



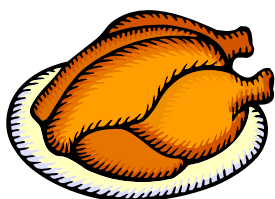
**2008-2009**



**St. John Parish**



**Food Focus Contest  
Award Winning Recipes**



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# DIETARY GUIDELINES FOR AMERICANS

The Dietary Guidelines for Americans provide easy-to-understand, scientifically based information on how you and your family can enjoy food while taking action for good health.

The Dietary Guidelines, developed by the United States Department of Agriculture and Health and Human Services, are revised every five years. The Dietary Guidelines provide recommendations for healthy Americans, ages years and older.

Following the Dietary Guidelines is as easy as “**A, B, C.**” “**A**im for Fitness, **B**uild a Healthy Base and **C**hoose Sensibly for Good Health” are the key messages of the 2000 Dietary Guidelines for Americans.

There are ten guidelines that point the way to good health: **AIM FOR FITNESS.** . with a healthy body weight and active living.

Aim for a healthy weight.

Be physically active each day.

**BUILD A HEALTHY BASE.** . with a variety of nutritious, health-promoting food choices kept safe to eat.

Let the Pyramid guide your food choices.

Choose a variety of grains daily, especially whole grains.

Choose a variety of fruits and vegetables daily.

Keep food safe to eat.

**CHOOSE SENSIBLY.** . without overdoing on fat (especially saturated fat), sugars, salt and, for adults who choose to drink them, alcoholic beverages.

Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.

Choose beverages and foods to moderate your intake of sugars.

Choose and prepare foods with less salt.

If you drink alcoholic beverages, do so in moderation.

# EGG SALAD OR APPETIZER



**Robbie Duhe**

**Riverside Academy**

**1<sup>st</sup> Place**

**DEVEILED EGGS**

Ingredients:

¼ Cup Miracle Whip Dressing  
¼ Cup Grey Pound Dijon Mustard

12 Hand-Cooked Eggs  
¼ Teaspoon Paprika

Directions:

Peel eggs. Cut in half length wise. Remove yoke, place in small bowl, and mash with fork. Add dressing and mustard. Mix well. Spoon evenly into egg whites; sprinkle evenly with paprika. Serve immediately or cover and refrigerate until ready to serve.

\*\*\*\*\*

**Lauren Accardo**

**St. Joan of Arc**

**2<sup>nd</sup> Place**

**DEVEILED EGG SANDWICHES**

Ingredients:

3 Tablespoons of Mayo  
1½ Tablespoon Dijon Mustard  
1 Loaf of Pump and Rye Bread

8 Boiled Eggs  
Salt and Pepper

Directions:

Boil eggs for 15 minutes. Let cool. Mix all ingredients together with hand mixer. Put mixture on bread topped with black olive. Sprinkle with paprika.

\*\*\*\*\*

**Beth Stroud**

**Leon Godchaux Jr. High**

**3<sup>rd</sup> Place**

**DEVEILED EGGS**

Ingredients:

Boil Eggs  
1 Can of Tuna  
1 Teaspoon of Mustard  
Fresh Green Onions

Salt  
1 Small Pickle  
1 Tea Spoon of Miracle Whip  
Pepper

Directions:

Boil eggs with or without salt. 15 minutes to cook and 5 minutes to put together.

\*\*\*\*\*

**Joshua Lingle**

**Laplace Elementary**

**4<sup>th</sup> Place**

**EGG SALAD**

Ingredients:

8 Boiled Eggs  
½ Tablespoon Salt  
Sprinkle Paprika

1 Cup Mayonnaise  
¼ Tablespoon Black Pepper

Directions:

Chop eggs in a large bowl. Add mayo and stir. Add salt and black pepper. Garnish with paprika.

# EGG DESSERT



*Carlie Rodrigue*

*John L. Ory*

*1<sup>st</sup> Place*

**GRANDPA'S FAVORITE LEMON PIE**

Ingredients:

2 Pie Crust

6 Eggs

4 Large Lemons

2 Cans of Condensed Milk

6 Tablespoons of Sugar

Directions:

(Makes 2 Pies) Pre-bake pie crust. Mix by hand 4 egg whites and a pinch of salt with a mixer on high. When it is white and fluffy and starting to get thick add 6 tablespoons of sugar. Bake at 350°F for about 15 minutes or until brown.

# GROUND BEEF ONE DISH MEAL



**GAZEBO BURGER**

Ingredients:

1½ Pounds of Ground Beef  
¼ Teaspoon Salt  
1 Table Spoon Barbecue Sauce

½ Teaspoon Pepper  
¼ Teaspoon Red Pepper

Directions:

Mix the ingredients in mixing bowl as listed. Make four patties, 6 ounces each. Preheat pan on high. Cook for 4 minutes on each side on high. (Condiments include: Ketchup, Mayonnaise, Tomato, Lettuce, Grilled Red Onions, and Cooked Bacon.)

\*\*\*\*\*

*Jeffrey Millet*

*Ascension of Our Lord*

*2<sup>nd</sup> Place*

**LASAGNA RECIPE**

Ingredients:

½ Bell Pepper  
1 Pound of Ground Beef  
1 Tablespoon Seasoning Salt  
1 Tablespoon of Graduated Garlic  
6 Lasagna Noodles

½ Onion  
1 Teaspoon Olive Oil  
1 Cup of Ragu Tomato Sauce  
½ Cup Shredded Mozzarella

Directions:

Chop up ½ onion and ½ bell pepper, then put them in a pot. Put 1 tablespoon of olive oil in the same pot. Take out your meat and season it with the seasoning salt and graduated garlic. Place the ground beef in the same pot as the onion and bell pepper. On stove then stir until brown. While beef cooks place noodles in a different pot with boiling water keep and boiling until noodles tender. When done cooking put the 1 cup of ragu sauce in the pot with the ground beef and vegetables. Have beef, noodles, and cheese as desired. Serve and enjoy!

