

# Assumption 4-H



## 2008-09

# Cookbook



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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 Departments 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.

# Ground Beef Cookery Contest

## Overall Grand Champion Dish

### Chili with Cornbread Topping

Chase Stelly, Labadieville Middle School



## LOW CALORIE DISHES

Overall Low Calorie Dish – *NO ENTRIES FOR THIS CATEGORY*

## QUICK AND EASY DISHES

### Overall Quick and Easy Dish – Taco Soup

Alli Crochet, Pierre Part Elementary

#### Taco Soup—Alli Crochet, PPE

- 1 pound ground beef
- 1 small onion, chopped
- 1 package ranch seasoning mix
- 1 package taco seasoning mix
- 1 cans whole kernel corn
- 1 can ranch beans
- 1 cans kidney beans
- 1 cans spicy tomatoes
- 2 cups water

Brown ground beef and onion until completely cooked. Drain fat. Add remaining ingredients and let cook for 10 minutes to blend flavors.

#### *OPTIONAL:*

- Top with grated cheddar cheese
- Serve with tortilla chips
- Top with a dollop of sour cream

#### Ground Beef Stuffed Peppers—Kate Thibodaux, Clover Bud

- 3 large bell peppers
- 1 1/2 pounds ground beef
- 2 small onions, chopped
- 1 large bell pepper, chopped
- 2 teaspoons minced garlic
- 4 to 5 tablespoons mild salsa
- 1/2 cup grated parmesan cheese
- 4–8 crumbled butter flavored crackers
- Cajun seasoning salt, to taste

Cut three bell peppers in half lengthwise and clean out. Place in a large pot of water and boil until slightly fork tender. Brown ground beef, onion, bell pepper and garlic; season with Cajun seasoning salt. Add salsa and continue cooking until vegetables are tender. Add parmesan cheese and cracker crumbs to bind mixture together; set aside. Drain peppers and place in a rectangular baking dish. Fill peppers with ground beef stuffing. Sprinkle with parmesan cheese and serve hot.

Serves 6.

#### Beef Taco Ring—Megan Brown, PPE

- 2 packages refrigerated crescent rolls
- 1 pound lean ground beef, browned
- 1 package taco seasoning mix
- 2 tablespoons water
- 2 cups shredded 2 % cheddar cheese, separated
- 1 onion, chopped
- 2 cloves garlic, pressed
- 1 can pitted black olives, sliced
- 1 cup salsa or taco sauce

Preheat oven to 375°. Mix together ground beef, seasoning mix, water, 1 1/2 cup cheese, onion, garlic and sliced olives. Scoop this mixture into circle on rolls. Fold up points of rolls to meet in the middle. Bake for 25 to 30 minutes. Top with 1/2 cup cheese and salsa.

### **Yummy Taco Salad Dip—Saulden Daigle, PPE and Milton Daigle, AHS**

1 pound ground beef  
1 (16 ounce) can refried beans  
1/2 cup hot taco sauce  
1 package taco seasoning  
1 cup sour cream  
1/4 cup chopped onion  
1/4 cup chopped tomatoes  
1/4 cup sliced olives  
1/4 cup jalapeno pepper rings  
1 1/2 cup shredded cheddar cheese

Preheat oven to 350°. In a large skillet, brown ground beef and drain. Add refried beans, taco sauce and taco seasoning and mix well. Spread this mixture into a 9" X 13" baking dish. Spread sour cream over meat mixture. Layer the onions, tomatoes, olives and jalapenos over the sour cream. Top with the cheese. Bake for 30 minutes.

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## **ONE DISH MAIN DISHES**

### **Overall One Dish Main Dish – Chili with Cornbread Topping Chase Stelly, Labadieville Middle School**

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#### **Chili with Cornbread Topping—Chase Stelly, LMS**

1 pound lean ground beef  
1 cup chopped onion  
2 cans (15 ounce) chili with beans  
1 cup water  
1 cup corn bread/muffin mix  
1/4 cup milk  
1 beaten egg  
3/4 cup shredded cheddar cheese  
1/2 cup frozen corn, thawed

Preheat oven to 400°. In a large skillet, cook ground beef and onion over medium heat until meat is no longer pink; drain. Stir in chili and water. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Pour into an 11" X 7" X 2" baking dish. IN a bowl, combine the cornbread mix, milk and egg. Stir in cheese and corn just until combined. Spread batter evenly over chili. Bake for 15 to 18 minutes or until topping is golden brown.

#### **Cajun Meat Loaf—Harley Tabor, Clover Bud**

##### *SEASONING MIX:*

2 bay leaves  
2 teaspoon salt  
1 teaspoon ground cayenne pepper  
1 teaspoon black pepper  
1/2 teaspoon white pepper  
1/2 teaspoon ground cumin  
1/2 teaspoon ground nutmeg

##### *MEATLOAF:*

4 teaspoons butter  
1 medium onion, chopped  
1/2 cup chopped green bell pepper  
1/4 cup chopped green onions  
2 teaspoon minced garlic  
1 tablespoon Tabasco sauce  
1 tablespoon Worcestershire sauce  
1/2 cup evaporated milk  
1/2 cup catsup  
1 1/2 pounds ground beef  
1/2 pound ground pork  
2 eggs, slightly beaten  
1 cup dry bread crumbs

Preheat oven to 350°. Combine the seasoning mix ingredients and set aside. Melt the butter in a 1 quart saucepan over medium heat; add the onion, bell pepper, green onions, garlic, Tabasco, Worcestershire sauce and seasoning mix. Sauté until mixture start sticking, about 6 minutes. Stir occasionally. Stir in milk and catsup; cook about 2 minutes more. Remove from heat and cool to room temperature. Place ground meats in an ungreased 13" X 9" baking pan. Add the eggs, cooked vegetable mixture, removing bay leaves, and bread crumbs. Mix by hand until combined. Shape the mixture into a loaf that is 1 1/2" high, 6" wide and 12" long. Bake uncovered for 25 minutes. Raise the heat to 400° and bake about 35 minutes longer. Serve hot.

