9mg iron (11%).

Candied Yams

Makes 6 servings

| | |
|---|----------------------------|
| 6 sweet potatoes or yams, peeled and cut in chunks | |
| 1 cup Cajun Power Sweet Treat or sugar | 1 cup water |
| 1 cup Steen's® 100% Pure Cane Syrup or dark corn syrup | 1 onion, sliced thin |
| | 1 teaspoon salt |
| | 1/4 cup butter (1/2 stick) |
| 1 orange, seeded, sliced thin | |

1. In a large saucepan, add sweet potatoes, cover with warm water, boil for 10 minutes, drain, set aside.
2. In another saucepan, boil sugar, corn syrup, water, salt and butter over medium heat until all is well melted.
3. Place sweet potatoes in a large skillet, cover with orange slices, pour sugar sauce over all, and cook over medium heat until tender.
4. Spoon syrup over sweet potatoes occasionally to glaze.

Nutrition facts per serving: 519 calories, 13% calories from fat, 7.8g total fat (12%), 4.8g saturated fat (25%), 20mg cholesterol (7%), 482mg sodium (20%), 115.2g carbohydrates (38%), 6mg fiber (24%), 2.5g protein (5%), 318iu vitamin A (6%), 32mg vitamin C (54%), 62mg calcium (6%), and 2.9mg iron (16%).

Creamed Cauliflower Casserole

Makes 6 servings

*Creamed cauliflower is one of my favorite vegetable dishes. Creamed cauliflower goes great with **Cajun Fried Chicken**, **Rice Dressing** and **Ambrosia** for dessert.*

1 cauliflower head
2 tablespoons butter
2 tablespoons flour
1 cup milk

1 1/2 cups cheese, grated, divided
1/2 teaspoon **Cajun Power All Purpose Cajun Seasoning**
Seasoned breadcrumbs

1. Place cauliflower in a pot covered with boiling water, and boil for 5 minutes.
2. Place cooked cauliflower in a casserole dish, break into florets, set aside.
3. Melt butter in a saucepan over low heat.
4. Blend in flour and Cajun seasoning.
5. Add milk all at once. Stir to blend.
6. Add 1 cup cheese, stirring constantly until mixture thickens and bubbles.
7. Pour cheese sauce over cauliflower.
8. Sprinkle with remaining cheese and breadcrumbs.
9. Bake in 350°F oven for about 45 minutes or until browned.

Nutrition facts per serving: 202 calories, 65 calories from fat, 14.7g total fat (23%), 9.2g saturated fat (46%), 46mg cholesterol (15%), 452mg sodium (19%), 8.1g carbohydrates (3%), .2g fiber (1%), 9.5g protein (19%), 496iu vitamin A (10%), 3mg vitamin C (6%), 261mg calcium (26%), and .5mg iron (3%).



Just a normal Cajun feast in my home includes fried chicken, rice dressing, creamed cauliflower and ambrosia.

Eggplant Casserole

Makes 8 servings

*My eggplant casserole is especially good with **Stuffed Pork Chops**, along with **Candied Yams** and **Cornbread Muffins**.*

1/2 cup vegetable oil
5 medium size eggplants, peeled, cubed
2 cups onions, chopped
1 cup celery, chopped
1/2 cup bell pepper, chopped
4 bread slices, crusts removed, soaked in water, drained
Breadcrumbs
2 pounds ground pork
Cajun Power All Purpose Cajun Seasoning
Cajun Power Garlic Sauce

1. In a large pot, heat oil over a low fire.
2. Add eggplant, and vegetables, cover. Stir and mash occasionally.
3. In another pan, brown pork, and drain the fat.
4. Add the bread to the eggplant mixture, and stir well.
5. Add the pork, and stir again.
6. If mixture is too moist, add breadcrumbs as needed.
7. Season to taste with Cajun seasoning and garlic sauce.
8. Spoon mixture into a baking dish and top with bread crumbs
9. Bake at 350°F for about 45 minutes. If necessary, raise temperature to brown.

Nutrition facts per serving: 451 calories, 56% calories from fat, 29g total fat (45%), 6.8g saturated fat (34%), 60mg cholesterol (20%), 349mg sodium (15%), 30.5g carbohydrates (10%), 7.4g fiber (30%), 20.2g protein (40%), 296iu vitamin A (6%), 15mg vitamin C (26%), 65mg calcium (6%), and 2.2mg iron (12%).



A fine baked ham deserves the place of honor at a family reunion in Cajun country. I like to serve my ham with many vegetables including my eggplant casserole.

Fried Sweet Potatoes

My mother called these “Cajun Caro’s Fried Sweet Potatoes. When she said it she pronounced it “Cahrr-o” and rolled the “r”. My fried sweet potatoes are so good, it could make a rabbit hug a hound!

Sweet potatoes

Vegetable oil

1. Bake sweet potatoes in a 375°F to 400°F oven for about 45 minutes. Allow 1 sweet potato per person.
2. Peel the baked sweet potatoes and cut them into strips lengthwise
3. Drop the strips into hot oil and fry until golden brown.

Doesn’t sound like much, but these fried sweet potatoes are delicious.

Nutrition facts per sweet potato (doesn’t include oil that might be absorbed): 98 calories 2.4% calories from fat, zero fats and cholesterol, 12mg sodium (1%), 22.7g carbohydrates (8%), 2.8g fiber (11%), 1.5g protein (3%), 18779iu vitamin A (376%), 21mg vitamin C (35%), 21mg calcium (2%), and .5mg iron (3%),

Onion and Potato Casserole

Makes 8 servings

*Here in Southwest Louisiana this dish and better known as “Ca c’est oignons et pommes de terre” I like to serve this dish with **Stuffed Roast Beef, Smothered Carrots, creamy butter beans with crumbled bacon and braided sesame seed bread.***

8 potatoes, sliced

2 onions. Sliced

1/3 cup butter (1/2 stick)

Cajun Power All Purpose Cajun Seasoning

Parsley, Chopped

Romano cheese

1. Thoroughly butter bottom and sides of a baking dish.
2. Place a layer of potatoes.
3. Season with Cajun seasoning.
4. Sprinkle with Romano cheese.
5. Next, place a layer of onions and dot with butter.
6. Sprinkle with parsley.
7. Continue to layer potatoes, onions, seasoning, cheese and butter.
8. Add more parsley on top.
9. Bake in 350° oven for 1 hour or until potatoes are tender.

Nutrition facts per serving: 341 calories, 26% calories from fat, 9.9g total fat (15%), 6g saturated fat (30%), 30mg cholesterol (10%), 323mg sodium (13%), 53.9g carbohydrates (18%), 5.3g fiber (21%), 11.3g protein (23%), 1169iu vitamin A (23%), 60mg vitamin C (100%), 232mg calcium (23%), and 5.9mg iron (33%).

Pickled Beets

Makes 24 servings

*My pickled beets are especially good with **Chicken Fricassée**. I also serve my pickled beets on my appetizer table.*

- 3 16 ounce cans sliced beets, undrained
- 1 cup water
- 1 white onion, sliced thin
- 12 cup vinegar
- 1/3 cup sugar

1. In a saucepan, put beets to boil in their own juice along with the water.
2. Boil 10 minutes.
3. Add vinegar and sugar, stir to dissolve.
4. Place beets in a deep bowl with onion rings to garnish top of beets.

Nutrition facts per serving: 28 calories, 2% calories from fat, zero fats and cholesterol, 32mg sodium (1%), 6.6 carbohydrates (2%), 1.3g fiber (5%), .7g protein (1%), zero vitamin A, 2mg vitamin C (4%), 8mg calcium (1%), and .3mg iron (2%).