\*\*\*\*\*

*Harlie Rodrigue*

*John L. Ory*

*3<sup>rd</sup> Place*

**TACO SOUP**

Ingredients:

1 Pound Ground Beef  
1 Pack Hidden Valley Ranch Dressing Mix  
1 Pack Taco Seasoning Mix  
2 Cans Kidney Beans  
1 Can Stewed Tomatoes  
Sour Cream

1 Large Onion (Chopped)  
1 Can Pinto Beans  
1 Can Chile Hot Beans  
1 Can Whole Kernel Beans  
1 Can of Rotel  
Cheese

Directions:

Brown meat and onions, then drain. Mix Hidden Valley Ranch Dressing mix and taco seasoning mix into meat. Without draining, add all other ingredients. Simmer 1 hour. Top with sour cream and cheese. Make sure you enjoy it! (Makes 12-1 Cup Servings)

# GROUND BEEF QUICK & EASY



**STUFFED BELL PEPPERS**

Ingredients:

1 Pound of Ground Meat (Uncooked)  
1 Can of Cream of Mushroom Soup  
1 Sweet Red Pepper (Chopped)

1 Cup of Rice (Uncooked)  
1 Can of French Onion Soup  
6 Large Green Bell Peppers

Directions:

Mix ground meat, rice, French onion soup, cream of mushroom soup, and chopped sweet pepper. Bake in oven at 350°F for 1½ Hour. Wash and remove seeds from green pepper/ Stuff with rice dressing. Top with bread crumbs and cover with foil. Bake at 400°F for an hour.

\*\*\*\*\*

**Andre Dennis**

**East St. John Elementary**

**2<sup>nd</sup> Place**

**ANDRE’S CHEESE BURGER**

Ingredients:

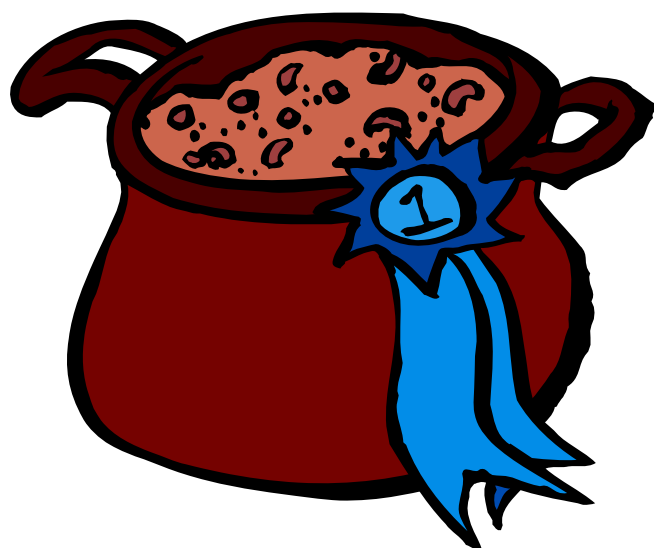
1 Pound 90% Lean Ground Beef  
2 Teaspoons Tony Chachere’s Creole Seasoning  
4 Slices American Cheese (Kraft)

1 Teaspoon Chopped Onion  
4 Hamburger Buns  
4 Lettuce Leaves

Directions:

In a medium size bowl, mix the ground beef, chopped onion and seasoning. Divide into 4 balls then shape into patties. Place patties in pre-heated skillet. Cook for ten minutes flipping occasionally. Meat is done when center is brown and no pink. Use fork to check center of patties. Serve on a bun with lettuce, cheese and favorite condiments. (Preparation time 15 minutes. Cook time 10 minutes. Ready in 25 minutes and serves 4)

# GROUND BEEF LOW CALORIE MAIN DISH



*Beth Stroud*

*Leon Godchaux Jr. High*

*1<sup>st</sup> Place*

**HOME MADE CHILI**

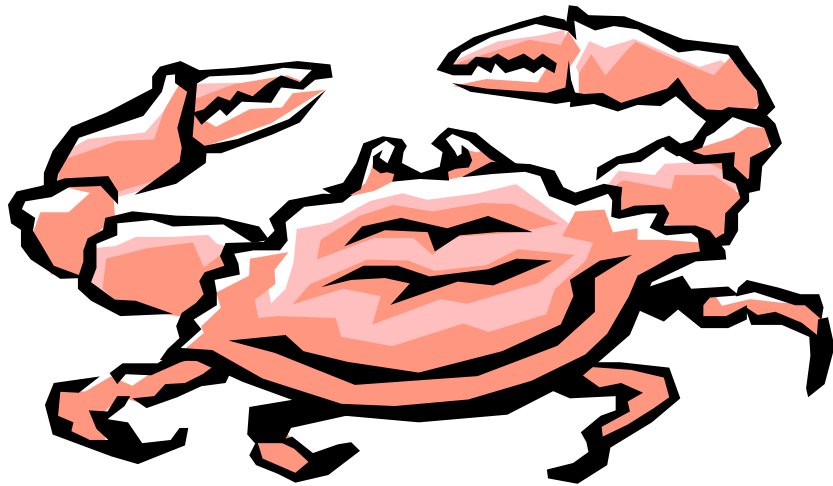
Ingredients:

2 Pounds of Ground meat  
2 Cans of Chili Beans  
1 Pack of Chili Seasoning Mix  
Pinch of Onion Powder  
Pinch of Garlic Powder  
Fresh Green Onions  
Purple Fresh Onions  
Red Sauce  
Pinch of Season All  
Some Mexican Taco Cheese

Directions:

30 Minutes to cook.

# SEAFOOD CRAB



**CRABMEAT DIP**

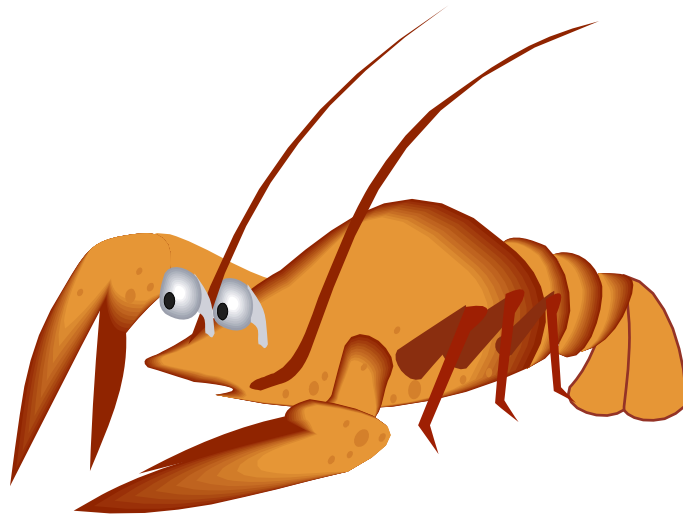
Ingredients:

3 Teaspoons Butter  
8 Ounce Pack Cream Cheese  
3 Ounce Pack Cream Cheese  
1 Medium Onion Chopped  
¼ Tablespoon Garlic Powder  
Salt and Pepper to Taste

Directions:

Saute´onion and garlic powder. Add crabmeat. Add softened cream cheese and remaining ingredients. Cook 10 minutes on low heat. Serve how with escort crackers.