Serves 6

### **Lasagna—Dalton Prince, LPS**

- 1/4 cup canola oil
- 2 large onions, chopped
- 1 large bell pepper, chopped
- 3 pounds ground beef
- 2 (26 1/2 ounce) cans traditional Spaghetti sauce
- 1/2 tablespoon salt
- 1/4 teaspoon pepper
- 2 (8 ounce) mozzarella cheeses
- 1 cup parmesan cheese
- 1 pound box lasagna

Preheat oven to 350°. Sauté onions and bell peppers in oil until clear. In a separate pot, brown ground beef; drain and rinse. Add onions and bell pepper mixture. Add spaghetti sauce to this mixture and simmer on medium heat for 1 hour. Boil lasagna in a separate pot according to package directions; drain. In a 9" X 13" pan, layer lasagna, meat sauce, parmesan cheese and mozzarella cheese. Repeat two more times ending with mozzarella cheese on top. Bake for 45 minutes.

Makes 12 servings

### **Paw Paw's Barbecued Beans—Jon Dugas, PPE**

- 1 stick butter
- 1 pound ground beef
- 2 onions, chopped
- 1 bell pepper, chopped
- 1 large can pork and beans
- 1 can pinto beans
- 1 can red beans
- 2 tablespoons brown sugar
- 6 tablespoons barbecue sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon hot sauce
- Salt, pepper, garlic powder to taste

Brown ground beef in butter. Add onions and bell pepper; cook for 5 minutes. Add remaining ingredients. Season to taste with salt, pepper and garlic powder. Cook 1 hour on low heat. Do not add water.

Serves 6 to 10

### **Ground Meat Egg Rolls—Blair Woods, AHS**

- 1 pound ground beef
- 1 cup grated carrots
- 1 cabbage, chopped
- 1 package egg roll wraps
- Cooking oil

Brown the ground beef; drain. Add cabbage and carrots; cook down until tender. Put mixture in the egg roll wraps and wrap. Fry until golden brown.

Makes 24 egg rolls



# Poultry Cookery Contest

## Overall Grand Champion Dish Chicken Stuffed Bell Peppers Alli Landry, Pierre Part Elementary



### CHICKEN DISHES

#### Overall Chicken Dish – Chicken Rice Elise Vidrine, Clover Bud

##### Chicken Rice—Elise Vidrine, Clover Bud

2 pounds boneless chicken,  
seasoned to taste  
1/2 cup margarine, melted  
1 onion, chopped  
1/2 green bell pepper, chopped  
2 chicken bouillon cubes  
2 cups water  
1 cup uncooked, long grain rice  
1 (4 ounce) can mushrooms

Preheat oven to 350°. In a skillet, brown chicken, onion and bell pepper in margarine until chicken is brown and vegetables are tender. Remove from heat; add bouillon cubes, water, rice and mushrooms. Pour into a 13" X 9" X 2" pan lined with enough foil to form a pouch. Seal foil and bake for 1 hour and 15 minutes.

Serves 10

##### Cheesy Spicy Chicken Spaghetti—Dalton Prince, LPS

1 cup (2 sticks) butter at room temperature  
1 cup sugar plus 1/4 cup sugar  
1 cup dark brown sugar, firmly packed  
1 large egg  
1 cup vegetable oil  
1 teaspoon vanilla  
1 teaspoon salt  
1 teaspoon baking soda  
1 teaspoon cream of tartar  
3 1/2 cups sifted all-purpose flour  
1 cup rolled oats (quick cooking)  
1 cup flaked coconut  
1 cup crispy rice cereal  
1/2 cup semi-sweet chocolate chips

Preheat oven to 350°. Cook pasta as directed on package; drain. Return to same pan. Spray skillet with no stick cooking spray. Add chicken; cook and stir on medium-high heat 4 to 5 minutes or until cooked through. Add cheese, soup, tomatoes and green chilies, mushrooms and milk; stir on low heat until cheese is melted. Add chicken mixture to pasta; toss to coat. Spoon into greased 13" X 9" baking dish. Bake for 35 to 40 minutes or until hot.

Serves 6 to 8

##### Chicken Ranch Dip—Bethany Woods, LMS

1 (16 ounce) package cream cheese  
1/4 cup barbecue sauce  
1 pound boneless chicken breast, diced  
2 tablespoon ranch dressing  
1/4 cup onions

Preheat oven to 350°. Spread cream cheese onto bottom of baking dish; top with barbecue sauce and chicken. Bake for about 20 minutes. Top with remaining ingredients.

Serves 18



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## PROCESSED POULTRY DISHES

### Overall Processed Poultry Dish—Chicken Stuffed Bell Pepper Alli Landry, Pierre Part Elementary

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#### Chicken Stuffed Bell Pepper—Allie Landry, PPE

2 pounds ground chicken  
1 bell pepper, chopped  
salt and pepper to taste  
1 package onion soup mix  
2 cups cooked rice  
6 whole bell peppers  
Bread crumbs

Preheat oven to 350°. Brown ground chicken with bell pepper, salt, pepper and onion soup mix. When meat is cooked, add cooked rice (this is stuffing). Boil whole bell peppers until tender; cut off the tops and clean out. Put stuffing mixture in bell pepper. Top with bread crumbs and bake for 15 minutes.

Serves 6

#### Susan's Creamy Chicken Pasta Salad—Hannah Landry, PPE

1 tomato  
1 red onion  
1 cucumber  
1 large jar fat-free Italian dressing  
1/2 cup mayonnaise  
Seasoned salt, to taste  
1 tablespoon parsley flakes  
1 box rotini pasta  
4—6 boneless mesquite grilled chicken breast

Cut tomato, red onion and cucumber into small pieces; combine in a large bowl. Grill chicken breast for 20 minutes or until done. While chicken is being grilled, add the Italian dressing and mayonnaise to the large bowl. Set aside in the refrigerator. Boil pasta until tender. While pasta is cooking cut the chicken into bite size pieces. Place chicken aside to cool. Drain, rinse and cool the pasta. Add the pasta and chicken to the large bowl. Season with seasoned salt and parsley flakes. Toss and refrigerate overnight.

