

# Capital Chefs' Showcase



Presented by  
The Cancer Society of Greater Baton Rouge

1983



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THE CANCER SOCIETY  
OF GREATER BATON ROUGE



## ABOUT OUR COVER

Front row: John Folse, Kwok "Kit" Wong, Charles Brandt, Barbara Peterson, Kacoo Olinde, Sandy Foucqueteau, Michel Foucqueteau.

Back row: Joseph Chang, Joe Distefano, Judy Distefano, Bob Smith, Dan Peterson, Mike Anderson, Don Gerald, Jr., Phillippe Parola, Larry Billups, Ken De Valeus.

## GEORGE RODRIGUE, ARTIST

Famed Cajun artist George Rodrigue is internationally known for his printing and books depicting Cajun culture. His surrealist paintings can be found throughout the United States and Europe.

Mr. Rodrigue has received many awards, among them: Gold Medal, Italian Government; Le Salon Exhibition Award, Paris, France and Malmo, Sweden. He is listed in Who's Who in American Art, International Directory of Art, French Artistic Society and the Official Guide to Collector's Prints.

His works are in the Public Collection of: President of France, Louisiana Governor's Mansion, Brockton Museum, Everson Museum, Fine Arts Museum, Fine Arts Museum of the South, Art Center for Southwestern Louisiana, Slater Museum and Butler Institute of American Art.

A native of New Iberia, Louisiana, his permanent address is Lafayette, Louisiana.



Thank you for helping the Cancer Society of Greater Baton Rouge!

The Cancer Society of Greater Baton Rouge is an independent local agency supported by **you** through United Way payroll deductions, memorial contributions and special events such as **Capital Chefs' Showcase**.

The Society offers the at-home cancer patient in the Capital area many vital services, all free of charge. Sickroom equipment and supplies, financial assistance, emotional support, counseling and referral are available from the agency. The Society constantly conducts an extensive education program to keep the public alert to cancer and aware of how people can protect themselves and their families against it.

The Society supports an active program of research into various aspects of the cause and treatment of cancer.

The Cancer Society of Greater Baton Rouge is governed by a volunteer Board of Directors elected from the community.

For further information:

The Cancer Society of Greater Baton Rouge  
650 Steele Boulevard  
Baton Rouge, Louisiana 70806  
Phone (504) 343-2838



An Affiliate of Capital Area United Way



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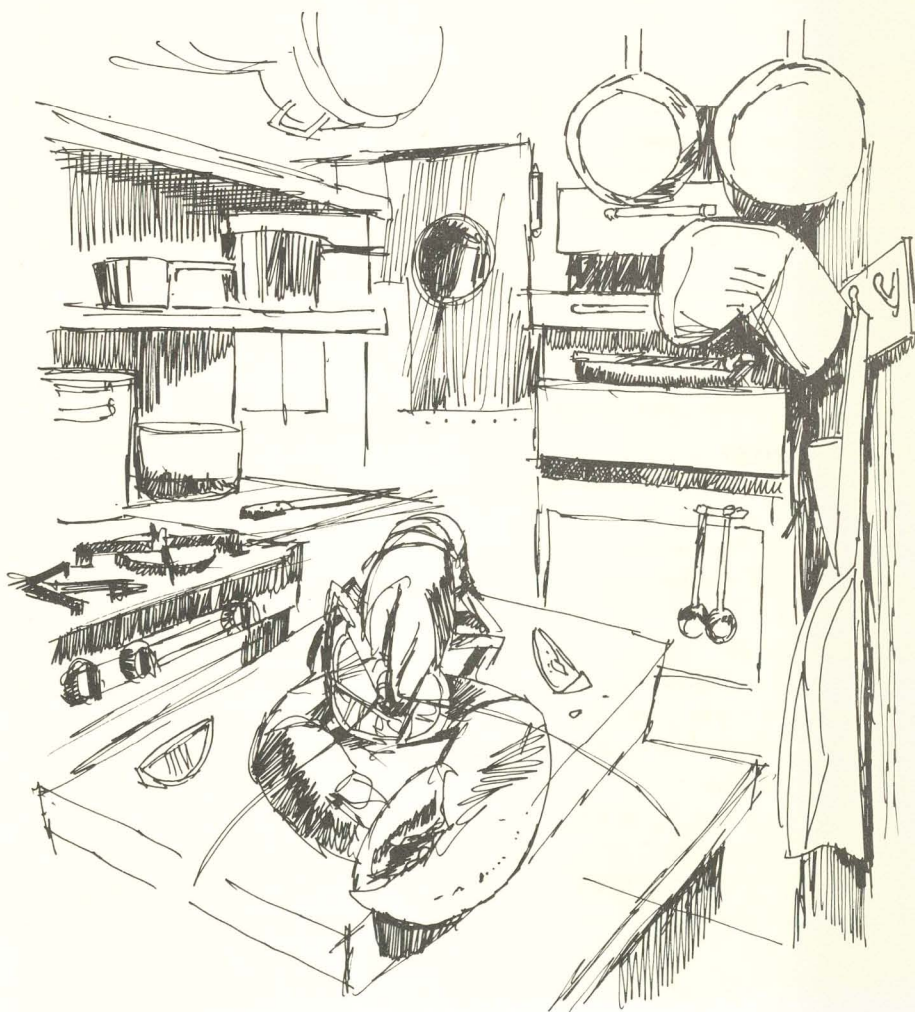
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\*Mr. De Valeus, formerly with the Baton Rouge Hilton, has moved from Baton Rouge.