Smothered Carrots

Makes 6 servings

The finished cooked carrots may not look good, however, when you smother them all the way down, they taste fantastic! Tell all my Cajun aunts and uncles – Victoire! You gave me all my cousins!

- 2 pounds carrots, peeled, sliced
- 1 onion, sliced thin
- 4 tablespoons vegetable oil
- Parsley and onion tops

Cajun Power All Purpose Cajun Seasoning

1. Place carrots and onions in a medium size saucepan.
2. Cover with water and season to taste.
3. Boil all the water away.
4. Add the oil, cover carrots, simmer on low fire until carrots are smothered and have a glazed look.
5. Add parsley and onion tops and more seasoning if needed.

Nutrition facts per serving: 155 calories, 53% calories from fat, 9.5g total fat (15%), 1.1g saturated fat (5%), zero cholesterol, 143mg sodium (6%), 17.1g carbohydrates (6%), 4.7g fiber (19%), 2.2g protein (4%), 38470iu vitamin A (769%), 17mg vitamin C (29%), 78mg calcium (8%), and 3.2mg iron (18%).

String Beans with Bacon

Makes 8 servings

I have had success in my cooking because of things I learned from my parents. My parents values and their pride of their French Heritage that has been the foundation for me to build my own family. My recipes, like this one, I learned from my mother.

7 to 8 cups canned or freshly
cooked cut string bans, drained
1/2 pound lean bacon, cut in pieces
2 medium onions

8 ounce canned mushrooms sliced
**Cajun Power All Purpose Cajun
Seasoning**, to taste

1. In a pan, fry bacon until medium crisp. Add onions, sauté until tender.
2. Add beans and mushrooms. Cover and cook over medium heat until tender. Occasionally add a little water for desired moisture you like.
3. Season to taste.

Nutrition facts per serving: 214 calories, 58% calories from fat, 14.2g total fat (22%), 5g saturated fat (25%), 24mg cholesterol (8%), 643mg sodium (27%), 11.6g carbohydrates (4%), 3g fiber (12%), 11.4g protein (23%), 640iu vitamin A (13%), 28mg vitamin C (46%), 49mg calcium (5%), and 1.8mg iron (10%).

Stuffed Bell Peppers

Makes 2 servings

A quick taste of Heaven! Good past the Last Bite! My daddy says he hears “Good to the Last Drop,” and he wants to know what is the matter with the “Last Drop!”

2 ounces cheddar cheese,
sliced, cut each into 4 squares
Italian breadcrumbs

2 bell peppers
Cajun Chili

1. Make Cajun chili as directed without the beans.
2. Clean bell peppers and remove tops. Blanche peppers in boiling water.
3. Strain the meat from the chili juice with a large serving spoon.
4. Add a spoonful of meat to the bottom of the pepper.
5. Add 2 squares of cheese.
6. Add another spoonful of meat and 2 more slices of cheese.
7. Fill the pepper with meat. Top with Italian breadcrumbs
8. Pour remaining sauce over bell peppers.

Nutrition facts per serving: 1134 calories, 34% calories from fat, 48g total fat (74%), 18.9g saturated fat (95%), 119mg cholesterol (40%), 1625 sodium (68%), 161.9 carbohydrates (54%), 22.1g fiber (89%), 46.8g protein (94%), 2387iu vitamin A (26%), 104mg vitamin C (173%), 1019mg calcium (102%), and 13.8g iron (77%).

Sweet Peas and Pearl Onions

Makes 6 servings

4 cups sweet peas, canned, fresh or frozen
2 cups chicken stock
2 cups pearl onions, canned, fresh or frozen
Cajun Power All Purpose Cajun Seasoning to taste
1/4 cup white wine

1. In a saucepan, add peas and enough chicken stock to cover.
2. Add pearl onions, seasoning and wine.
3. Cook until peas are just about tender (canned peas and onions just until hot, frozen peas and onions take about 5 minutes after liquid comes to a boil).

Use this recipe to fill onion cups.

Nutrition facts per serving: 94 calories, 4% calories from fat, .5g total (1%), zero saturated fat and cholesterol, 180mg sodium (7%), 17.5g carbohydrates (6%), 5.8g fiber (23%), 5.7g protein (11%), 519iu vitamin A (12%), 42mg vitamin C (70%), 39mg calcium (4%), and 1.5mg iron (8%).

Sweet Peas in Onion Cups

Makes 1 serving

1 large onion, cooked, boiled or baked

1. Cut tops of large onions in points.
2. Scoop out insides of the onions.
3. Fill with peas and pearl onions

Recipe can be doubled, tripled, etc.

Nutrition facts per 1 onion cup: 96 calories, 6% calories from fat, .7g total fat (1%), .2g saturated fat (1%), zero cholesterol, 252 sodium (10%), 19.5g carbohydrates (6%), 4.7g fiber (19%), 4.1g protein (8%), 232iu vitamin A, 25mg vitamin C (42%), 45mg calcium (4%), and 1mg iron (6%).



Sticky chicken goes great with mashed potatoes and peas with pearl onions

Lunch and Coffee Parties

Lunch and coffee parties are usually light and easy to make meals. Consider serving an appetizer and/or a salad, especially my **Meat Pies** and a good choice for salad is my **Shrimp Salad**. Now pick out an easy to make dessert such as **Strawberries and Cream** and you will have an enjoyable meal.

Café au Lait

Makes 1 cup

Nothing taste better early in the morning than a large cup of Café au Lait (coffee with milk). True Cajun coffee is made with 1 ounce fine ground coffee and 3 cups water. When you make it smell the aroma and savor the flavor :”joi de vivre” (joy of life)

1/2 cup dark roast coffee or chicory coffee

1/2 cup milk, scaled

1. Make a pot of good strong dark roast coffee or if you desire, use chicory coffee.
2. Scald a pot of milk on the stove, but do not boil.
3. Pour the hot coffee and the hot milk simultaneously into a large breakfast cup.

Nutrition facts per 1 cup of chicory coffee: 80 calories, 46% calories from fat, 4.1g total fat (6%), 2.5g saturated fat (13%), 17mg cholesterol (6%), 67mg sodium (3%), 6.5g carbohydrates (2%), zero fiber, 4.1g protein (8%), 154iu vitamin A (3%), 1mg vitamin C (2%), 149mg calcium (15%), and .1mg iron (1%).

Jalapeño Pepper Jelly & Cream Cheese

Makes about 16 servings

Ya’ sweetheart called and said; “Bring home two jars of Cajun Power Jalapeño Pepper Jelly. One for you and one for me.”

8 ounces cream cheese

12 oz jar of **Cajun Power Jalapeño Jelly**

1. Place cream cheese on a serving plate.
2. Top cream cheese with jalapeño pepper jelly.

Serve with your favorite crackers

Nutrition facts per serving: 105 calories, 455 calories from fat, 5.5g total fat (8%), 3.1g saturated fat (16%), 16mg cholesterol (55), 131mg sodium (5%), 13.8g carbohydrates (5%), zero fiber, 1.1g protein (2%), 202iu vitamin A (4%), zero vitamin C, 11mg calcium (1%), and .2mg iron (1%)

Mamaw's Party Drop Biscuits

Makes about 48 biscuits

*A coffee party in Acadiana isn't complete without these miniature mouth-watering biscuits, plus my **Blueberry Muffins**, **Chicken Salad**, sandwiches, **Cinnamon Coffee Cake**, and bowls of mints and **Parched Pecans**. Biscuits are part of Cajun life and no one can eat just one. This is my favorite biscuit recipe. You can enjoy these biscuits at every meal.*

2 cups flour, sifted
1/2 teaspoon **Cajun Power All Purpose Cajun Seasoning**
1 tablespoon baking powder
1/4 cup shortening
1 cup milk
1/2 cup cheese, grated
1/4 cup bacon, cooked, diced
1 jalapeño pepper, chopped fine

1. Preheat oven to 400°F.
2. In a bowl, combine dry ingredients.
3. Cut in shortening until it becomes coarsely mixed.
4. Make a depression in the center and add milk all at once.
5. Mix quickly with a fork.
6. Add cheese, bacon, and jalapeño to the batter.
7. Drop from a teaspoon onto a greased cookie sheet.
8. Bake for 12 to 15 minutes.