Serves 6

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## OTHER POULTRY MEAT DISHES

### Overall Other Poultry Dish—No Entries

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# Egg Cookery Contest

## Overall Grand Champion Dish

### Ham and Egg Divine

Nicole Westerfield, Assumption High



## APPETIZERS & SALAD DISHES

### Overall Appetizer & Salad Dish – Ham and Egg Divine

Nicole Westerfield, Assumption High School

#### Ham and Egg Divine—Nicole Westerfield, AHS

1/2 to 1 pound broccoli, cleaned and cooked  
6 hard boiled eggs, peeled  
3 tablespoons salad dressing  
1 tablespoon minced onion  
1 teaspoon prepared mustard  
1/2 teaspoons Worcestershire sauce  
1 can deviled ham  
Salt and pepper to taste  
2 pounds butter  
2 tablespoons enriched flour  
1 cup milk  
1/2 pound sharp American cheese, diced

Preheat oven to 350°. Arrange broccoli in a 10" X 6" X 1 1/2" baking dish. Cut eggs in half lengthwise; remove yolks and mash. Stir in salad dressing, onion, mustard, Worcestershire sauce and half the ham. Add salt and pepper to taste. Place small amount of ham in egg white bottom. Fill with yolk mixture and top with remaining ham. Arrange with broccoli in the baking dish. In a saucepan, melt butter, blend in flour and gradually add milk. Cook, stirring constantly, over medium heat until thick. Remove from heat; add cheese, stirring until cheese is melted. Pour over eggs and bake 20—25 minutes.

#### Bacon and Spinach Quiche—Allayah LeBlanc Williams, PPE

1 pound crispy cooked bacon, crumbled  
1 pound drained, thawed, chopped spinach  
8 mini pie shells  
10 eggs  
Salt and pepper to taste

Preheat oven to 350°. In a large frying pan scramble the eggs. Add the spinach and mix well; season to taste. Fill the mini pie shells with the mixture and sprinkle bacon pieces on top. Bake for 30 minutes.

#### Springtime Deviled Eggs—Alli Landry, PPE

6 hard boiled eggs, peeled  
3 tablespoons mayonnaise  
1 tablespoon finely chopped green onions  
1 teaspoon yellow mustard  
1/4 teaspoon salt  
1/4 teaspoon pepper

Cut the eggs in half lengthwise. Scoop the yolk out of the eggs. In a medium bowl, mash the yolk with a fork. Stir in the remaining ingredients. Fill the egg whites with the egg yolk mixture. Cover and refrigerate up to 24 hours.

Serves 12

#### Mexican Cornbread—Connor Blanchard, PPE

1 1/2 pounds ground beef  
1 small onion, chopped  
2 cups milk  
1 cup vegetable oil  
2 cups yellow corn meal  
1 teaspoon baking soda  
1 1/2 teaspoons salt  
4 eggs  
2 cans cream style corn  
2 cups grated cheddar cheese

Preheat oven to 325°. Brown ground beef and onion. In a large mixing bowl, mix milk, oil, corn meal, baking soda, salt, eggs and corn. Pour half of this mixture into a 9" X 13" baking pan. Spread meat and onions over the mixture. Spread cheese on top of meat. Pour remaining half of the mixture over the meat. Bake for 40—50 minutes.

# DESSERT DISHES

## Overall Dessert Dish – Oohey-Gooey Cake

Drew Hebert, Assumption High School

### Oohey-Gooey Cake—Drew Hebert, AHS

#### *Part 1:*

1 box yellow cake mix  
1 egg  
1/4 pound butter, softened

#### *Part 2:*

8 ounces cream cheese, softened  
3 eggs  
8 ounces powdered sugar  
1 teaspoon coconut extract

#### *Part 1:*

Preheat oven to 325°. Mix together all ingredients in a large mixing bowl. Pour into a 9" X 13" baking pan and spread evenly.

#### *Part 2:*

Mix together all ingredients with a mixer for 5 minutes. Pour over cake mixture (part 1). Bake 45—50 minutes or until golden brown.

### Apple Bundt Cake—Kayne Theriot, PPE

2 cups apples, peeled, cored and diced  
1 tablespoon white sugar  
1 teaspoon ground cinnamon  
3 cups all-purpose flour  
1/2 teaspoon salt  
2 cups white sugar  
1 cup vegetable oil  
1/4 cup orange juice  
2 1/2 teaspoons vanilla extract  
4 eggs  
1/4 cup confectioners' sugar for dusting

Preheat oven to 350°. Grease and flour a 10" Bundt or tube pan. In a medium bowl, combine the apples, 1 tablespoon sugar and 1 teaspoon cinnamon; set aside. Sift together the flour, baking powder and salt; set aside. In a large bowl, combine 2 cups sugar, oil, orange juice, vanilla and eggs. Beat at high speed until smooth. Stir in flour mixture. Pour 1/3 of the batter into prepared Bundt pan. Sprinkle with 1/2 of the apple mixture. Alternate layers of batter and filling, ending with batter. Bake for 55 –60 minutes, or until the top springs back when lightly touched. Let cool in the pan for 10 minutes, then turn out onto a wire and cool completely. Sprinkle with confectioners' sugar

Serves 12

### Pecan Pie Tarts—Jordan Bourg, PPE

4 whole eggs  
1 cup white corn syrup  
1 cup chopped pecans  
1 cup sugar  
1/4 cup melted butter  
1 teaspoon vanilla  
16 tart shells

Preheat oven to 325°. Mix all ingredients, except the tart shells, for about 2 minutes with a mixer. Pour into the tart shells and cook very slowly for 30 to 40 minutes.