# SEAFOOD CRAWFISH



**BRITTNEY’S MOUTH-WATERING, ONE OF A KIND CRAWFISH DISH**

Ingredients:

- |                                   |                            |
|-----------------------------------|----------------------------|
| ½ Cup of Canola Oil               | ½ Cup of All Purpose Flour |
| ½ A Bunch of Parsley              | 1 Stick of Butter          |
| 1½ White Onions                   | 6 Cloves of Garlic         |
| 1 Red Bell Pepper                 | Salt                       |
| 2 Pounds Louisiana Crawfish Tails | Water                      |
| 1 Can of Cream of Mushroom Soup   |                            |

Directions:

In a skillet, add flour into oil. Cook at medium heat until rue is brown, stir constantly. Once done, set aside. In another skillet, melt one stick of butter. Add parsley, garlic, and bell pepper. Cook at medium heat for 15 minutes, or until onions are clear. Add crawfish tails, salt, and pepper and cook for 15 minutes. Add cream of mushroom soup and the rue. Using the cream of mushroom soup, add 3 cans of water. Turn heat up to medium-high and bring to a boil. Slightly cover and cook on medium low for 20 minutes. Salt and pepper to taste. Serve with rice.

\*\*\*\*\*

*Lauren Accardo*

*St. Joan of Arc*

*2<sup>nd</sup> Place*

**CORN & CRAWFISH BISQUE**

Ingredients:

- |                               |                       |
|-------------------------------|-----------------------|
| ½ Cup of Green Onions         | 1 Stick of Butter     |
| 1 Pint of Half and Half       | 2 Cans of Whole Milk  |
| 2 Cans of Cream Mushroom Soup | 1 Can of Creamed Corn |
| 1 Teaspoon Crab Boil          | 1 Bag of Crawfish     |

Directions:

Sautee butter and green onions for 5 minutes. Add all ingredients and let mixture come to a boil. Simmer 20 minutes. Stir often.

**CRAWFISH ETOUFEE**

Ingredients:

- 2-12 Ounce Packs of Crawfish Tails
- ¾ Cup of Vegetable Oil
- 3 Stalks of Celery
- 4 Toes of Garlic
- ¼ Teaspoons of Cayenne Pepper
- ½ Teaspoon of Garlic Powder
- ½ Teaspoon of Creole Seasoning
- 2 Tablespoons of Minced Parsley
- 2 Teaspoons of Tomato Paste

- ½ Cup of Flour
- 1 Onion
- 1 Bell Pepper
- ½ Teaspoon of Thyme
- ½ Teaspoon of Basil
- ½ Teaspoon of Salt

Directions:

Heat oil in large, heavy skillet. Gradually add flour, stirring constantly. Cook over a medium heat until roux is a peanut butter color. Quickly add water to roux to get the proper consistency. Sautee vegetables in a separate pan until tender. Add vegetables to the roux. Add crawfish tails, minced parsley, Creole seasoning, garlic powder, cayenne pepper, thyme, basil, salt, and tomato paste. Bring etouffee to boil, then lower the heat and simmer for 15 minutes. Serve over hot rice. (Serves Eight)

\*\*\*\*\*

**Ariel Duhe´**

**Christian Home Educator’s Fellowship**

**4<sup>th</sup> Place**

**BAKED MACARONI AND CHEESE WITH CRAWFISH**

Ingredients:

- 1 Pound Crawfish (Cooked and Peeled)
- 1 Large Bell Pepper Chopped
- 3 Cloves Garlic Chopped
- 1 Can Evaporated Milk
- 8 Ounce Velveeta Cheese Cubed
- White Pepper
- Tony’s Seasoning
- Parmesan Cheese

- 1 Large Onion Chopped
- 2 Stalks Celery Chopped
- ½ Cup Margarine
- 1 Bag Macaroni Cooked
- Salt
- Cayenne Pepper
- 2 Cups Shredded Cheese

Directions:

In a large skillet cook the onion, bell pepper, celery, garlic, and margarine until tender. Add the crawfish milk and Velveeta cheese. Cook on low until the Velveeta melts. Add seasoning to taste. Stir in the macaroni. Pour into a baking dish. Top with remaining cheeses. Bake at 350°F for 30 minutes.

**CRAWFISH PASTA**

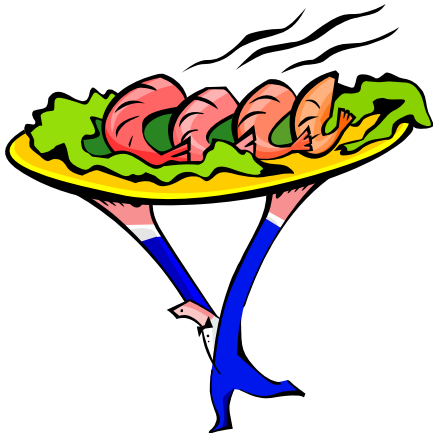
Ingredients:

3 Teaspoons of Butter	2 Tablespoons of Onion
2 Tablespoons of Bell Pepper	1 Cup of Crawfish Tails
Tony's Seasoning (As Much As To Your Tasting)	2 Spoons of Parsley
1 26 Ounce Can of Cream Mushroom	½ Cup of Water
3 Tablespoons of Parmesan Cheese	½ Spoon of Salt
½ Spoon of Pepper	

Directions:

Combine ingredients: Crawfish, Italian Sausage, and Boiled Pasta. Cook time is 30 minutes.