Serve these delicious biscuits hot with butter and **Cajun Power Blackberry and Strawberry Fruit Treat's**.

If you have made too many biscuits, you can freeze the uncooked dough. Place unbaked biscuits on a baking sheet and freeze until firm. Place in freezer bags and store up to 1 month. When it comes time to bake, place frozen biscuits on a greased baking sheet and bake in the preheated 400°F oven for 15 to 18 minutes.

Nutrition facts per biscuit: 44 calories, 47% calories from fat, 2.3g total fat (4%), .8g saturated fat (4%), 3mg cholesterol (1%), 63mg sodium (3%), 4.4g carbohydrates (1%), .2g fiber (1%), 1.4g protein (3%), zero vitamin A, 2mg vitamin C (4%), 37mg calcium (4%), and .3mg iron (2%).



Po'-Boys

These are big sandwiches made in a loaf of French bread. The loaf may be a small loaf for a single sandwich, or a large one that is later cut into three or four sandwiches.

The loaf can be filled with boiled or fried shrimp, or fried oysters topped with my smooth tasting **Cajun Power Dip Sauce**. A combination of ham and cheese or roast beef with lettuce is a standard favorite.

A steaming hot sausage Po'-Boy is terrific, but my favorite is "*The Precious Po'-Boy*" prepared with slices of my **Stuffed Roast Beef** and **Baked Ham**. Then I add sliced cheese with a few strips of fried bacon. Yes sir! That's the one!

You can be as inventive as you like with Po'-Boys. There is no end to the combinations you can dream up. Some Cajun favorites are meatballs, fried crawfish tails, fried catfish, fried chicken breast, and smoked turkey. Po'-Boys are usually dressed with tartar sauce or mayonnaise, lettuce, tomatoes, and pickles.

Please don't forget my **Cajun Power Lemon Dill Mayonnaise** and **Cajun Power Spicy Garlic Mustard** spreads as they add wonderful flavors to your Po'-boys as well.

In New Orleans they make *Muffuletta* (muff-a-let-ta) *Sandwiches*. The bread has the same ingredients as my **French Bread** recipe, except it is shaped into two to four large buns and topped with sesame seeds. The filling usually contains salami, ham, provolone cheese, and Creole-Italian olive salad. This olive salad is made with chopped green and black olives, chopped garlic, chopped celery, chopped cauliflower, chopped carrots, chopped sweet peppers, chopped capers, chopped pimentos, chopped fresh oregano and parsley, vinegar, olive oil, and seasonings. Each bun is cut into four servings.



Po'-Boys for Kids

Kids generally don't like a lot of ingredients on their Po'-Boys. American-type cheese or baloney is usually their first choice, and my **Cajun Power Kids Ketchup** is usually the first choice for the spread. It is best to let the kids make their own Po'-Boys

Breakfast

French bread is the most common bread found on the Cajun table. Lots of folks eat cornbread, plain white bread to soak up the gravy, and stuffed bread the Cajuns call “*pistolletes*.” These golden brown **Pistolletes** are bread stuffed with crawfish and baked or fried. Some folks just eat pistolletes plain. I eat whole wheat bread, not too Cajun, but more healthy!

Banana Walnut Pancakes

Makes 14 pancakes

1 egg, beaten
1 cup buttermilk
1 tablespoon vegetable oil
1 cup flour
1/4 teaspoon salt
1/2 teaspoon baking soda
1 teaspoon baking powder
1/4 cup **Cajun Power Sweet Treat***
1 banana, sliced thin
1/2 cup walnuts, chopped

1. In a small bowl combine first three ingredients
2. In a large bowl combine dry ingredients. Make a well.
3. Combine liquid with dry ingredients until just mixed. Mixture will be lumpy.
4. Fold in banana and walnuts.
5. On a hot griddle, spoon about a 1/4 cup of batter.
6. Cook until golden brown on both sides, turning just once

Top with **Steens® 100% Pure Cane Syrup**, sprinkle with **Cajun Power Sweet Treat**, or your favorite topping.

Nutrition facts per pancake without topping: 78 calories, 25% calories from fat, 2.1g total fat (3%), .4g saturated fat (2%), 14mg cholesterol (5%), 13.1g sodium (5%), 12.6g carbohydrates (4%), .4g fiber (2%), 2.2g protein (4%), 33iu vitamin C (1%), 1mg vitamin C (1%), 49mg calcium (5%), and .5mg iron (3%).

*Use my **Cajun Power Sweet Treat** in almost any recipe calling for cinnamon and sugar, such as cakes, pies, bread puddings, raisin bread, and cookies. **Cajun Power Sweet Treat** is also good as a topping for hot and cold cereals, applesauce and sliced fruit.

Blueberry Muffins

Makes 12 muffins

2 cups flour, sifted
1 tablespoon baking powder
1/2 cup **Cajun Power Sweet Treat**
1 egg
1 cup milk
1/2 teaspoon salt
1/2 cup butter, melted (1 stick)
1 1/2 cups blueberries, fresh or frozen, drained

1. Preheat oven to 400°F.
2. Grease 12 muffin cups.
3. In a large bowl, mix eggs, milk, and butter.
4. In another bowl, mix dry ingredients together, then make a well in the center. Pour the egg mixture into the center all at once.
5. Stir only until dry ingredients are moistened and batter is still lumpy.
6. Fold in blueberries.
7. Fill each cup 3/4 full, bake for 20 to 25 minutes, or until tested done.

Nutrition facts per muffin: 203 calories, 39% calories from fat, 8.9g total fat (14%), 5.3g saturated fat (27%), 38mg cholesterol (13%), 273mg sodium (11%), 28g carbohydrates (9%), 1.1g fiber (4%), 3.5g protein (7%), 351iu vitamin A (7%), 3mg vitamin C (5%), 118mg calcium (12%), 1.2mg iron (7%).

Blueberry Pancakes

Makes 24 pancakes

You can make some delicious Pancakes with this recipe by:

Doubling eggs (2 eggs)
Doubling milk (2 cups milk), and
Reducing baking power to 2 teaspoons.

1. Bake on a hot griddle like you normally cook pancakes.
2. Top with **Cajun Power Sweet Treat** or like Cajun's do with **Steen's® 100% Pure Cane Syrup**.

Nutrition facts per pancake without topping: 72 calories, 59% calories from fat, 4.9g total fat (7%), 2.9g saturated fat (15%), 28mg cholesterol (9%), 128mg sodium (5%), 6.3g carbohydrates (2%), .2g fiber (1%), 1.2g protein (2%), 200iu vitamin A (4%), 1mg vitamin C (2%), 56mg calcium (6%), and .1mg iron (1%).