Makes 16 tarts

### Brownies with Icing—Jon Dugas, PPE

#### *Brownies:*

2 sticks butter  
1/3 cup cocoa  
2 cups sugar  
1 1/2 cups flour  
1/8 teaspoon salt  
2 teaspoons vanilla  
4 eggs, beaten

#### *Icing:*

1 stick butter  
1/3 cup cocoa  
1/3 cup milk  
1/2 teaspoon almond extract  
1 (16 ounce) package confectioners' sugar

#### *Brownies:*

Preheat oven to 350°. Grease a 9" X 13" baking pan. Melt butter and add cocoa; set aside. Mix sugar, flour and salt. Blend in vanilla, eggs and cocoa mixture. Pour in the prepared pan. Bake 35 minutes.

#### *Icing:*

Melt butter and add cocoa. Stir in milk and almond extract. Slowly add sugar, beating on low speed until well blended. Spread over cooled brownies.

Makes 24 brownies

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# MAIN DISH DISHES

## Overall Main Dish – Pain Perdu (French Toast)

Haydn Rivere, Clover Bud

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### Pain Perdu (French Toast)—Haydn Rivere, Clover Bud

8 slices stale, white bread (or fresh bread toasted for 30 seconds)  
6 eggs  
1/4 cup milk  
1 teaspoon vanilla extract  
1 teaspoon sugar  
2 pinches salt  
Pinch nutmeg (optional)  
2 to 4 tablespoons margarine or butter  
Sugar or powdered sugar for dusting

In a shallow bowl, large enough to fit a slice of bread, add the eggs, milk, vanilla, sugar, nutmeg and salt; mix well. Heat a large skillet on medium fire and add 1 tablespoon margarine. Lower fire to medium-low. Lay a slice of bread in the egg mixture. Soak about 15 seconds and flip it over, soak another 15 seconds. Place the bread in the heated skillet (put as many slices as the pan will accommodate). Let the bread cook about 30 to 60 seconds; check to see if it's lightly browned. Flip it over, brown and remove. Sprinkle with sugar.

### Macaroni and Cheese Casserole—Grant Lambert, PPE

1 pound bag, 21 count elbow macaroni  
1 pint half and half  
1/2 teaspoon salt  
1/8 teaspoon black pepper  
4 eggs  
4 ounces mild shredded mild cheddar cheese  
4 ounces shredded Monterey Jack cheese  
8 ounces shredded processed block cheese

Preheat oven to 350°. Boil macaroni until tender; drain. Put half and half, salt, pepper and eggs in a mixing bowl; whip slightly. Add shredded cheeses to the egg mixture. Put macaroni in a large casserole dish; pour egg and cheese mixture over the macaroni. Bake for 35 minutes.

### Ham and Egg Sandwich—Connor Mabile, PPE

4 eggs  
4 slices ham, your choice  
4 slices cheese  
8 slices bread  
Garlic powder, salt and pepper, to taste  
Mustard or mayonnaise, optional

Break open the eggs in a preheated skillet (do not break the yolks). Fry the eggs until the yolks do not run. Put the ham in the skillet and brown. Toast the bread. For each sandwich, use 2 slices of bread, layered with 1 slice of cheese, 1 fried egg and 1 slice of ham. Add any condiment you wish.

### Mom's Scrambled Eggs—Emily Vidrine, PPE

4 eggs  
1/4 cup milk  
3 slices Canadian bacon, chopped  
Shredded cheddar cheese  
Dash of salt

Scramble eggs in a bowl with milk and salt. Pour mixture into a greased, preheated frying pan. Sprinkle bacon on top of the egg mixture. Cook until eggs are done. Sprinkle with cheese; cook until cheese is melted.

### Crawfish Cornbread—KayLynn Rivere, AHS

1 onion, chopped  
1 bell pepper, chopped  
1/2 stick butter  
1 pound Louisiana crawfish tails  
1 cup yellow cornmeal  
1 teaspoon salt  
1/2 teaspoon Creole seasoning  
1/2 teaspoon baking soda  
1/3 cup vegetable oil  
4 eggs, beaten  
1 (15 ounce) can cream style corn  
8 ounces cheddar cheese, grated

Preheat oven to 350°. Grease a 9" X 13" baking pan and set aside. Sauté onion and bell pepper in butter until wilted. Add crawfish and cook 5 minutes; set aside. In a large bowl, combine cornmeal, salt, Creole seasoning and baking soda. Add oil, eggs, corn, cheese and crawfish mixture; mix well. Pour into the prepared pan. Bake 40—45 minutes or until golden brown.

# Sugar Cookery Contest

## Overall Grand Champion Dish Cajun Cake

Marissa Alleman, Member-at-Large



### CAKE DISHES

#### Overall Cake Dish – Cajun Cake

Marissa Alleman, Member-at-Large

#### Cajun Cake—Marissa Alleman, MAL

*Cake:*

2 cups flour  
1 1/2 cups sugar  
1 1/2 teaspoon baking soda  
2 eggs  
1 can crushed pineapple

*Topping:*

1 cup sugar  
1 small can evaporated milk  
1 stick margarine  
3/4 cup nuts  
1 teaspoon vanilla

*Cake:*

Preheat oven to 350°. Mix all ingredients in a mixing bowl and beat vigorously for 2 minutes. Bake for 45 minutes.

*Topping:*

Mix all ingredients in a sauce pan. Boil for 6 minutes; spread on warm cake.

#### Pecan Roll—Bethany Crochet, CB

1 can condensed milk  
3 eggs  
1/4 teaspoon salt  
1 teaspoon baking powder  
3/4 cup sugar  
1 teaspoon vanilla extract  
3/4 cup flour  
1 1/2 cups finely chopped pecans

Boil condensed milk (still in the can) for 2 hours. Can must be covered with water at all times. After water begins to boil rapidly, reduce the heat to a slow boil.

Preheat oven to 375°. Mix eggs until fluffy. Add salt and baking powder. Add sugar and mix until creamy. Add vanilla extract and flour; mix well. Spray a standard size jelly roll pan with non-stick spray. Pour mixture onto the pan evenly. Bake for 10 minutes.