## FOREWORD

Welcome to the first Capital Chefs' Showcase where masters of South Louisiana's Creole-Cajun cuisine are ready to demonstrate their culinary expertise. It will be a labor of love for them, not only because they feel at home chopping and mixing, stirring and tasting, but also because their efforts will benefit the Cancer Society of Greater Baton Rouge.

This worthy organization, formed nearly a quarter of a century ago, provides vital services to home cancer patients, and conducts an extensive education and research program in the relentless battle against this dread disease.

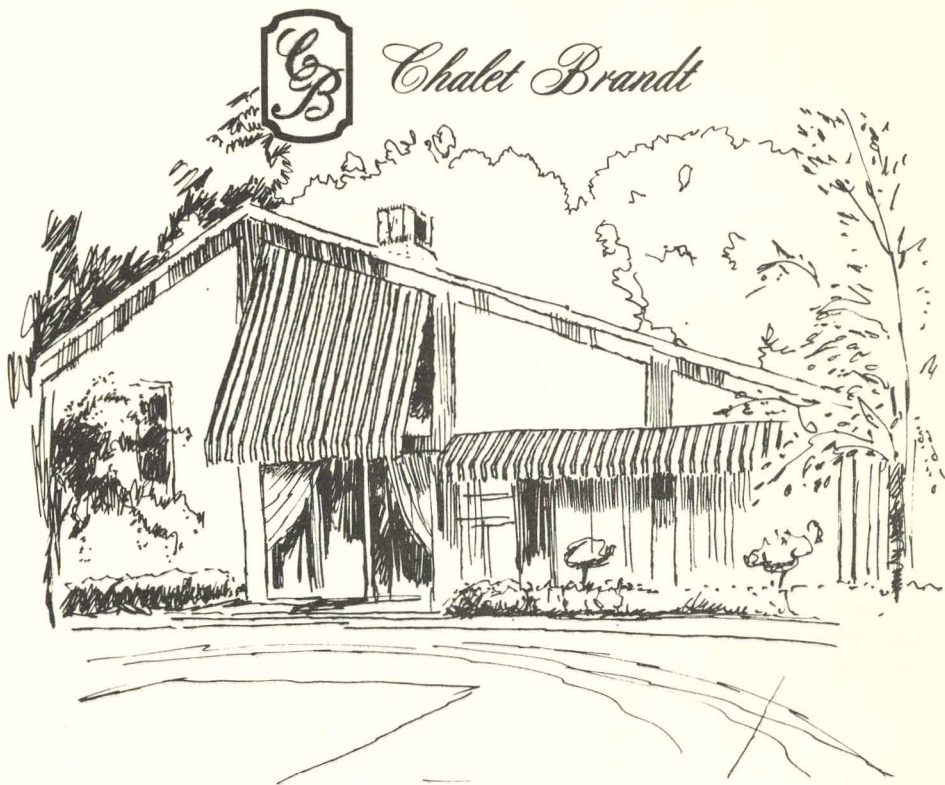
Tantalizing aromas from the Pelican State's array of indigenous dishes will be wafting high and wide at the Chefs' Showcase. These recipes, along with brief biographies of the chefs, are carried in this cookbook.

For better viewing of what's going on in the improvised kitchen on stage, guests will be aided by television monitors scattered around the arena, and when the last dish has been given final tasting approval by the white-capped contingent, all present will be served a delectable meal. There'll be wine, too! Most of the food and the beverages have been donated by public-spirited citizens and businesses.