Cajun Cornbread

Makes 16 squares

Traditional baking pans for cornbread are made of cast iron. They come in all shapes and sizes, from round to square, muffin pans, and even in the shape of an ear of corn. This recipe calls for an 8x8-inch metal pan. If you do decide to use cast iron, place the greased pan in a hot oven for 20 minutes while preparing the batter. Iron pans will give you a crispy outside crust and when you spoon in the batter it should sizzle.

| | |
|------------------------|----------------------------|
| 1 cup flour | 1 tablespoon baking powder |
| 1 cup yellow cornmeal | 1/2 teaspoon baking soda |
| 2 tablespoons sugar* | 1 1/2 cups buttermilk |
| 1 teaspoon salt | 1 egg |
| 1/3 cup butter, melted | |

- 1 Preheat oven to 450F.
1. In a large bowl, mix eggs, butter, and buttermilk, beat lightly.
2. In another bowl, mix dry ingredients, make a depression in the middle, and pour in egg mixture all at once.
3. Stir this mixture quickly until well moistened, but don't beat. The batter should be lumpy. Pour into a greased 8x8-inch square pan.
4. Bake for 15 to 20 minutes or until golden brown.
5. Cool, cut into 2-inch squares.

Nutrition facts per square: 105 calories, 30% calories from fat, 3.5g total fat (5%), 2g saturated fat (10%), 20mg cholesterol (7%), 297mg sodium (12%), 15.6g carbohydrates (5%), .9g fiber (3%), 167iu vitamin A (3%), zero vitamin C, 95mg calcium (9%), and .9mg iron 6%)

*If you like cinnamon, replace the sugar with **Cajun Power Sweet Treat**.

Cajun Power Fruit Treat's

Here in Cajun Country, my summer afternoons are often spent picking strawberries or wild blackberries out of Papa Love's garden. I take these berries and make what I call a *fruit treat*, which you might call a *spread*. My **Cajun Power Strawberry Fruit Treat** and **Cajun Power Blackberry Fruit Treat** are only sweetened with fruit (no sugar added). You will experience the real taste of fruit, not just sugar as with many preserves. My fruit treats only have 10 calories and 1% carbohydrates per tablespoon as compared to 50 calories and 4% carbohydrates with many fruit preserves.

For a special Cajun treat, microwave my fruit treat for 20 seconds and poured over cereal or ice cream. And of course, spread my fruit treats on cornbread, biscuits and with peanut butter for a great sandwich.

Cajun Power Baked Eggs

Makes 4 servings

6 eggs

1/2 cup Cajun Power Garlic Sauce

1 teaspoon Cajun Power All Purpose Cajun Seasoning

1 tablespoon Cajun Power Spicy Garlic Mustard

1/4 cup butter or vegetable oil

1 bunch green onions, chopped

1 bell pepper, chopped

2 celery stalks, chopped

1 cup Cheddar cheese, shredded

1. In a bowl, whip eggs until frothy.
2. Whip in garlic sauce, seasoning and mustard.
3. In a 12-inch iron skillet, melt butter on stove top.
4. Add onions, bell pepper and celery. Stir and cook until onions are wilted, about 5 minutes.
5. Add the egg mixture and top with the cheese.
6. Place skillet in a 350°F preheated oven and bake until eggs are set. Check by placing a knife in the center and when it comes out clean, the eggs are ready to serve.
7. Cut into wedges, serve hot, and if desired, top with garlic sauce.

Nutrition facts per serving: 344 calories, 68% calories from fat, 27.4g total fat (42%), 15g saturated fat (75%), 33.5mg cholesterol (112%), 930mg sodium (39%), 12.9g carbohydrates (4%), 1.6g fiber (6%), 16.1g protein (32%), 1413iu vitamin A (28%), 274mg calcium (27%), and 1.8mg iron (10%)

Eggs

Cajuns love eggs! All kinds of eggs!

Eggs can be fried, poached, and baked. I like to top my eggs with **Cajun Power All Purpose “Spicy” Garlic Sauce**.

For a special treat poach some eggs in my **Cajun Power Salsa/Picante Sauce** and top with some jalapeño cheese. You can do like the Mexicans, and serve on top of a tortilla.

Probably the most requested egg recipe for brunch is eggs benedict. While not originating in Cajun country, you can replace the hollandaise sauce with warmed **Cajun Power Garlic Sauce** and save a lot of calories and fat.

Cinnamon Pecan Coffee Cake

Makes 36 slices

My Cajun Power Sweet Treat brings out the cinnamon flavor in every bite. Great served with whipped cream cheese.

3 1/2 cups flour
2 1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 2/3 cups **Cajun Power Sweet Treat***
2/3 cup shortening
3 eggs
1 teaspoon vanilla
1 cup milk
1 cup pecans, chopped

1. In a large mixing bowl, combine dry ingredients.
2. In another bowl, cream sugar and shortening.
3. Beat in eggs, one at a time.
4. Add milk and vanilla.
5. Add liquid mixture to dry ingredients, beat well.
6. Stir in pecans.
7. Pour into greased tube pan.
8. Bake in a slow oven 325°F for 50 to 60 minutes.
9. Cool in the tube pan.
10. Remove from pan and sprinkle topping over cake.

Topping

1/2 cup brown sugar
2/3 teaspoon cinnamon
1 tablespoon flour
3 tablespoons butter, melted
1/3 cup pecans, chopped

1. Combine all ingredients.

Nutrition facts per slice: 157 calories, 39% calories from fat, 6.9g total fat (11%), 1.9g saturated fat (10%), 19mg cholesterol (6%), 109mg sodium (5%), 22g carbohydrates (7%), .5g fiber (2%), 2.1g protein (4%), 69iu vitamin A (1%), zero vitamin C, 39mg calcium (4%), and .8mg iron (4%).

* **Cajun Power Sweet Treat** is a perfect blend of cinnamon, sugar and pure vanilla. Use Sweet Treat for cinnamon toast, baked apples, cakes, pies, bread pudding, cereals, cookies, applesauce, and to top desserts.

Coush-Coush

Makes 4 servings

This Cajun breakfast dish is made with cornmeal. This recipe was originally made with Moroccan couscous grain for African slaves

2 cups cornmeal

1 1/2 teaspoon salt

1 teaspoon baking powder

1 1/2 cups water

1/2 cup vegetable oil

1. In a bowl, combine cornmeal, salt, baking powder and water.
2. In a heavy pot, heat oil on high.
3. Add cornmeal to the hot oil and cook until a crust begins to form on the bottom.
4. Stir, cover, and lower heat. Cook about 15 minutes more. Serve hot with milk, and cane syrup or sugar.

Nutrition facts per serving without topping: 494 calories, 52% calories from fat, 28.4g total fat (44%), 3.3g saturated fat (17%), zero cholesterol, 892mg sodium (37%), 53.9g carbohydrates (18%), 5.1g fiber (20%), 5.8g protein (12%), 285iu vitamin A (6%), zero vitamin C, 93mg calcium (9%), and 3mg iron (17%).

Crawfish Eggs

Makes 4 servings.

1 tablespoon butter

5 green onions, both white and green chopped

1/4 cup bell pepper, chopped

1 cup crawfish tails (more if you like)

8 eggs, beaten

1/4 cup **Cajun Power Garlic Sauce**

1 teaspoon **Cajun Power All Purpose Cajun Seasoning**

Several dashes **Cajun Power Spicy Garlic Pepper Sauce**, if desired

- 1 In a skillet melt butter over medium heat.
- 2 Add the green onions and bell pepper, sauté until tender, about 4 minutes.
- 3 Stir in crawfish and cook for about 1 minute or until pink.
- 4 In a bowl combine eggs and remaining ingredients.
- 5 Add to crawfish mixture and stir until desired doneness.

Nutrition facts per serving: 277 calories, 38% calories from fat, 12.3g total fat (19%), 4.7g saturated fat (23%), 442mg cholesterol (147%), 578mg sodium (24%), 20.8g carbohydrates (7%), 5.9g fiber (24%), 24.1g protein (48%), 1592iu vitamin A (32%), 52mg vitamin C (87%), 216mg calcium (22%), and 5.7mg iron (32%).