During baking, lightly cover a dish towel the size of the pan with flour and sugar to avoid sticking. After baking, flip the pan flat onto the dish towel to release the roll.

Spread the condensed milk onto the roll; then spread the pecans. Roll up the roll from the short end and wrap securely in a second dish towel. Keep in the towel for 45 minutes to cool. Remove the roll and wrap in plastic wrap. Refrigerate for 4 hours, slice and enjoy!



### **Heavenly Hash Cake—Megan Landry, PPE**

#### *Cake:*

2 sticks of butter  
2 cups sugar  
4 eggs  
2 tablespoons cocoa  
2 teaspoons vanilla  
1 1/2 cups flour  
Pinch of salt  
1/2 cup pecans  
5 ounces mini-marshmallows

#### *Frosting:*

2 pounds powdered sugar  
4 teaspoons butter, softened  
6 tablespoons cocoa  
3/4 cup milk

#### *Cake:*

Preheat oven to 350°. Melt butter; add sugar, eggs, cocoa, vanilla, flour and salt; beat until all mixed together. Pour into a butter 9" X 13" pan. Sprinkle pecans on top. Bake for 40 minutes (glass pan) or 30 minutes (aluminum pan). Take the cake from the oven and spread marshmallows on top while the cake is still hot.

#### *Frosting:*

Mix all together and beat until smooth. Spread on hot cake.

### **Lemon Bundt Cake—Caleb Gaudet, SES**

#### *Cake:*

1 box lemon cake mix  
1 (3 ounce) box instant lemon pudding  
4 large eggs  
3/4 cup vegetable oil  
10 ounces lemon-lime soda

#### *Glaze:*

2 tablespoons fresh lemon juice  
1 cup confectioners' sugar

#### *Cake:*

Preheat oven to 350°. Grease and flour a Bundt pan. Place cake mix and pudding in a large mixing bowl. Add eggs, oil and soda. Mix at medium speed 3 minutes or until smooth. Pour into the pan and bake 40 minutes.

#### *Glaze:*

Mix lemon juice and sugar until smooth. Drizzle over cake while cake is hot.

### **Snowball Cake—KayLynn Rivere, AHS**

2 envelopes unflavored gelatin  
4 tablespoons water  
1 cup sugar  
1 cup chopped nuts  
1 (#2) can chopped pineapple  
1/2 cup chopped cherries  
2 tablespoons lemon juice  
1 cup boiling water  
2 large tubs cool whip  
1 large angel food cake  
Non-stick spray  
1 bag shredded coconut

Dissolve gelatin in 4 tablespoons of water in a large bowl. Stir in sugar. Add chopped nuts, pineapple, cherries and lemon juice. Mix well. Add boiling water. Refrigerate. When thickened to jelly, remove and add 1 tub of cool whip and mix well. Rub off the brown crumbs of the angel food cake and break into bite size pieces. Mix cake into the jelly and cool whip mixture. Pour into a round bowl sprayed with non-stick spray. Refrigerate overnight. Turn over onto a round cake plate; spread with remaining cool whip. Sprinkle coconut on top and decorate with cherries.

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## **CANDY DISHES**

### **Overall Candy Dish – Peanut Butter Balls Scott Gauthier, Labadieville Middle School**

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### **Peanut Butter Balls—Scott Gauthier, LMS**

2 cups peanut butter  
1/2 cup softened butter  
2 cups powdered sugar  
3 cups semisweet chocolate  
1 cup melted gulf wax  
1 teaspoon vanilla

Mix peanut butter and butter until smooth; add vanilla and mix. Slowly stir in powdered sugar. Roll into balls, put on wax paper and freeze until firm. Melt chocolate with wax. Dip peanut butter balls in the chocolate and put back on wax paper to harden. Refrigerate for 2 hours. Store in tightly covered container and refrigerate.

### **Chocolate Peanut Butter Fudge—Sophia Mabile, CB**

3 cups sugar  
3/4 cup cream  
2 tablespoons cocoa  
1 teaspoon vanilla  
1 cup peanut butter  
1 small jar marshmallow crème

Cook sugar and cream to the soft ball stage. Remove from heat and add remaining ingredients. Pour in a buttered 9" X 13" glass dish. Cut into squares.

### **Chocolate Peanut Butter Fudge—Elizabeth Theriot, NPS**

3 cups sugar  
1 cup pet milk  
Dash of salt  
Cocoa  
1/2 block butter  
1/2 teaspoon vanilla  
1 cup peanut butter

Cook together the sugar, pet milk, salt and cocoa until the soft ball stage. Add remaining ingredients, mix well and pour into a buttered 9" X 13" pan. Cut into squares.

### **Pecan Praline—Hayze LeBlanc, NMS**

4 cups sugar  
1 (12 ounce) evaporated milk  
1 stick butter  
2 teaspoons vanilla  
1 large bag pecans (whole or halves)

Put 1 cup water in the freezer to test the candy for doneness.

In a sauce pan combine the sugar, evaporated milk and vanilla. Cook about 15 minutes on medium setting, bringing to a boil. Add butter. Keep stirring. Test with the test water for the soft ball stage. Add pecans and stir a few more minutes. Spoon onto waxed paper. Let cool.

### **Chocolate Caramel Covered Pretzels—Jason Bourg, AHS**

#### *Caramel:*

2 cups sugar  
1 cup sweetened condensed milk  
1/2 cup heavy cream  
1 cup corn syrup  
1/2 stick butter  
2 teaspoons vanilla

1 bag pretzel rods  
1 cup chopped nuts

#### *Toppings:*

1 pound milk chocolate  
1 cup chopped nuts  
2 tablespoons white chocolate

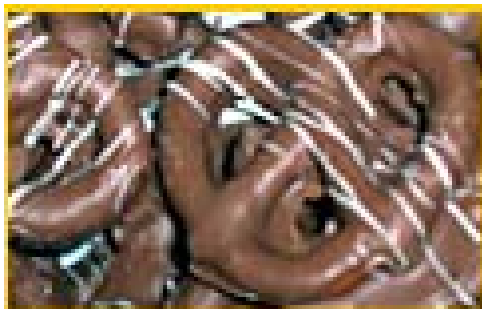
#### *Caramel:*

Combine sugar, milk, cream and corn syrup in a heavy gauge saucepan over medium-high heat. Stir till combined and bubbling. Add butter; continue to stir frequently, scraping bottom of pot, till mixture darkens a bit. Add vanilla. Cook until mixture reaches 260° on a candy thermometer—this is the hard ball stage. Place to the side.