# SEAFOOD SHRIMP



**SHRIMP AND CORN CHOWDER**

Ingredients:

- |  |                           |
|--|---------------------------|
| 2 Cans Mexicorn                        | 2½ Cups of Half and Half  |
| 2 Cans Cream of Mushroom Soup          | ½ Bell Pepper Chopped     |
| 4 Stalks Chopped Green Onion           | 1-8 Ounce Crabmeat        |
| 2 Tablespoons Condensed Milk Sweetened | 4 Tablespoons Margarine   |
| 2 Teaspoons Tony Chachere’s Creole     | 2 Pounds Shrimp (Cleaned) |
| 2 Tablespoons Shrimp and Crab Boil     | ¼ Teaspoon Cayenne Pepper |

Directions:

Melt margarine in large pot. Add bell pepper and green onion sauté for 5 minutes. Add shrimp and crabmeat cook until done. Add mexicorn, cream of mushroom soup, and half and half. Cook on medium for 5 minutes. Add sweetened condensed milk and shrimp and crab boil. Simmer on lowest setting on stove for 10 minutes. Add cayenne pepper and enjoy.

\*\*\*\*\*

**SHRIMP AND CORN CHOWDER**

Ingredients:

- |                       |                             |
|-----------------------|-----------------------------|
| 2 Pounds Shrimp       | 2 Cans Corn                 |
| 1 Large Onion Chopped | 1 Large Bell Pepper Chopped |
| ½ Cup Margarine       | 1 Pint Cream                |
| 1 Quart Pure Milk     | Salt                        |
| White Pepper          | Cayenne                     |
| Thyme                 | ½ Cup Flour                 |

Directions:

In a large pot, sauté onion and bell peppers in margarine. Add shrimp and cook until pink. Stir in flour. Add in corn with juice, cream, milk. Add salt and peppers and thyme to taste. Simmer until shrimp is tender and soup is slightly thickened

\*\*\*\*\*

**SEAFOOD JAMBALAYA**

Ingredients:

- |                                   |                           |
|-----------------------------------|---------------------------|
| 1 Stick of Margarine              | 1 Cup of Chop Season      |
| 16 Ounce Pack of Crabmeat         | 3 Links of Sausage Cut Up |
| 12 Ounce pack of Cook Shrimp      |                           |
| 3 Boxes of 12 Ounce Jambalaya Mix |                           |

Directions:

Sauté ingredients together for 15 minutes or until done. Boil 8 cups of water. Add ingredients to boiling water. When water returns to a boil, add seafood jambalaya and cover pot. Let cook.

**SHRIMP FETTUCCINE**

Ingredients:

1½ Teaspoon Tony’s Seasoning  
3 Pounds Shrimps (Peeled)  
1 Quart Heavy Whipping Cream  
¼ Teaspoon Cayenne Pepper  
¼ Teaspoon Ground Blackpepper

1 Large Onion (Chopped)  
4 Green Onions (Chopped)  
3 Cans Cream of Mushrooms  
2 Teaspoons Butter

Directions:

Add a small amount of oil or butter to a lightly greased pot. Sauté onions in oil until tender. Add cream of mushroom, heavy whipping cream and dry seasoning. Cook over medium heat for 20 minutes. Add shrimp and simmer for 10 minutes. Add mixture to 1 pound of boiled fettuccine (boiled to desired tenderness) in a large bowl. Let dish set for 20 minutes before serving.

\*\*\*\*\*

*Davon Jenkins*

*East St. John Elementary*

*5<sup>th</sup> Place*

**BARBECUE SHRIMP RECIPE**

Ingredients:

2 Pounds Fresh Head on USA Gulf Shrimp (No Antennas)  
2 Tablespoons Kosher Salt  
4 Large Cloves Fresh Garlic Minced  
About ¼ Cup Black Pepper  
2 Tablespoon Fresh Chopped Rosemary  
3 Sticks Unsalted Butter (Cut Into 1 Inch Pieces)

Directions:

Pre-heat oven to 350°F. Toss the shrimp with the salt, garlic, and rosemary. Place in a single layer in a cast iron frying pan coat with black pepper. Top with the cut up cold butter. Place into the 350°F oven and bake for about 30-45 minutes. Baste occasionally, be careful not to over cook, but also make sure that all the shrimp soak up the sauce. Serves 1-2.

\*\*\*\*\*

*Domenique LeBoeuf*

*Laplace Elementary*

*6<sup>th</sup> Place*

**COLD SHRIMP PASTA**

Ingredients:

16 Ounce Pasta  
½ Cup of Blue Plate Mayonnaise  
⅓ Cup of Yellow Onions  
⅓ Cup of Celery  
2 Tablespoons Garlic Powder

1 Pound Shrimp  
⅓ Cup of Green Onions  
⅓ Cup of Green Peppers  
¼ Cup of Paprika  
2 Tablespoons Accent

Directions:

Peel, de-vein, and wash shrimps. Put shrimps in a small sauce pan and add accent and garlic powder. Cook for 15-20 minutes. Put aside and let cool. In seven quart pot, fill with water and bring to boil. Put 16 ounce pack pasta to begin boiling. Boil for 20-30 minutes. Chop green onion, yellow onion, green peppers, and celery. Put aside until pasta is ready. Put pasta in bowl, mix in shrimps, yellow onions, green onions, green pepper, celery, and mayonnaise. Mix well and add paprika, salt and pepper to taste.