The tempting array of dishes to be served each day will not be the same, and a different group of master chefs will be in the showcase kitchen on the second day. In addition, visiting guest chefs will be on hand.

Almost all of the dishes to be presented originated or were adapted from Louisiana's Horn of Plenty. They include both oyster and artichoke-shrimp soups, poached trout, sweet and sour pork, *poulet à l'estragon*, crawfish étouffée, stuffed shrimp, Chinese spring roll, veal Pomerol, red snapper Jolièt Rouge, shrimp jambalaya and *framboises à l'anglaise* — all popular in the Bayou State. *Bon Appétit*, folks.

Ernest Gueymard



Charles Brandt of Chalet Brandt Restaurant had formal professional schooling at the National Hotel School of his native Switzerland in Lucerne, where he studied the "Cours de Cuisine." He learned to combine dining elegance with superb food preparation, training in both the dining room and kitchen of the Hotel Eden au Lac in Zurich.

His first U. S. position was as night Chef at Dallas' legendary Hotel Adolphus. After 20 years of private Club management (City Club of Baton Rouge and Baton Rouge Country Club), separated by a 2½ year term with Restaurant Associates in New York, he finally realized his dream of having his own place. And how fortunate the Baton Rouge public is indeed.

He delights in creative soups, sauces, garnishes for meat and fish, and does wonders with soufflés and sorbets.

People who know Charles Brandt, while they cannot cook as he can, often follow him to his favorite retail food stores ... where he occasionally selects fresh vegetables, or chooses superb fruits and berries, almost one by one! That's one of his many secrets for success.



## PURÉED ASPARAGUS AND VEGETABLE SOUP

*(One of Chalet Brandt's very special soups)*

Yield: 12 cups

½ gallon veal stock\*

---

base (bouillon) and salt and pepper to taste)

---

1½ pounds potatoes, peeled and cut into cubes

---

1 cup sliced onions

---

1 pound fresh asparagus cut into 1" pieces (discard tough ends)

---

½ pound fresh broccoli spears

---

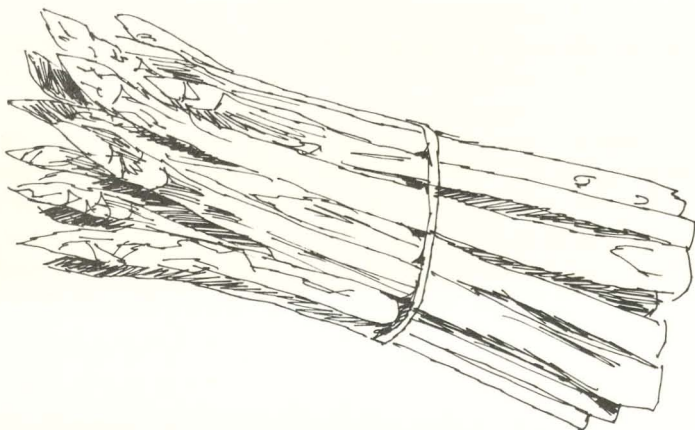
1 handful of raw spinach leaves (washed and stems removed)

---

½ stick unsalted butter

---

Cook water or stock with potatoes and onions until potatoes are tender. Add asparagus and broccoli and let it come to a boil; cook 5 minutes. Remove from fire and add raw spinach and butter, — this will give the soup the green color. Cool the soup by setting pot into a bowl of ice. Then purée in blender until smooth. Reheat as needed (do not boil to avoid loss of color)



\*(if not available, use ½ gallon water, 1 ounce chicken base (bouillon) and salt and pepper to taste)

## FILETS DE SOLE "GERARD"

(Filets of Sole\* with crab meat)

Serves 6-8

1 tablespoon butter

---

4 shallots or 1 small onion, finely chopped

---

6-8 filets of sole

---

salt and pepper

---

½ cup white wine

---

½ cup water

---

½ cup cream

---

1 egg yolk

---

2 tablespoons butter

---

1½ pounds lump crabmeat

---

2 tablespoons whipped cream

---

Spread 1 tablespoon butter in a shallow pan and sprinkle with 2 shallots or half small onion, finely chopped. Season 6 to 8 filets of sole with salt and pepper, roll and skewer them with wooden picks, and arrange in the pan. Sprinkle them with ½ cup each of white wine and water. Cover with a circle of wax or buttered paper cut the size of the pan with a small hole in the middle. Bring to a boil, cover the pan, and cook for 10 to 12 minutes. Remove the fish to a heatproof dish and remove picks. Cook the liquid until it is reduced to about ½ cup and add ½ cup cream mixed with 1 egg yolk and 2 tablespoons butter. Cook just until butter is melted. Saute 1½ pounds of lump crab meat with 2 shallots, or ½ small onion, finely chopped, place crab meat on fish. Fold 2 tablespoons of whipped cream into the sauce and pour it over the fish.