Lay out wax paper. Stick the pretzel rod down into the caramel all the way and pull out. You should have 1" to 2" for holding. Lay on wax paper to cool.

Melt the chocolate in a medium size bowl in the microwave. Stick the pretzel rod into the chocolate. Use a spoon to drizzle chocolate over the pretzel. Sprinkle with chopped nuts. Place on wax paper to cool.

Decorate with melted white chocolate.



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# COOKIE DISHES

## Overall Cookie Dish – Quick Pecan Cookies

Allie Landry, Pierre Part Elementary

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### Quick Pecan Cookies—Allie Landry, PPE

2 egg whites  
2 cups dark brown sugar  
4 tablespoons flour  
2 teaspoons vanilla  
4 cups pecans

Preheat oven to 350°. Beat egg whites until stiff; fold in brown sugar, flour, vanilla and pecans. Spoon on greased cookie sheet. Bake for 10 to 12 minutes.

Makes 4 dozen cookies.

### Lemon Bars—Sarah Dille, CB

*Crust:*

3/4 cup butter, softened  
1 1/2 cups all purpose flour  
1/2 cup confectioners' sugar

*Topping:*

4 large eggs  
1/4 cup all purpose flour  
2 teaspoons grated lemon peel  
2 cups granulated sugar  
1 tablespoon baking powder  
1/3 cup lemon juice  
Confectioners' sugar for dusting

*Crust:*

Preheat oven to 350°. Grease a 9" X 13" baking pan. With electric mixer, beat butter, flour, confectioners' sugar. Press into prepared pan. Bake for 15 minutes or until golden brown and firm to the touch.

*Topping:*

Beat all topping ingredients together and pour over crust. Bake 25 to 30 minutes. Cool in pan on wire rack. Dust with confectioners' sugar before cutting into squares.

### Molten Lava Cookies—Haley Crochet, PPE

1 cup (2 sticks) butter, softened  
2 cups sugar  
3/4 cup cocoa powder  
2 eggs  
1 teaspoon pure vanilla extract  
2 cups all purpose flour  
1 teaspoon baking powder  
1/3 cup dark or semisweet chocolate,  
roughly chopped  
Powdered sugar for garnish

Preheat oven to 350°. Cream together butter and sugar with electric mixer. Add cocoa powder, eggs and vanilla; mix until combined. Combine flour and baking powder in a separate bowl. Gradually add to butter mixture. Shape dough into 1" balls. Using your thumb, press a thumbprint into the center; fill with a piece of chocolate and fold dough over to cover chocolate. Place balls 2" apart on baking sheets lined with parchment paper. Bake 9 to 11 minutes or until edges are firm and tops are soft. Remove cookies to a cooking rack; dust with powdered sugar. Serve warm, if possible. Store in an airtight container at room temperature for up to 1 week. To reheat cookies, microwave on high for 5 seconds, or until cookie is slightly warm.

### Chocolate Chip Cookies—Olivia Broussard, PPE

1 cup sugar  
1 cup packed brown sugar  
1 1/4 cups butter  
1 egg  
2 3/4 cups all purpose flour  
1 1/4 teaspoons baking soda  
3/4 teaspoon salt  
2 1/2 cups semisweet chocolate chips

Need recipe.

### **Cheesecake Cookies—Allison Gravois, AHS**

*Crust:*

1 cup all purpose flour  
1/4 cup packed light brown sugar  
1 cup chopped pecans

*Filling:*

2 (8 ounce) packages cream cheese,  
softened  
1 cup granulated sugar  
3 eggs  
1 teaspoon vanilla or almond extract

*Crust:*

Preheat oven to 350°. Combine ingredients in a mixing bowl. Press dough into an ungreased 9" X 13" X 2" pan. Bake for 12 to 15 minutes or until lightly browned.

*Filling:*

Beat cream cheese and sugar together in a mixing bowl until smooth, using a handheld mixer; add eggs and extract; beat well. Pour over crust. Bake for 20 minutes. Cool completely. Cut into squares before serving.

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## **PIE DISHES**

### **Overall Pie Dish – Blueberry Delight Lauren Gaudet, Pierre Part Elementary**

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#### **Blueberry Delight—Lauren Gaudet, PPE**

1 cup margarine  
1/2 cup light brown sugar  
1/4 cup flour  
3/4 cup chopped pecans  
1 (8 ounce) package cream cheese  
1 cup confectioners' sugar  
2 envelopes dream whip  
1 cup cold milk  
1 teaspoon vanilla  
1 (21 ounce) can blueberry pie filling

Preheat oven to 350°. In a mixing bowl with an electric mixer, cream together the margarine and brown sugar. Add the flour and pecans; mix well. Press the mixture into the bottom of a 9" X 13" pan. Bake the crust for 12 minutes and let cool. In a large bowl combine the cream cheese and confectioners' sugar. In a separate bowl, whip the dream whip with milk and vanilla and add it to the cream cheese mixture. Spoon the filling over the crust and top it with the pie filling. Chill the dessert and serve.

Serves 20.

#### **Pecan Pie—Blake Landry, CB**

1 cup dark corn syrup  
1/3 teaspoon salt  
1 teaspoon vanilla  
1 cup sugar  
1/3 cup melted butter  
3 eggs, beaten  
1 cup pecans  
Uncooked pie shell

Preheat oven to 350°. Combine all ingredients together except for the pecans. Add pecans and gently mix. Pour into the uncooked pie shell. Bake on center rack of oven for 55 to 60 minutes. Let cool for 2 hours.