**SHRIMP MACARONI SALAD**

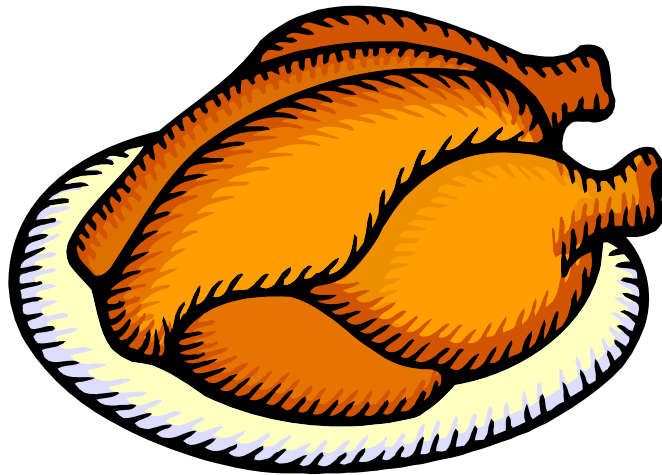
Ingredients:

1 Cup Uncooked Elbow Macaroni	½ Cup Diced Celery
1 Tablespoon Chopped Green Bell Pepper	¾ Cup Mayonnaise
1 Tablespoon Finely Diced Onion	¼ Cup Sweet Pickle Relish
1 Tablespoon Fresh Chopped Parsely	Ground Black Pepper
2 Ounces Cooked Salad Shrimp	2 Boiled Eggs

Directions:

Bring a large pot of salted water to boil, add the macaroni and let cook until al dente; drain well. In a medium-sized mixing bowl, combine onion, bell pepper, celery, mayonnaise, sweet pickle relish, parsley, salt, black pepper and shrimp. Fold the macaroni into mixture. Cover and chill at least 3 hours before serving.

# POULTRY CHICKEN



**ORIENTAL HONEY GLAZE CHICKEN**

Ingredients:

- |                      |                         |
|----------------------|-------------------------|
| Salt                 | Pepper                  |
| Ginger (Stuffing)    | Green Onions (Stuffing) |
| Ground Ginger Powder | Honey Glaze             |
| Butter               |                         |

Directions:

Wash, season, and stuff the chicken. Bake the chicken at 350°F for 2 hours. Brush finish chicken with the honey glaze sauces then serve.

\*\*\*\*\*

*Lauren Accardo*

*St. Joan of Arc*

*2<sup>nd</sup> Place*

**ROSE MARY TACOS**

Ingredients:

- |                                     |                 |
|-------------------------------------|-----------------|
| 3 Pounds of Skinless Chicken Breast | ½ Cup Olive Oil |
| Fresh Rosemary                      | Tomatoes        |
| Onions                              | Lettuce         |
| Cheese                              | Taco Shells     |

Directions:

Baste chicken with olive oil and rosemary, place on hot grill and cook until juice is running clear. Cut chicken up when cooled. Bake taco shells for 5 minutes at 350°F, then place cut up chicken in taco shells. Add lettuce, cheese, tomatoes, and onions.

\*\*\*\*\*

*Trey McCoy*

*Ascension of Our Lord*

*3<sup>rd</sup> Place*

**CHICKEN AND SPAGHETTI PASTA**

Ingredients:

- |  |                         |
|--|-------------------------|
| 2 Tablespoons Tony Chachere’s Creole Seasoning | 1 Can Mild Rotel        |
| 1 Can Cream of Mushroom Soup                   | 4 Tablespoons Margarine |
| 1 16 Ounce Black Velveeta Cheese               | 1 Large Onion Chopped   |
| 3 Bunches Green Onions Chopped                 | ½ Bell Pepper Chopped   |
| 1 8 Ounce Pack Spaghetti Noodles               | 1 Whole Chicken         |

Directions:

Clean and cut whole chicken into four quarters. Place chicken in large stock pot. Add chopped onion, chopped bell pepper, and green onions to chicken. Cover chicken with water and add Creole seasoning. Cook chicken until done. Remove cooked chicken from stick and allow to cool. Boil noodles in chicken stock. Cook until done, strain and set aside. In large pot sauté ½ chopped bell pepper in margarine for 5 minutes. Pull chicken off bone and cut into pieces. Add cream of mushroom soup, Velveeta cheese, and rotel tomatoes. Cool on medium until cheese is melted and smooth. Add chicken and stir until mixed well. Add cooked spaghetti noodles and stir until mixed well. Spoon into casserole dish. Enjoy!

**HOT AND SPICY PASTA**

Ingredients:

- |                                  |                          |
|----------------------------------|--------------------------|
| 1 Red Bell Pepper (Chopped)      | 1 Bell Pepper (Chopped)  |
| Diced Tomatoes                   | Onions (Chopped)         |
| 1 Pound Chicken Breast (Chopped) | Smoked Sausage (Chopped) |
| Olive Oil                        | 1 Stick of Butter        |
| Season All                       | Pepper                   |
| Red Pepper                       | Mushrooms                |
| 2 Packs of Penne Noodles         |                          |

Directions:

Boil water for noodles and also set oven to 350°F. Insert noodles into water and put chicken breast into oven. Chop vegetables and melt butter in a pan. Put vegetables in the pan with the butter and sauté. Drain noodles from the pot. Cut up seasoned chicken and put into the pot of noodles. Also, add sautéed vegetables into the pot. Pour olive oil into the pot, throw in the diced tomatoes and stir. Finish off with parmesan cheese.

\*\*\*\*\*

**CHICKEN CACCIATORE**

Ingredients:

- |                                |                           |
|--------------------------------|---------------------------|
| ¼ Cup Olive Oil                | 3 Cloves of Garlic        |
| 2 Medium Onions (Chopped Fine) | 2 Cans Tomatoes (Crushed) |
| 1 (3-4 Pound) Chicken (Cut Up) | 1 Teaspoon Salt           |
| ½ Teaspoon Black Pepper        | ½ Teaspoon Celery Seed    |
| 1 Teaspoon Oregano             | 1-2 Bay Leaves            |
| ¼ Cup Bell Pepper              | 1 Teaspoon of Parsley     |
| 6 Mushrooms                    | 1 Stark of Celery         |

Directions:

Salt and pepper chicken, then brown in oil. Sauté onions, garlic, parsley, bell peppers and mushrooms until tender, Combine sauce and ingredients and simmer 1 hour and 5 minutes with chicken in it, Serve over rice of buttered noodles.