(\*Filets of speckled trout or flounder may be used as substitute for sole).



## FRAMBOISES À L'ANGLAISE

(*Raspberries in English cream*)

Serves 8-12

10 egg yolks

---

1 cup sugar

---

2 teaspoons vanilla extract

---

2 cups of heavy cream

---

2 cups of coffee cream or half and half

---

2¼ cups of milk (reserve ¼ cup to dissolve cornstarch)

---

1 teaspoon corn starch (optional)

---

Fresh raspberries in season (other berries can be substituted)

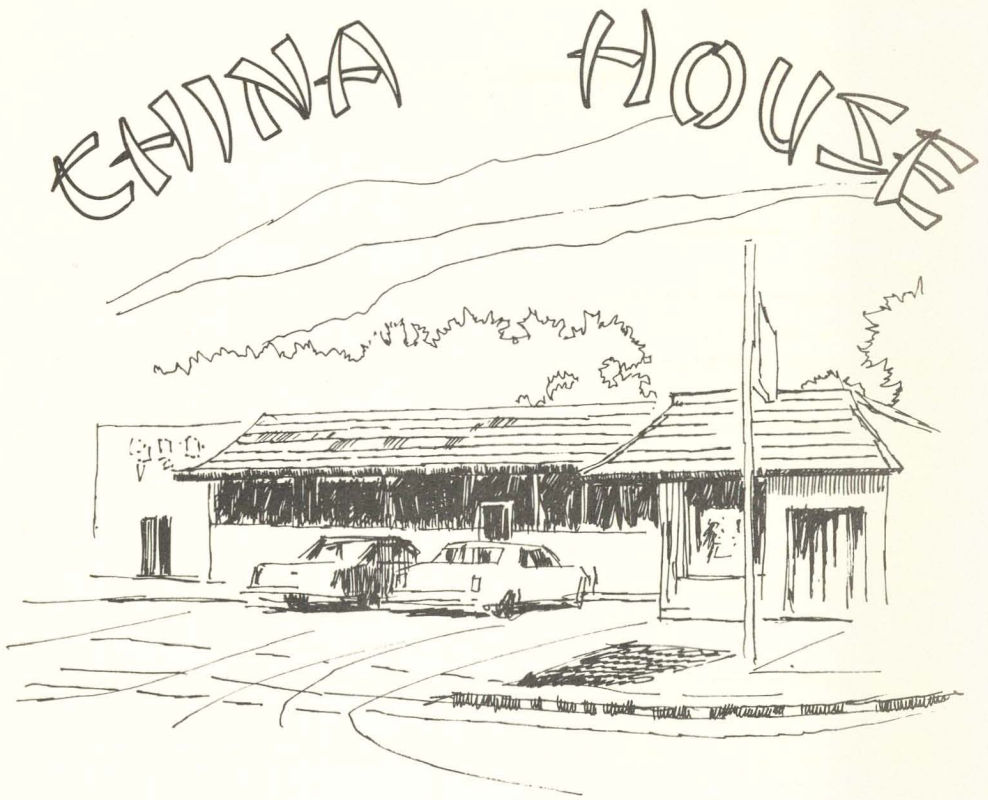
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Mix egg yolks and 1 cup sugar in electric mixer until smooth. Add vanilla extract toward the end.

In the meantime bring to a boil cream, coffee cream, and milk. (Reserve some milk to dissolve cornstarch). Add liquid to egg and sugar mixture and mix for a few minutes. Put all ingredients (except cornstarch) in double boiler and bring to a boil stirring constantly. Then add (optional) cornstarch dissolved in ¼ cup of milk to the sauce.

Remove sauce from heat and cool in the refrigerator. (Will keep one week in the refrigerator).

Use 8-12 sherbet glasses. Divide the berries in the glasses, cover berries with the sauce. Decorate with whipped cream.