#### **All in One Pecan Pie—Zach Hebert NMS**

3/4 cup pecans  
3 egg whites  
1 cup sugar  
11 graham crackers  
1 teaspoon baking powder  
1 (8 ounce) whipped topping

Preheat oven to 325°. Grease the bottom only of a 9" pie pan and set aside. Toast and finely chop pecans; set aside. Beat egg whites stiff but not dry. Slowly fold in sugar. Roll crackers into fine crumbs and add baking powder. Fold the crackers into the egg mixture and add pecans. Pour this into the prepared pie pan. Bake 25 minutes or until golden brown. Cool and top with whipped topping.



# Seafood Cookery Contest

## Overall Grand Champion Dish

### Crab Meat Au Gratin

#### Jason Bourg, Assumption High



## CRAB DISHES

### Overall Crab Dish – Crab Meat Au Gratin

#### Jason Bourg, Assumption High School

#### Crab Meat Au Gratin—Jason Bourg, AHS

2 small yellow onions, chopped  
1 stalk celery, chopped  
2 tablespoons butter  
1 tablespoon flour  
1 can evaporated milk  
2 egg yolks  
1 pound crab meat  
1/2 block processed cheese  
Salt and pepper to taste  
Crackers

Preheat oven to 375°. Sauté onions and celery in butter on medium fire until onions are clear. Blend in flour. Pour in milk and egg yolks. Cook down for five minutes; add crab meat. Once crab meat is heated, add cheese. Cook until cheese is melted. Place in ovenware and bake for 10 to 15 minutes. Serve with crackers.

#### Cream of Crab Soup—Haydn Rivere, CB

1 large onion, chopped  
1 bunch green onions, chopped  
1 pound crab meat  
1/2 bunch parsley, chopped  
1 stick butter  
Sprinkle of garlic powder  
2 cans cream of mushroom soup  
2 cans cream of celery soup  
2 cans cream of potato soup  
3 pints half and half  
4 tablespoons Worcestershire sauce

Sauté onion and green onion in butter. Add crab meat once the onions are wilted. Add remaining ingredients and simmer for 30 to 40 minutes.

#### Shrimp/Crab Corn Soup—Bailey Pate, PPE

1 pound peeled, deveined shrimp  
1 pound peeled crab meat  
4 large onions, chopped  
1 stick butter  
1 can cream of mushroom soup  
1 can cream of celery soup  
1 can cream of chicken soup  
1 can cream style corn  
Salt and pepper to taste  
1 can cheese whiz  
2 cans chicken broth  
1 pint half and half

In a large stock pot, heat butter until melted on medium-low heat. Add onions. Sauté until onions are tender; don't brown. Add all soups and stir to combine. Add chicken broth and stir to combine. Bring to low boil for 5 minutes on medium heat. Add corn and stir. Add cheese whiz; stir until completely combined. Add half and half. Cook for about 20 minutes on low heat. Add shrimp. Cook for 5 minutes. Add crab meat and cook for 2 to 3 minutes.

### **Crabmeat Green Goddess—Chase Stelly, LMS**

16 ounces cream cheese, softened  
1/4 cup butter, softened  
1 cup plus 1 tablespoon mayonnaise  
2 tablespoons finely chopped green onions  
3 cloves garlic, crushed  
Salt, black pepper and red pepper to taste  
Hot sauce to taste  
2 tablespoons lemon juice, plus extra to taste  
1/2 cup sour cream  
1/3 cup finely chopped parsley  
1 pound lump crab meat, drained

Beat the cream cheese and butter in a mixing bowl until blended, scraping the bowl occasionally. Stir in 1 tablespoon mayonnaise, green onions, 2 garlic cloves, salt, pepper, red pepper, hot sauce and lemon juice. Spread the cream cheese mixture 1/2" thick on a serving tray. Chill, covered, in the refrigerator. Combine 1 cup mayonnaise, sour cream, parsley, lemon juice and 1 garlic clove in a bowl and mix well. Season with salt, black pepper and hot sauce. Fold in the crab meat. Spread the crab meat mixture over the cream cheese mixture just before serving. Garnish as desired; serve with assorted party crackers.

### **Crab and Corn Bisque—Chucky Daigle, NMS**

1/4 cup chopped onion  
1/4 cup butter  
2 tablespoons flour  
1/4 teaspoon seasoning  
4 cups fresh or frozen corn  
4 cups milk  
1 cup heavy cream  
Salt and pepper to taste  
1 pound crab meat

Sauté the onion in the butter. Add flour and seasoning and cook for 2 minutes. Chop corn in the food processor; add to onion mixture and cook for 5 minutes. Add milk, cream, salt and pepper; bring to a boil. Stir in crab meat. Serve hot.

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## **CRAWFISH DISHES**

### **Overall Crawfish Dish – Mini-Crawfish Basil Pies Gabrielle Rivere, Napoleonville Middle School**

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#### **Mini-Crawfish Basil Pies—Gabrielle Rivere, NMS**

1 stick butter  
1 quart seasoning mix  
1 pound crawfish tails, chopped  
1 tablespoon basil  
Salt and pepper to taste  
1 can cream of mushroom soup  
1 can evaporated milk  
1/4 cup water  
3 tablespoons corn starch  
Mini-pie shells

Preheat oven to 350°. Melt butter and sauté seasoning mix until clear. Add crawfish, basil, salt and pepper. Cook for 10 minutes. Add soup and milk. Mix cornstarch and water. Add to mixture. Spoon into mini-pie shells. Bake for 30 minutes.

#### **Crawfish Dip—Wesley Adolph, NPS and Regan Adolph, AHS**

1 stick butter  
1 small onion, chopped  
1 to 2 ribs celery, chopped  
1/2 bell pepper, chopped  
1 pound crawfish  
1 can golden cream of mushroom soup  
Green onions to taste  
Parsley to taste  
Salt, pepper and paprika to taste

Sauté onion, celery and bell pepper in butter until clear and tender. Add crawfish and cook about 15 to 20 minutes on medium heat. Add soup, green onions, parsley and seasonings to taste. Cook another 15 to 20 minutes, until flavors are well blended. Eat with your favorite crackers or chips.