French Bread

Makes 2 loaves

There's nothing more basic than French bread. Main ingredients are flour, water and yeast. If you have never made bread, you should at least once in your lifetime. With this easy recipe, you will want to make bread again and again.

| | |
|-----------------------------|---------------------------------|
| About 5 cups flour | 1 1/2 tablespoons vegetable oil |
| 1 teaspoon sugar | 1 3/4 cups warm water (120°F to |
| 1 tablespoon salt | 130°F) |
| 2 packages active dry yeast | Cornmeal |

- 1 In a large bowl, combine 1 cup flour, sugar, salt and yeast.
- 2 In a measuring cup, mix vegetable oil and warm water.
- 3 Slowly add the liquid to the dry ingredients, beating with an electric mixer for about 2 minutes.
- 4 Add 1 cup of dry ingredients and beat at high speed for another 2 minutes.
- 5 By hand, stir in remaining dry ingredients, a little at a time, until stiff.
- 6 On a floured board, knead in as much flour to make a smooth, elastic, none sticky dough.
- 7 Cover dough with plastic wrap and a towel and let the dough rest for 20 minutes.
- 8 Divide dough into two equal parts.
- 9 On the floured board, roll each half into an oblong, about 15-inches long.
- 10 Beginning on the wide side, roll up dough, tuck ends underneath, and taper ends.
- 11 Sprinkle cornmeal on a greased cookie sheet.
- 12 Place formed dough on the cookie sheet. Loosely cover dough with plastic wrap.
- 13 In a warm place, let dough rise until double, about 1 hour. Just prior to baking, cut 3 or 4 diagonal cuts. For a soft crust, brush with milk. For a crisp crust, spray bread lightly with water 3 or 4 times while baking.
- 14 Bake in a preheated 450°F oven for about 20 minutes or until done.
- 15 Cool on wire racks.

Nutrition facts per slice: 84 calories, 8 calories from fat, .9g total fat (1%), .1g saturated fat (1%), zero cholesterol, 202.8mg sodium (8%), 16g carbohydrates (5%), .5g fiber (2%), 2.8g protein (6%), zero vitamins A and C, zero calcium, and 1.2mg iron (7%).

Hush Puppies

Makes about 40 hush puppies

No meal of fried fish is complete without hush puppies. The name “hush puppies” came from the olden days when plantation kitchens did not have doors. Dogs would yapp, and to hush them up, the cook would throw a few pieces of fried corn bread to the dogs and in a stern voice, yell, “hush puppies!”

I love my Mom and I love her hush puppies. She’s a great cook! Here’s how she made them for me.

1 cup flour
2 cups cornmeal
2 eggs, beaten
1 1/2 teaspoons salt
1 tablespoon baking powder
8 1/2 ounce canned cream-style corn
3 jalapeño peppers
1/4 bell pepper, chopped fine
1 onion, chopped fine
2 teaspoons **Cajun Power Garlic Sauce**
Buttermilk
Pinch of baking soda

1. In a large bowl, combine all ingredients.
2. Add enough buttermilk until the mixture has the same consistency of a cornbread batter.
3. Test batter by scooping up a rounded tablespoon and pushing it off the spoon with your thumb into medium hot grease.
4. If the hushpuppies break and come apart, add more flour.
5. If the hushpuppies do not rise enough, add a little more baking power.
6. Fry in deep fat.

For a great Cajun breakfast serve these hush puppies with fried catfish and café au lait.

Nutrition facts per hush puppy: 48 calories, 8% calories from fat, .4g total fat (1%), .1g saturated fat (1%), 9mg cholesterol (3%), 129mg sodium (5%), 9.6g carbohydrates (3%), .8g fiber (3%), 1.4g protein (3%), 75iu vitamin A (1%), 8mg vitamin C (13%), 31mg calcium (3%), and .6mg iron (3%).

Jalapeño Corn Muffins

Makes 18 muffins

1 box Dromedary cornbread mix*
1 tablespoon sugar*
3 eggs*
1/2 cup vegetable oil*
2 1/2 cups milk*
1 onion, chopped fine
2 garlic cloves, chopped fine
1/4 cup bell pepper, chopped fine
8 1/2 ounce can cream-style corn
2/3 cup cheese, grated
1 ounce can jalapeño peppers

1. Combine all ingredients in a large bowl.
2. Pour mixture in greased muffin tins.
3. Bake at 350°F for 35 minutes.

Nutrition facts per muffin (facts can differ depending up which cornbread package mix you purchase): 120 calories, 35% calories from fat, 4.7g total fat (7%), 2g saturated fats (40%), 31mg cholesterol (10%), 259mg sodium (11%), 15.8g carbohydrates (5%), 1g fiber (4%), 4.1g protein (8%), 157iu vitamin A (3%), 15mg vitamin C (25%), 72mg calcium (7%), and .6mg iron (4%).

*If Dromedary cornbread mix is not available in your supermarket, purchase a mix that makes 16 servings that is baked in an 8x8-inch pan. Add only the ingredients listed on the package.

Breads

You will find many kinds of breads on the Cajun breakfast table. I suppose French bread is the most popular, closely followed with various kinds of biscuits and muffins.

In New Orleans, Creole rice calas were once popular sold on the street by vendors. Those days are gone, however, rice calas sometimes are found on my breakfast table and I like to serve them with my **Cajun Power Sweet Treat**.

Bayou country beignets are more linked to Café du Monde in New Orleans French Market. I make my beignets with crawfish.

Pain Perdu

Makes 12 slices

Enjoy an elegant breakfast in bed with purely country Cajun food. *Pain perdu* (*pan-per-doo*) is French for “lost bread”, also known as “French toast.” *Pain perdu* is made from leftover stale bread that would otherwise be lost. *Pain perdu* is usually served with hot syrup, fruit cups, fresh fruit, bacon and **Café au Lait** made with half hot dark coffee and half scalded hot milk served in a large breakfast cup.

6 eggs
1/2 cup milk
Cajun Power Sweet Treat or Steen’s® Pure Cane Syrup

1 teaspoon vanilla
12 slices stale bread*

1. In a bowl, mix eggs, vanilla and milk.
2. Dip bread for a few seconds and turn other side.
3. Fry on hot buttered griddle until golden brown on both sides
4. Sprinkle with sweet treat or like Cajun’s do with pure cane syrup.

*Use any day old bread of your choice. My choice is French bread and can be sliced 1 to 2-inches thick. If bread is not stale, dry a bit in a slow oven or slice and let stand at room temperature several hours.

Nutrition facts per slice without topping: 105 calories, 29% calories from fat, 3.4g total fat (5%), 1.1g saturated fat (5%), 93mg cholesterol (31%), 166mg sodium (7%), 13.1g carbohydrates (4%), .6g fiber (2%), 5g protein (10%), 148iu vitamin A (3%), zero vitamin C, 50mg calcium (5%), and 1.1mg iron (6%).



Pain Perdu topped with Steen’s pure cane syrup or Cajun Power Fruit Treat, bacon, café au lait and fruit cups is my Cajun breakfast. If you are real hungry start with a bowl of coush-coush, topped with Steen’s syrup.