Joseph Wei-Chin Chang, chef at The China House since 1981, became a professional oddly enough in South America. He followed Master Chef Benito Chou for six years in six countries including Peru (Lima), Argentina (Buenos Aires), Venezuela (Caracas), and Bolivia (La Paz). In 1978 he ventured to New York where he was Chef at Restaurant Yang-Yang until he came to Baton Rouge.

Like most chefs, he has his favorites, which are Crispy Whole Fish Szechuan style, Lobster Kew Hu Nan, Walnut Shrimp, and Orange Beef.

Joseph advises home chefs to add seasonings one at a time, to season wok, pan and oil as well as food, and never to depart from the admonition "keep ingredients fresh", the first Commandment of all great chefs.



## SPRING ROLLS

(*The authentic egg roll*)

Yield: 24 rolls

24 Spring Roll skins

---

3 cups pork strings, shredded

---

2 cups onion, shredded

---

3 cups bamboo shoots, shredded

---

2 cups wood ears, shredded

---

1 cup tiger-tail flowers

---

½ pound fresh bean sprouts

---

The Skin:

---

4 cups high gluten flour

---

6 cups water

---

⅓ teaspoon salt

---

½ teaspoon salad oil

---

4 cups oil for deep frying

---

1 egg, beaten, to seal the wrap

---

The skin: Put salt and oil in water. Beat in the first 3 cups of flour in your mixer and the last cup by hand, as the dough is getting dry. Mix dough in the same direction as mixer does until the ingredients adhere and are smooth (15 minutes). Do not knead on board. Soak dough in water and freeze. Defrost the dough and discard water. Heat wok (or a thick iron skillet) to 250°. Hold dough in hand and press. Rub it on to the wok. Make a small circle and quickly redraw. (As the dough touches the wok it will leave there a thin film of skin.) Make it a 5" round.

Caution: Always operate with a large portion of dough, the wok is hot!  
Or you can get regular egg noodle dough skin from grocery store.

Filling: Heat wok, add 1 teaspoon oil. Stir fry the ingredients separately and set aside. Pour sauce mixture over pork strings and mix until sauce thickens. Return other ingredients and mix well. Cool before wrapping.

Wrapping: Place 2 tablespoons filling on the spring roll skin, about 1 " from the edge that is toward you. Roll once, then fold both sides toward the center. Continue rolling into a tight roll. Brush outer edge of skin roll with egg. Place this side face down until time for frying.

Frying: Heat oil in pan. Deep fry spring roll on both sides until golden brown (about 3 minutes). Serve hot.

Sauce Mixture:

---

2 teaspoons soy sauce

---

2 teaspoons sugar

---

3 teaspoons oyster sauce

---

2 teaspoons cornstarch

---

1 teaspoon sesame seed oil

---

1 teaspoon cooking sherry

---

½ cup chicken broth

---

### **"PHOENIX SOUP"**

(Vegetable Soup)

Yield: 6 servings

½ cup straw mushrooms

---

½ cup shredded fresh snow peas

---

½ cup shredded bamboo shoots

---

¼ cup sliced mushrooms

---

¼ cup shredded carrots

---



1 tablespoon finely chopped celery

---

8 cups chicken broth

---

1 tablespoon cornstarch

---

1 teaspoon sugar

---

1½ teaspoons salt

---

½ teaspoon sherry wine

---

1 beaten egg white

---

1½ teaspoons soy sauce

---

½ teaspoon sesame seed oil

---

1 tablespoon chopped green onions

---

Cook the above ingredients, except chicken broth, in boiling water for 15 seconds, then drain the water and set the ingredients in cold water. Heat 8 cups chicken broth until boiling, stir in 1 tablespoon cornstarch (mixed with 1 tablespoon water). Add vegetable ingredients (drain the cold water) and cook until soup is boiling again. Turn temperature down to low or 200 degrees, add sugar, salt, sherry wine. Stir in beaten egg white slowly. Pour the soup into serving bowl and splash the soy sauce, sesame seed oil and chopped onions on top.

Hints: To obtain a clear soup with white cloudlike egg white, you have to stir the soup and dip in the egg white slowly. Do not stir the soy sauce, sesame seed oil and chopped onions any more, because they serve as seasonings and garnishing as well.