**HULA STIR-FRY**

Ingredients:

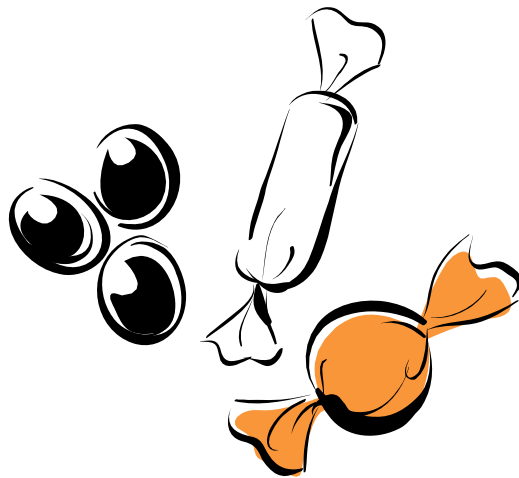
1 Pound Skinless Boneless Chicken Breast Strips  
1 16 Ounce Pack Frozen Stir-Fry Vegetables  
1 8 Ounce Pack of Canned Pineapple Chunks  
2 3 Ounce Packs Dried Ramen Noodles

1 Tablespoon Cooking Oil  
½ Cup Water  
⅔ Cup Bottled Stir-Fry Sauce

Directions:

If necessary, put the chicken on the cutting board and use the sharp knife to cut it into bite-size pieces. Put the skillet on a burner. Turn burner to medium-high heat. Heat oil. Once skillet is hot add chicken to skillet and cook about 6 minutes or until chicken pieces are no longer pink, stirring chicken all the time with a wooden spoon. Add vegetables to the skillet and cover skillet with lid. Cook for 5-7 minutes or until vegetables are tender, but still slightly crunchy. While vegetables are cooking, open the can of pineapple using a can opener if necessary. Open the packs of noodles. Break each block of noodles into small pieces in a bowl and throw away the seasoning packets. Add pineapple chunks, juice, noodles, stir-fry sauce, and water to the vegetables and chicken in the skillet. Use the wooden spoon to stir until the liquid covers all of the pieces. Bring to a boil and turn heat to medium-low heat. Cover and cook about 3 minutes or until noodles are tender, stirring now and then with the wooden spoon.

# SUGAR COOKERY CANDY



**PEANUT BUTTER CANDY BARS**

Ingredients:

1¼ Cup Margarine  
1 Cup Graham Cracker Crumbs  
1 Cup Chocolate Chips

1 Cup Peanut Butter  
2¼ Cup Powdered Sugar

Directions:

In saucepan, cook together margarine, peanut butter, powdered sugar. Spread into cake pan. Melt margarine and chips for 1 minute in microwave and spread on top. Chill and cut into bars.

\*\*\*\*\*

*Tiara Cummings*

*Laplace Elementary*

*2<sup>nd</sup> Place*

**PECAN CANDY**

Ingredients:

4 Pound Bag of Sugar  
1 Can Condensed Milk  
½ Cup Margarine

4 Cans Cream  
1 Tablespoon Vanilla  
2 Bags of Pecan

Directions:

Prepare aluminum foil on counter, and melt butter in quart size pot. Add cream and condensed milk. Cook on high temperature (Stir Mixture Throughout Cooking Time). Bring mixture to a boil. Set timer for 1 hour. When 1 hour is over add pecans and continue to stir for 10 minutes. Pour mixture on foil (May Require 2 People). Use a rolling pen to flatten mixture. Let cool for 10 minutes, then cut into squares.

# SUGAR COOKERY CAKES



**CHOCOLATE CAKE WITH CHOCOLATE FROSTING**

Ingredients:

Cake:

¾ Cup Butter

2 Cups All-Purpose Flour

¾ Cup Unsweetened Cocoa Powder

¾ Tablespoon Baking Powder

2 Teaspoons Vanilla

Icing:

4 Cups Sifted Powdered Sugar

1 Cup Unsweetened Cocoa Powder

3 Eggs

1 Tablespoon Baking Soda

½ Tablespoon Salt

2 Cups Sugar

1½ Cup Milk

8 Tablespoons Milk

1½ Teaspoon Vanilla

Directions:

For Cake: Mix dry ingredients. In separate bowl, mix sugar, vanilla, and butter, then add eggs, flour mixtures, and milk. Beat together, then bake in 350°F oven for 40 minutes.

For Icing: Mix sugar and cocoa powder, milk and vanilla, then beat until spreadable.

\*\*\*\*\*

*Kenyatte Cannon*

*East St. John Elementary*

*2<sup>nd</sup> Place*

**MISSISSIPPI MUD CAKE**

Ingredients:

Hershey’s Chocolate Cake

1¾ Cups All-Purpose Flour

1½ Teaspoon Baking Powder

1 Teaspoon Salt

1 Cup Milk

2 Teaspoons Vanilla Extract

2 Cups Sugar

¾ Cup Hershey’s Cocoa

1½ Teaspoon Baking Soda

2 Eggs

½ Cup Vegetable Oil

1 Cup Boiling Water

Directions:

Heat oven to 350°F. Grease cake pan. Stir together sugar, flour, cocoa, baking powder, baking soda and salt into larger mixer bowl. Add eggs, milk, oil and vanilla, then beat on medium speed for 2 minutes. Stir in water. Pour into cake pan and bake 30-35 minutes. Let cool 10 minutes. Add 1 pack of instant vanilla Jell-o pudding. Beat pudding. Mix into 2 cups of cold milk, in bowl with wine whisk for 2 minutes. Place cake into flower pot, add pudding mix and Oreo crumbs and decorate with foil and plastic flowers!

**ALL-AMERICAN, ALL-PURPOSE YELLOW CAKE**Ingredients:

## Cake:

Butter

2½ Cups Cake Flour

1 Teaspoon Salt

12 Tablespoons Unsalted Softened Butter

2 Teaspoons Vanilla Extract

Flour

1 Tablespoon Baking Powder

5 Large Eggs

1½ Cup Granulated Sugar

1 Cup Milk

Filling:

½ Cup Sugar

1 Tablespoon Butter

1½ Cup Drained Crushed Pineapple

1 Tablespoon Cornstarch

Dash Salt

Icing:

2 Cups Sifted Powdered Sugar

4 Tablespoons Melted Butter or Margarine

2-4 Tablespoons Milk or Water

1 Teaspoon Vanilla Extract

Directions:

Cake: Remove butter and eggs from refrigerator about 2 hours before starting recipe. Heat the oven to 350°F. Adjust oven rack to the middle position. Butter two 8-inch cake pans, cover the bottom of each pan with butter and coat the pan with flour, shaking out the excess. Sift together flour, baking powder and salt. Beat butter in a large bowl with an electric mixer at medium speed for 30 seconds. Continue beating and gradually add the sugar. Beat until light-colored, about 3 minutes. Add eggs, one at a time, beating after each addition. The mixture should appear thick and dull. Add about ⅓ of both the flour mixture and milk and beat on low speed or by hand until just smooth. Add the vanilla and then the remaining flour and milk in two batches. Divide the batter between the prepared pans. Place pans in oven a few inches apart, and bake for about 30 minutes, rotating the pans 180° after 15 minutes. Check the cake after 22 minutes. The top of the cake should be golden brown and spring back when lightly pressed in the center, and a cake tester should come out clean. The cakes should start shrinking back from the sides of the pan. Move the pans to a cooling rack. Let rest for 5 minutes. Run a metal spatula across the sides of the pans and invert cakes onto lightly greased racks. Let cool for at least 1½ hours or until completely cooled. Add filling, icing, and decorate.

Filling: Combine ingredients, cook stirring constantly until thick and clear. Cool before using. It is a wonderful filling or middle for a yellow or white cake.

Icing: Combine all ingredients with enough milk or water to the desired consistency. Less milk for a thicker consistency, more for a thinner.

**WHITE CAKE WITH BUTTER CREAM ICING**

Ingredients:

Cake:

4 Cups Cake Flour

3 Eggs

2 Teaspoons Vanilla

1 Cup of Milk

1/3 Cup Melted Butter

1 Teaspoons Almond Extract

Icing:

1 Pound Powdered Sugar

1/4 Cup Milk

2 Teaspoons Almond Extract

2 Tablespoons Melted Butter

2 Teaspoons Vanilla

Directions:

Cake: Preheat oven to 350°F. Grease and lightly flour pan. Combine cake, flour, milk, eggs, and melted butter in sauce pan and blend until mixed well, then add vanilla and almond extract. Mix well and pour into greased and floured pan. Bake for 30 minutes.

Icing: In small bowl, mix powdered sugar, melted butter and milk and mix well, then add vanilla and almond extract. Mix well, then icing cake.

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*Janet Nelson*

*St. Joan of Arc*

*5<sup>th</sup> Place*

**NANNY LEE’S LEMON CREAM CAKE**

Ingredients:

Cake:

1 3/4 Cup Sugar

3 Eggs

1 Teaspoon Lemon Extract

1 1/3 Cup Butter Milk

2 1/2 Teaspoons Baking Powder

3/4 Teaspoon Salt

2/3 Cup Softened Butter

1 Teaspoon Vanilla

3 Cups All-Purpose Flour

1/3 Cup Sour Cream

1/2 Teaspoon Baking Soda

Almond Extract

Cream:

1 1/2 Cup Heavy Whipping Cream

1 1/2 Teaspoon Grated Lemon Peel

Raspberries (Fresh)

1/3 Cup Powdered Sugar

Strawberries (Fresh)

Blueberries (Fresh)

Directions:

Heat oven to 350°F. Grease and flour pan; set aside. In large bowl, mix sugar, butterm eggs, vanilla, almond, and lemon extract. Beat 3 minutes, until light and fluffy. Add remaining cake ingredients; mix on medium speed, scrapping bowl often until well combined. Divide batter evenly in pan. Bake 350°F for 30 -35 minutes or until toothpick inserted comes out clean. Cool 10 minutes in pan. Remove from pan and cool completely. When ready to serve in medium bowl, combine whipping cream, powdered sugar, and lemon peel. Beat with electric mixer on high speed until stiff. Serve cake with whipped cream and fresh berries. Enjoy!

**AUTUMN HARVEST BREAD WITH ORANGE BUTTER**

Ingredients:

Bread:

3 Cups Sugar  
3 Eggs  
3 Cups Flour  
1 Teaspoon Ground Nutmeg  
½ Teaspoons Salt  
1 Cup Walnuts

1 Cup Vegetable Oil  
1 15 Ounce Can Pumpkin  
1 Teaspoon Ground Cloves  
1 Teaspoon Baking Soda  
½ Teaspoon Baking Powder

Butter:

½ Cup Softened Butter  
1 Tablespoon Orange Juice

½ Teaspoon Orange Zest

Directions:

Bread: Preheat oven to 350°F. Butter and flour 2 9x3x5 loaf pans. Beat oil and sugar to blend. Mix in eggs and pumpkin. Sift together all dry ingredients into a separate bowl. Stir in pumpkin mixture and nuts. Divide between two pans. Bake 1 hour 10 minutes or until a knife can be inserted in the center and come out clean, Serves 16. Enjoy!

Butter: Mix all ingredients together and use as a spread for Autumn Harvest Bread.

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*Chelsea Eugene*

*Laplace Elementary*

*8<sup>th</sup> Place*

**COOKED YAMS**

Ingredients:

6-8 Medium Sweet Potatoes  
3 Cups Granulated Sugar  
½ Stick Butter  
1½ Tablespoon Imitation Vanilla  
⅓ Teaspoon Ground Cinnamon

2 Cups Water  
½ Tablespoon Cornstarch  
½ Teaspoon Apple Spice  
½ Teaspoon Ground Nutmeg

Directions:

Peel and dice or string potatoes (Rinse With Water). In medium size pot, add water (Bringing To Boil) and add all ingredients except corn starch. Reduce heat and cook until yams are tender. Dissolve corn starch into ¼ cup water add to pot and repeat as many times to desired thickness.