Pistolettes

Makes 6 pistolettes

Pistolettes (pis-to-let) are small football shaped rolls filled with a choice of ingredients. I like pistolettes filled with crawfish. Some of my Cajun friends fill with cooked catfish, chicken, and/or shrimp. The local Greeks fill their pistolettes with spinach

1/4 cup butter (1/2 stick)
2 tablespoons **Cajun Power Garlic Sauce**
2 teaspoons **Cajun Power Worcestershire Sauce**
1 1/2 cups jalapeño jack cheese, grated
6 pistolette rolls (if not available use French bread rolls)
8 green onions, finely chopped
1/2 cup bell pepper, chopped
1/4 cup celery, chopped
1 pound cooked crawfish, chopped

1. In a skillet sauté green onions, bell pepper, and celery in butter.
2. Add garlic sauce, Worcestershire sauce, and crawfish. Cook for about 2 minutes, or until just heated.
3. Over very low heat, add the cheese and cook until melted. Cool.
4. Cut off a small end of the pistolette rolls and with your finger remove the insides of the roll. Fill with the crawfish mixture.
5. Replace the cut off end and secure with a toothpick.
6. Bake the pistolettes in a 350°F oven about 15 minutes or until golden brown.

Nutrition facts per pistolette: 414 calories, 41% calories from fat, 19.3g total fat (30%), 10.4g saturated fat (52%), 137mg cholesterol (46%), 934mg sodium (39%), 36.8g carbohydrates (12%), 5.4g fiber (22%), 26.1g protein (52%), 1179iu vitamin A (24%), 52mg vitamin C (87%), 200mg calcium (20%), and 5.6mg iron (31%).

Scrambled Eggs

Makes 1 serving

1 teaspoon **Cajun Power Spicy Garlic Mustard**
1/4 teaspoon **Cajun Power All Purpose Cajun Seasoning**
1 tablespoon butter
1 tablespoon **Cajun Power Garlic Sauce**
1/2 cup cheddar cheese
3 eggs, beaten

1. In a bowl, except butter, combine all ingredients well.
- 1 In skillet, melt the butter. Pour in the egg mixture. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large soft curds. DO NOT STIR.
- 2 Continue until eggs are thickened and no visible liquid egg remains and until desired doneness.

Desserts

Yes, Cajuns have a sweet teeth! We eat so many rich sauces that we really don't need all of this sweet stuff, but we do love to eat it. I hope you enjoy my wonderful desserts.

Often we have a dessert party for a house blessing. The owners of the new house will ask their priest to bless their new home. When this happens a dessert table is set up and here you will find many of my favorite recipes.



Ambrosia

Makes 6 servings

18 cherries
9 slices unsweetened pineapple cut in
chunks

6 oranges cut in chunks
Frozen grated fresh coconut
Powdered sugar

1. Sprinkle a little grated coconut on the bottom of a stylish sherbet glass.
2. Put a layer of oranges on top.
3. Followed with a layer of pineapple
4. Place a quartered cherry on the sides of each glass.
5. Sprinkle with coconut.
6. Repeat layers and cherry pieces.
7. Finish with coconut and a sprinkle of powdered sugar with 1 cherry on top.

Nutrition facts per serving: 1020 calories, 10% calories from fat, 12.1g total fat (19%), 3.4g saturated fat (17%), zero cholesterol, 33mg sodium (1%), 243.3g carbohydrates (81%), 23.8g fiber (95%), 12g protein (25%), 4646iu vitamin A (93%), 276mg vitamin C (460%), 241mg calcium (24%), and 7mg iron (39%).

Angel on a Cloud

Makes 4 servings

This is the first of several recipes using my pastry shells and pastry custard. Your lover will show you bright eyes for this one

Pastry Shell recipe
Pastry Custard recipe
Chocolate shavings
Powdered sugar

1. Prepare pastry shell recipe.
2. Fill a pastry bag and pipe the dough onto a flat baking pan. Start by outlining a rectangular shape and continue to fill in the center.
3. Now shape a small rectangle on top of the first, and an even smaller one on top of the second.
4. Judge the size of the first rectangle, so that you will not run out of pastry at the last.
5. Bake at 450°F for 15 minutes, then lower the oven to 375°F for about 25 minutes and watch closely so as not to darken. If it does, cover with a piece of aluminum foil.
6. When baked, remove and cool.
7. Using knife in a sawing motion, remove top. Also remove any inside dough.
8. Fill with my recipe for pastry custard.
9. Sprinkle with powdered sugar and with shaved chocolate if you wish.
10. Place top over custard and repeat with powdered sugar and chocolate.

Mini-Angel on a Cloud are made with 8 smaller shells.

Nutrition facts per serving: 903 calories, 64% calories from fat, 65.1g total fat (100%), 37g saturated fat (185%), 567mg cholesterol (189%), 457mg sodium (19%), 60.2g carbohydrates (20%), 2.4g fiber (9%), 22.4g protein (45%), 2458iu vitamin A (49%), 1mg vitamin C (2%), 214mg calcium (21%), and 4.9g iron (27%).

Nation facts per Mini-Angel on a Cloud: 451 calories, 64% calories from fat, 32.5g total fat (50%), 18.5g saturated fat (92%), 283mg cholesterol (94%), 228.5mg sodium (10%), 30.1g carbohydrates (10%), 1.2g fiber (5%), 11.2g protein (23%), 1229iu vitamin A (25%), 1mg vitamin C (1%), 107mg calcium (11%), and 2.4mg iron (14%).

Caramel Toc Toc

Makes about 20 servings

*“Toc toc” is what Cajuns call caramelized popcorn. Here in Abbeville we make it with freshly made **Steen’s® Pure Cane Syrup**. Steen makes his cane syrup the old fashioned way in big open kettles. You should come to Abbeville during the sugar cane grinding and syrup making season and experience the wonderful aroma in the air. Comme tous les Acadiens discent: “C est si bon.” Or as the Cajuns say, “It’s so good.”*

12 ounce can **Steen’s® Cane Syrup**

1 cup of popping corn or about 20 cups of popped popcorn*

1 cups pecan halves

1 tablespoons butter (1/3 stick)

1 tablespoon vanilla

1 ½ teaspoons baking soda, heaping

1. Pour syrup into a large heavy saucepan.
2. Turn fire on high. It will start to foam and you must adjust the heat so that it does not boil over, but you must keep it foaming.
3. Stir syrup with a large spoon about every 30 seconds.
4. In 5 to 10 minutes the aroma will become very strong.
5. Cook 5 minutes more, then begin spooning syrup up and letting it run off the spoon.
6. When the syrup begins to run slowly and becomes thick, drop a bit in a teaspoon of cold water and let it set for 10 seconds.
7. Lift it from the water and tap on the side of the cup. Repeat until you can hear a “dinging” sound on the side of the cup.
8. Add pecans, cook for 4 minutes, stirring constantly.
9. Add butter and vanilla and cook for 3 minutes more, still stirring.
10. Add baking soda to fluff the syrup up.
11. Quickly pour the syrup over the popped popcorn, mixing it well.
12. Spread out on wax paper to cool.

Nutrition facts per serving: 152 calories, 47% calories from fat, 8.3g total fat (13%), 1.6g saturated fat (8%), 5mg cholesterol (2%), 124mg sodium (5%), 19.1g carbohydrates (6%), 1.9g fiber (7%), 1.7g protein (3%), 91iu vitamin A (2%), zero vitamin C, 37mg calcium (4%), and 1.2mg iron (7%).

*Best to pop corn in small bunches, about 1/4 cup of uncooked popcorn at a time. If you use the microwave variety, follow directions on the package.

Cherry Puff Pie

Makes 6 servings

Pastry Shell recipe
Can of cherry pie filling

1. Prepare pastry shell recipe.
2. Make an oval pie shell with my pastry shell recipe.
3. Pipe it out on a flat ungreased baking pan, but make the bottom flat this time, and the sides high, by piping around the edge once or twice.
4. Bake as direct, remove, and cool.
5. Simmer cherry pie filling in a saucepan until hot.
6. Pour in center of pastry shell, and cool.