### **Crawfish Fettuccini—Ryne Simoneaux, PPE**

1 package fettuccini noodles  
Seasoning mix  
1 stick butter  
1 can cream of mushroom soup  
1 pound processed cheese  
1 pint half and half  
Bread crumbs

Preheat oven to 350°. Cook noodles according to package directions. Sauté seasoning mix in the butter. Add soup; stir. Add cheese; stir until melted. Add half and half. Stir in noodles and pour into a baking pan. Sprinkle top with bread crumbs. Bake for 15 minutes.

### **Mini-Crawfish Pies—Zachary Herbert, NMS**

1 clove garlic, minced  
1 onion, chopped fine  
4 to 6 green onions, chopped fine  
1 tablespoon parsley, chopped  
2 tablespoons butter or margarine  
1 pound crawfish tails, chopped  
1 tablespoon cornstarch  
1/2 cup chicken broth  
Salt, pepper, Creole seasoning to taste  
3 packages flaky biscuits

Preheat oven to 400°. Sauté vegetables in margarine until soft. Add crawfish and simmer about 15 minutes. Mix cornstarch with a small amount of water to form a paste; gradually stir in chicken broth. Add to crawfish and cook, stirring until the mixture thickens. Cool. Separate biscuits into 3 sections. Lightly press each section to flatten and enlarge slightly. Place 1 teaspoon of crawfish mixture on the circle of biscuits. Moisten edges lightly and fold over to form a half moon shape; press edges lightly with fork tines. Brush tops lightly with melted butter. Bake for 10 minutes. Do not over bake.

Makes about 90 pies.

To freeze: place unbaked pies on baking sheet and freeze. Remove and place in enclosable freezer bags. Thaw well and bake as directed.

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## **FISH AND ANY OTHER DISHES**

### **Overall Fish and Any Other Dish – Lemon Pepper Catfish with Cream of Mushroom Rice**

**Breland Barber, Belle Rose Primary**

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### **Lemon Pepper Catfish with Cream of Mushroom Rice—Breland Barber, BRP**

#### *Catfish:*

2 pounds catfish filets  
1 teaspoon Accent  
1 teaspoon garlic powder  
Pinch of salt  
1 tablespoon chopped parsley  
1 tablespoon butter

#### *Cream of Mushroom Rice:*

1 package long grain rice  
1 can chicken broth  
1 can water  
1/2 green bell pepper, chopped  
1/2 red bell pepper, chopped  
1 can cream of mushroom soup

#### *Catfish:*

Preheat oven to 350°. Clean fish; season with seasonings. Cut fish into three pieces. Place fish in a glass baking bowl and sprinkle with parsley and butter. Place foil over the fish and bake for 30 minutes.

#### *Cream of Mushroom Rice:*

Cook the rice in a rice cooker with 1 can chicken broth and 1 can of water. Sauté bell peppers until tender. Add cream of mushroom soup to the peppers and mix. After the rice is cooked, add this mixture to the rice.

Place 1/2 cup of rice on a serving dish with a piece of fish on top.

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## OYSTER DISHES

### Overall Oyster Dish – Oyster Dressing Saulden Daigle, Pierre Part Elementary

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#### Oyster Dressing—Saulden Daigle, PPE and Milton Daigle, AHS

1/4 pound chicken gizzards, rinsed  
1/2 pound chicken livers, rinsed  
and trimmed  
1 tablespoon vegetable oil  
3 cloves garlic, minced  
2 cups uncooked white rice  
4 cups chicken broth  
Salt to taste  
1/2 teaspoon ground black pepper  
1/4 teaspoon cayenne pepper  
1 cup thinly sliced green onions  
1 pint oysters

Pulse gizzards, livers and oysters separately in a food processor. Heat oil in a large saucepan. Sauté onion and gizzards over medium heat, stirring constantly, until meat begins to brown. Add livers and garlic and cook, stirring constantly until meat is brown. Add oysters and cook, stirring constantly until oysters are done. Add rice and stir until coated with oil. Add broth, salt, pepper and cayenne pepper. Bring to a boil; reduce heat to simmer. Cover and cook about 20 minutes, until rice has absorbed liquid. Sprinkle with green onions and serve.

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## SHRIMP DISHES

### Overall Shrimp Dish – Cucumber Shrimp Spread Nicholas Stelly, Assumption High School

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#### Cucumber Shrimp Spread—Nicholas Stelly, AHS

1 package (3 ounce) cream  
cheese, softened  
2 tablespoons mayonnaise  
1 tablespoon ketchup  
1/2 teaspoon ground mustard  
1/8 teaspoon garlic powder  
1 can (4 ounce) tiny shrimp,  
rinsed and drained  
1/4 cup peeled, chopped, seeded  
cucumber  
1 teaspoon finely chopped onion  
Assorted crackers

In a small mixing bowl, beat the cream cheese, mayonnaise, ketchup, mustard and garlic powder until smooth. Stir in the shrimp, cucumber and onion. Cover and refrigerate until serving. Serve with crackers.

#### Boiled Shrimp—Jace Hebert, CB

1 1/2 gallons water  
2 medium onions (cut in half and  
layers peeled)  
1/2 cup cayenne pepper  
1/2 cup salt  
1/4 cup liquid crab boil  
2 tablespoons lemon juice  
4 pounds fresh shrimp (21 to 25 count)

In a large pot, add water; put on a high fire. Add all ingredients except shrimp. Stir and bring mixture to a rolling boil. Add shrimp. Stir gently. Bring water back to a rolling boil. Boil for 2 to 3 minutes. When shrimp rise to the top of the water and look pink, remove from the fire. Let shrimp soak in the water for about 15 minutes or until shrimp begin to sink to the bottom of the pot. Strain water. Peel and enjoy. Serves four.





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