# SUGAR COOKERY COOKIES



**MONSTER COOKIES**

Ingredients:

- |   |                           |
|---|---------------------------|
| ½ Cup of Butter                           | ½ Cup of Shortening       |
| 1 Cup of Packed Brown Sugar               | ½ Cup of Granulated Sugar |
| ½ Teaspoon of Baking Soda                 | 2 Eggs                    |
| 1 Teaspoon of Vanilla                     |                           |
| 1 12 Ounce Pack Cut Up Peanut Butter Cups |                           |
| 2½ Cups of All-Purpose Flour              |                           |

Directions:

Turn on the oven to 375°F. Cut up the butter with the table knife. Put the butter and shortening in the large mixing bowl. Beat with the electric mixer on medium speed about 30 seconds or until butter is softened. Stop the mixer. Add the brown sugar, granulated sugar, and baking soda. Beat on medium speed until combined, stopping the mixer occasionally and scraping the sides of the bowl with a rubber scraper. Stop the mixer. Add the eggs and vanilla. Beat on medium speed until combined. Stop the mixer. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour with the wooden spoon. Stir in the chocolate chips and nuts if you like. Scoop the dough onto an un-greased cookie sheet using a rubber scraper, if necessary, to push the dough from the measuring cup. Fill the cookie sheet with mounds of dough, leaving about 4 inches between cookies. Put the cookie sheet in the oven. Bake for 11-13 minutes or until cookie edges are light brown. Use hot pads to remove cookie sheet from oven. Leave the cookies on the cookie sheet for 1 minute, use the pancake turner to transfer cookies to the cooling rack. Repeat with the remaining dough, letting cookie sheet cool between batches or using a second cookie sheet. Turn off oven.

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*Robbie Duhe*

*Riverside Academy*

*2<sup>nd</sup> Place*

**LEMON COOKIES**

Ingredients:

- |                                |                      |
|--------------------------------|----------------------|
| 1 Pack 2 Layer Yellow Cake Mix | 2 Eggs               |
| 2 Teaspoons Grated Lemon Peel  | ½ Cup Powdered Sugar |
| 18 Ounce Pack Cream Cheese     |                      |

Directions:

Pre-heat oven 375°F. Beat cream cheese, eggs and cake mix in large bowl with electric mixer on a medium speed 2 minutes. (Dough Will Be Thick) Roll rounded teaspoons of dough into ball and then into powdered sugar. Place 2 inches apart onto greased cookie sheet. Gently tap down each cookie. Bake 11 minutes or until lightly brown cookies will appear soft. Wait 1 minute before removing from baking sheet. 150 calories. Makes 6 dozen cookies

**LINDAN’S FABULOUS FALL CAKE BOX COOKIES**

Ingredients:

- |  |           |
|--|-----------|
| 1 18.9 Ounce Pack of Cake Mix (Any Flavor) | ½ Cup Oil |
| 2 Eggs                                     | Frosting  |
| Sprinkles                                  |           |

Directions:

Heat oven to 375 °F. in a large bowl, combine cake mix, oil, and eggs. Stir with spoon until thoroughly moistened. Shape dough into 1 inch balls 2 inches apart on un-greased cookie sheet. Flatten cookies with the bottom of a glass dipped in flour. Bake at 375 °F for 6-8 minutes or until edges are golden brown. Cool for 1 minute and remove cookies from cookie sheet. Spread frosting over cookies and decorate with sprinkles. Makes 3 dozen cookies.

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*Leila Ahmad*

*Riverside Academy*

*4<sup>th</sup> Place*

**CHOCOLATE CHIP PUMPKIN COOKIES**

Ingredients:

- |  |                             |
|--|-----------------------------|
| 2 Cups All-Purpose Flour                 | 1 Cup Libby’s Can Pumpkin   |
| 2 Teaspoons Ground Cinnamon              | 1 Large Egg                 |
| 1 Teaspoon Baking Soda                   | 2 Teaspoons Vanilla Extract |
| 1 Cup Butter (Softened)                  | ½ Cup Granulated Sugar      |
| 2 Cups Nestle Toll House Chocolate Chips | ½ Cup Packed Brown Sugar    |

Directions:

Combine flour, cinnamon and baking soda in a small bowl. Beat butter, granulated sugar and brown sugar in large bowl until creamy. Beat in pumpkin, eggs and vanilla extract until well mixed. Slowly beat in flour mixtures. Stir in chips. Drop by rounded tablespoon onto greased baking sheets. Bake in preheated 350°F oven for 11-14 minutes or until golden brown. Let cool and remove from pan.

\*\*\*\*\*

*Ariel Duhe’*

*Christian Home Educator’s Fellowship*

*5<sup>th</sup> Place*

**NO-BAKE COOKIES**

Ingredients:

- |                 |                     |
|-----------------|---------------------|
| 2 Cups Sugar    | ½ Cup Margarine     |
| ½ Cup Milk      | 2 Tablespoons Cocoa |
| Pinch of Salt   | ½ Cup Peanut Butter |
| 2½ Cups Oatmeal |                     |

Directions:

Combine the 1<sup>st</sup> 5 ingredients in a sauce pan and bring to a boil. Boil and stir for exactly 3 minutes. Mix in the peanut butter and oatmeal. Spoon onto waxed paper and let cool. Powdered sugar to garnish.

# SUGAR COOKERY

## PIES



**SWEET POTATO PIE**

Ingredients:

4-6 Large Sweet Potatoes  
6 Eggs  
2 Sticks Margarine  
2 Dashes Cinnamon or Nutmeg

1-2 Cups Sugar  
1 Tablespoon Vanilla  
Pie Shells

Directions:

Boil potatoes until soft, then peel skin away. While still hot mix in margarine, and add eggs and sugar (Sweeten To Taste). Beat with wire whisk until smooth. Remove any lumps. Preheat oven at 350°F. Spoon or pour mixture into pie shells. Bake for 35-45 minutes or until done.

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*Lauren Accardo*

*St. Joan of Arc*

*2<sup>nd</sup> Place*

**MISSISSIPPI RIVER PIE**

Ingredients:

Crust:

1 Cup Flower  
1 Pack Chopped Pecans

1 Stick of Butter (Softened)

2<sup>nd</sup> Layer:

1 Box Powdered Sugar  
1 8 Ounce Cream Cheese

1 Teaspoon of Vanilla

3<sup>rd</sup> Layer:

2 Boxes of Chocolate Pudding  
1 Cup Cool Whip

3 Cans of Whole Milk  
½ Teaspoon of Vanilla

Directions:

Crust: Mix and bake at 350°F for 15 minutes.

2<sup>nd</sup> Layer: Mix and lay on crust.

3<sup>rd</sup> Layer: Mix and put on top of second layer. Top pie with cool whip, nuts and shredded Hershey bars.



MADE AVAILABLE BY:

KELLY CAMP  
ASSISTANT EXTENSION AGENT 4-H & ANR  
ST. JOHN THE BAPTIST PARISH