Nutrition facts per serving: 402 calories, 44% calories from fat, 19.9g total fat (31%), 10.8g saturated fat (54%), 224mg cholesterol (75%), 238mg sodium (10%), 48.1g carbohydrates (16%), 1.2g fiber (5%), 8.8g protein (18%), 1013iu vitamin A (20%), 1mg vitamin C (2%), 39mg calcium (4%), and 2.5mg iron (14%).

Cherry Puffs

Makes 4 servings

O.K. Dad, this one's for you. You can scream "Sac-a-lait" if you want to!

Pastry Shell recipe
Pastry Custard recipe
Bing cherries

1. Prepare pastry shell recipe.
2. This time use pastry bag to design individual ovals, starting at the bottom and continuing with a circular motion two or three layers high (see **Angel on a Cloud** recipe for instructions).
3. Bake in oven as with Angels on a Cloud.
4. Cut an opening on top or side, fill with my custard recipe. Add a few cherries.

Nutrition facts per serving: 803 calories, 65% calories from fat, 58g total fat (89%), 32.7g saturated fat (164%), 567mg cholesterol (189%), 454mg sodium (19%), 49.1g carbohydrates (16%), 1.3g fiber (5%), 21.7g protein (43%), 2538iu vitamin A (51%), 2mg vitamin C (3%), 210mg calcium (21%), and 4.3mg iron (24%).

Nutrition facts can vary depending up on the size you wish to make. If you make 8 smaller shells, cut the nutrition facts in half.

King Cake

The King Cake is always associated with the Mardi Gras season which begins on “Twelfth Night (January 6) after Christmas and continues to Mardi Gras day or “Fat Tuesday” before Ash Wednesday.

The old way was to bake a bean in the cake and whoever got the bean on the Twelfth Nigh party, became king for a week. The king had to give the next party and serve the next king cake. Now they sometimes use a small china doll, but I like the old way of just using a bean.

Cinnamon Coffee Cake recipe without cinnamon topping

1 dried red kidney bean

Candied fruit

Yellow, green and purple sugars*

White icing

1. Make coffee cake recipe as directed using **white sugar** in place of **Cajun Power Sweet Treat**, omit pecans, add kidney bean.
2. Pour batter in tube pan.
3. Place pieces of candied fruit on the top.
4. Sprinkle colored sugars in patches or swirls over the top, letting the colors overlap slightly.**
5. Bake in a slow oven 325°F for 50 to 60 minutes.
6. Cool in the tube pan.

*Yellow, green and purple are traditional Mardi Gras colors. Purple is made from mixing red and blue. You can color sugars with food coloring in separate glasses or jars, letting them dry out after you stir in the coloring.

**Another method is to bake the king cake first, then drizzle white icing over the top and add the colored sugars on top of the icing instead of before baking.

Nutrition facts per serving: 473 calories, 39% calories from fat, 20.6g total fat (32%), 5.8g saturated fat (29%), 56mg cholesterol (19%), 326mg sodium (14%), 66.4g carbohydrates (22%), 1.6g fiber (6%), 6.4g protein (13%), 208iu vitamin A (4%), zero vitamin C, 117mg calcium (12%), and 2.3mg iron (13%).

Papa Loves Banana Spencer

If you like *Bananas Foster*, you will like my *Bananas Spencer* even more. I named this recipe after my grandson, Spencer. I cut bananas lengthwise, fry in a little butter, and add lots of my *Cajun Power Sweet Treat* and flame with some dark rum. *Ai-eeeeeeee!* It's so good, you will love Bananas Spencer.

There are hundreds of recipes for bread pudding. Some contain fruit and/or nuts, others are topped with rum sauce and/or soft cream. My favorite bread pudding is *Lou Lou's Cajun Bread Pudding* and is almost a custard pie with a meringue topping. *It's bon, bon, bon!*

Lou Lou's Cajun Bread Pudding

Makes 20 squares

9 slices white bread
1 cup Cajun Power Sweet Treat
1 tall can of condensed milk
2 cups milk
1 teaspoon vanilla
4 egg yolks
1/3 cup butter, melted
1/4 cup sugar
4 egg whites

1. Break bread into small pieces and place in a mixing bowl.
2. Add sweet treat.
3. Add milks, vanilla, yolks and butter.
4. Mix well and pour into 8x10x2-inch baking pan.
5. Bake in preheated oven at 450°F for 15 minutes. This recipe is more like custard.
6. Remove pudding from oven.
7. Make meringue by beating whites with sugar.
8. Cover pudding with meringue and bake for another 3 to 4 minutes until meringue is golden.
9. Cut into 2-inch squares.

Nutrition facts per square: 142 calories, 35% calories from fat, 5.6g total fat (9%), 3.1g saturated fat (15%), 50mg cholesterol (17%), 122mg sodium (5%), 20g carbohydrates (7%), .3g fiber (1%), 3.3g protein (7%), 216iu vitamin A (4%), zero vitamin C, 65mg calcium (6%), and .5mg iron (3%).

I have a sweet tooth and I like all kinds of desserts. I suppose **Pecan Pie** is my favorite, however, I also like fresh picked blackberries from my garden for my blackberry pie, sweet potato pie, lemon pie and strawberry shortcake.

Ice cream is served on my dining table and I like to top vanilla ice cream with either my **Cajun Power Strawberry Fruit Treat** or **Cajun Power Blackberry Fruit Treat**.

Pastry Custard

Makes 3 cups or about 6 servings

This is my special kind of custard that you will not find in any cookbook, maybe similar, but not the same.

| | |
|---------------------------|----------------------------------|
| 3 eggs | 1 1/2 cups milk, scalded but not |
| 1 1/4 cups sugar, divided | boiled |
| 4 tablespoons flour | 2 teaspoons almond extract |
| 1 cup whipping cream | |

1. Beat eggs with 1 cup sugar until thick. Add flour and beat smooth.
2. Pour into saucepan with the scalded milk. Adjust heat to low. Continue beating only up to the boiling point. Watch it, as it can burn easy and if it does, toss it out and start over again.
3. Pour mixture into bowl over ice water and cool.
4. Whip cream with 1/4 cup of sugar.
5. Add to cooled mixture with almond extract, and serve.

Nutrition facts per 1/2 cup serving: 388 calories, 43% calories from fat, 18.9g total fat (29%), 11.1g saturated fat (55%), 154mg cholesterol (51%), 72mg sodium (3%), 49.8g carbohydrates (17%), .2g fiber (1%), 6g protein (12%), 795iu vitamin A (16%), 1mg vitamin C (1%), 110mg calcium (11%), and .6mg iron (3%).

Pastry Shells

*This is the pastry shell recipe I use for my **Angel on a Cloud**, the **Cherry Puffs**, and the **Cherry Puff Pie**. Only the shape of the presentation and the way I use the shells is different.*

| | |
|--------------------------|--------------------|
| 2 cups boiling water | 1/2 cup cake flour |
| 1/2 cup butter (1 stick) | Pinch of salt |
| 1 cup flour | 6 eggs |

1. Boil water in a saucepan, add butter, and stir.
2. When water boils, lower heat and add flour all at once, quickly stirring.
3. Beat vigorously with wooden spoon until a smooth ball is formed.
4. Continue to beat for 2 more minutes.
5. Remove from heat and cool for 5 minutes.
6. Add the dough to the food processor and give it a few spins.
7. Add the eggs two at a time until the whole mixture is nice and smooth.
8. No matter how or in what shape, bake the shell. Start at 450°F for 15 minutes, lower oven heat to 375°F and bake about 25 minutes more. Watch closely, if the shell starts to darken, cover it with a piece of aluminum foil.

Pecan Pie

Makes 6 servings

In Louisiana you will find many kinds of pecan pie. Some are made with sweet potatoes and pecans, while others make pecan pie with corn syrup and melted chocolate. The most popular pecan pie is made with dark corn syrup and two eggs. Now you are in for a special treat, I make my pecan pie with Steen's® Pure Cane Syrup and four eggs. You can't compare the flavor of the pie's, it's like comparing an apple or an orange. You must taste my pecan pie for yourself.

1 1/2 cups pecan halves
4 eggs
2/3 cup sugar
1/4 cup corn syrup
1/4 cup Steen's® pure cane syrup
1/2 cup butter or margarine (1 stick), melted
10" unbaked prepared pie crust

1. Line pie pan with pie crust, set aside.
2. Beat eggs well.
3. Add sugar, syrups, and butter.
4. Add pecans.
5. Pour in pecan mixture.
6. Bake 50 minutes at 350°F or until knife inserted in center comes out clean.
7. Cool and serve.

Nutrition facts per serving: 570 calories, 56% calories from fat, 36.1g total fat (56%), 13.1g saturated fat (66%), 163mg cholesterol (54%), 404mg sodium (17%), 58.4g carbohydrates (19%), 1.8g fiber (7%), 6.6g protein (13%), 769iu vitamin A (15%), zero vitamin C, 72mg calcium (7%), and 2.5mg iron (14%).

10-inch Pie Crust

1 1/2 cups flour
1/2 teaspoon salt
1/2 cup shortening
3 to 4 tablespoons water

1. Combine flour and salt.
2. With pastry blender, cut in shortening.
3. With a fork, stir water into dry ingredients just until moistened.
4. Press firmly into a ball and chill for at least 30 minutes.
5. On a floured board, roll out crust to fit pie pan.

Pineapple Upside Down Cake

Makes 12 servings

Bakers, lend me your ears. You may sneak in a box of yellow cake mix if you want.

2 cups cake flour, sifted
1 teaspoon baking power
3/4 teaspoon baking soda
1/4 teaspoon salt
1 cup milk, plus 1 tablespoon lemon juice
1/2 cup shortening
1 cup sugar
1 teaspoon vanilla
2 eggs

1. In a bowl, sift dry ingredients, set aside.
2. Cream shortening with sugar until light and fluffy.
3. Add vanilla.
4. Add eggs one at a time, beating well after each.
5. Add dry ingredients to creamed mixture alternately with milk that you have added the lemon juice. Beginning and ending with the dry ingredients. Beat well after each addition.
6. Spread cake batter over prepared topping and bake in 350°F oven for 45 minutes.
7. Invert on a platter after cooling for 10 to 15 minutes.

Topping

1 1/2 sticks butter
6 canned pineapple slices
Maraschino cherries
1 cup brown sugar

1. Place empty 9x11-inch glass baking dish in the oven to melt the butter.
2. Sprinkle brown sugar over the butter.
3. Arrange pineapple on top of brown sugar.
4. Add cherries in and between pineapple rings.

Nutrition facts per serving: 474 calories, 40% calories from fat, 21.5g total fat (33%), 9.9g saturated fat (49%), 64mg cholesterol (21%), 297md sodium (12%), 69.5g carbohydrates (23%), 1g fiber (4%), 3.7g protein (7%), 546iu vitamin A (11%), 13mg vitamin C (21%), 95mg calcium (10%), and 2.2mg iron (12%).

President's Jelly Bean Cake

Makes 12 servings

My friend Bobby Potts, who edited my first cookbook, suggested a cake with jelly beans for the kids. I laughed and said that would be too easy. Later I began to think about it and sometimes when I get to thinking, I get dangerous. I told my wife that maybe I would make a jelly bean cake and maybe the president would send me a letter and a jar of jelly beans.

I really committed myself to produce a cake made of jelly beans that looked like the United State flag, in honor of the president and my country. The longer I thought, the more I could imagine the president now calling me for a visit to the White House.

I want you to appreciate that we don't have fancy bags of all one color jelly beans in Abbeville, we only have the ordinary kinds with mixed colors. They only have about 7 white ones in a bag and no blue. I'm not a quitter, so I spent a bunch of money on jelly beans. If you have lots of time and endurance and want to be an individual in the pack, go for it! It's a lot of work, but you'll be "some proud" when you finish it.

1 box white cake mix

Red jelly beans – no problem

White jelly beans – buy plenty of bags

Blue jelly beans* – none – big problem!

1. In a large bowl, mix cake per package directions.
2. Lightly spray bottom of 11 x 9-inch baking pan. Bake cake per package directions. Cool and slice the "hump" off the top so it will be flat.
3. Melt the red jelly beans in an egg poacher, but most of what you get is the outside. The jelly part doesn't melt much.
4. Pour the first red stripe and place a knife along the edge so it won't run into the white stripe when you pour it.
5. When you finish the strips, melt some purple jelly beans with blue coloring and make a blue square in the corner.
6. When the blue square is dry, cut some white jelly beans in half and make stars.

Nutrition facts per serving made with Pillsbury Moist Supreme Classic White Cake Mix and Jelly Belly jelly beans: 411 calories, 29% calories from fat, 13.8g total fat (21%), 2.4g saturated fats (12%), 46mg cholesterol (15%), 31.5mg sodium (13%), 73.1g carbohydrates (24%), 1g fiber (4%), 2.4g protein (5%), 67iu vitamin A (1%), zero vitamin C, 26mg calcium (3%), and .9g iron (5%). Nutrition facts will vary depending up which cake mix you use and other kinds of jelly beans.

*If you are lucky enough to live in a town when you can purchase blue **Jelly Belly®** jelly beans separately, use them.

Strawberries and Cream

Makes 4 servings

2 cups whole strawberries
1/4 cup sugar
1 teaspoon vanilla
1 pint whipping cream
Nutmeg
Vanilla wafers, crumbed

1. Place a layer of vanilla wafer crumbs on the bottom of each sherbet glass.
2. Arrange strawberries on top.
3. Whip the cream until it begins to get stiff, add sugar and vanilla, and continue whipping until thick.
4. Pile whipped cream on top of berries and sprinkle nutmeg over the top.

Nutrition facts per serving: 508 calories, 78% calories from fat, 45.4g total fat (70%), 27.7g saturated fat (139%), 167mg cholesterol (56%), 64mg sodium (3%), 25g carbohydrates (8%), 1.6g fiber (6%), 3.1g protein (5%), 1768iu vitamin A (35%), 40mg vitamin C (67%), 88mg calcium (9%), and .4mg iron (2%).

Strawberry Tart

Makes 6 servings

| | |
|-----------------------------------|-----------------------------|
| 2 1/2 cups vanilla wafer crumbs | 4 ounces strawberry liqueur |
| 1/2 cup butter, melted (1 stick) | Whipping cream |
| 3 cups fresh strawberries, sliced | 1/2 cup sugar |

1. Combine vanilla wafer crumbs with butter, mixing well.
2. In a pie pan, form the crumbs into a pie shell, pressing the back of a spoon and your fingers.
3. Bake in 350°F oven for about 8 minutes.
4. Cool and set aside.
5. Add sliced strawberries in a layer and sprinkle sugar on top.
6. Continue to layer the strawberries and sugar.
7. Sprinkle top with strawberry liqueur.
8. Top with whipped cream.

Nutrition facts per serving: 804 calories, 63% calories from fat, 55.7g total fat (8%), 30.5g saturated fat (153%), 150mg cholesterol (50%), 358mg sodium (15%), 68.2g carbohydrates (23%), 1.6g fiber (6%), 4.6g protein (9%), 1757iu vitamin A (35%), 40mg vitamin C (67%), 80mg calcium (8%), and 1.6mg iron (9%),