### **LOBSTER IN THREE FLAVORS**

Yield: 3 servings

3 live lobsters

---

1 teaspoon white cooking sherry

---

1 teaspoon cornstarch

---

1 egg white

3 teaspoons oil

Crystal sauce:

¼ teaspoon salt

¼ teaspoon sugar

½ cup chicken broth

¼ teaspoon sesame seed oil

¼ teaspoon cooking sherry

1 tablespoon each green beans and carrots, chopped

Dash of white pepper

Dash of white vinegar

Gan Shao Sauce:

2 tablespoons sugar

2 tablespoons tomato sauce (no spices)

¼ teaspoon Tabasco sauce

1 teaspoon soy sauce

1 teaspoon Worcestershire sauce

½ teaspoon chopped ginger

½ tablespoon chopped onion

½ teaspoon sesame seed oil

1 teaspoon sweet rice wine sauce

½ teaspoon cornstarch

½ tablespoon oil

Black Bean Sauce:

1 tablespoon oyster sauce

1 tablespoon soy sauce

½ teaspoon sugar

½ tablespoon black beans, chopped

½ teaspoon garlic, chopped

1 teaspoon sesame seed oil

2 tablespoons chicken broth

½ teaspoon hot pepper, chopped

½ teaspoon cooking sherry

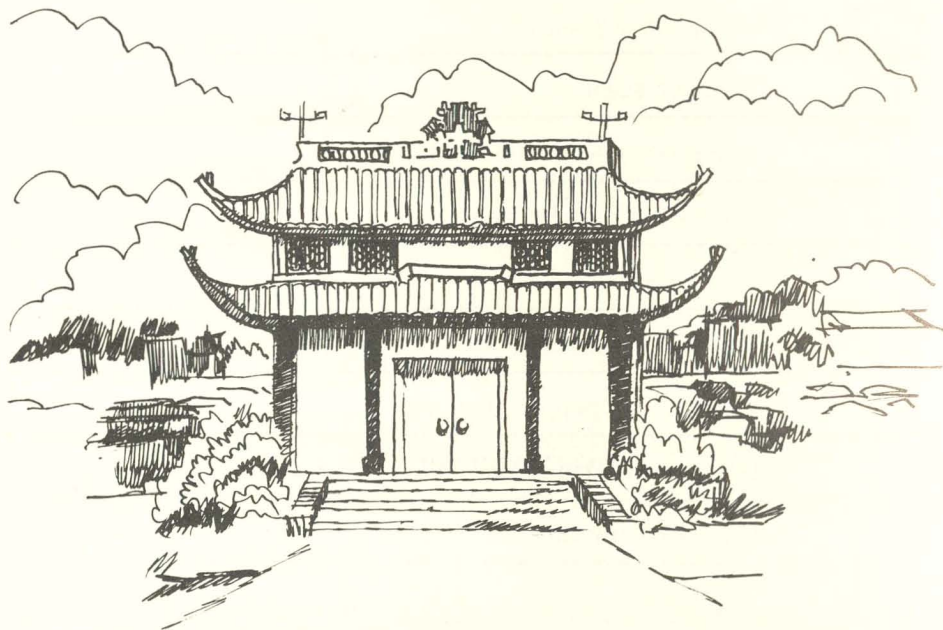
½ teaspoon cornstarch

Dehead the lobster. Take out the meat from the tail shell carefully. Steam the head, claws and the shells. Let cool. Brush shells with oil for garnishing. Slightly cut (about ¼") the back of the tail meat, then divide the tail into 1¼" square pieces.

Marinate the meat from each tail with 1 teaspoon oil, ⅓ egg white, ⅓ teaspoon white cooking sherry, ⅓ teaspoon cornstarch.

Heat wok, add oil, then heat 300°. Fry each tail meat 15 seconds. Drain the oil. Add each sauce separately into the wok, heat to 450° for 10 seconds, then add one tail meat. Stir fry another 15-20 seconds. Clean wok between each sauce. Set three different flavor lobster tail meats separately in a triangle form, (the colors will be white, red and dark brown) and garnish with the head and shell as you like.

# CHINESE INN



Kwok "Kit" Wong is a native of Canton, China, educated in Hong Kong. The list of the dishes he personally likes to prepare, not suprisingly, includes Cantonese Green Pepper Steak, Sweet and Sour Pork and Shrimp with Lobster Sauce.

The master recipes for these and the dozens of other Chinese foods "Kit" is expert at creating are found at all the restaurants which the Wong Family owns — the Chinese Inn on Florida Boulevard, Airline Highway, Nicholson Drive and in Denham Springs, the China Inn in Gonzales, and the Hong Kong Inn on Monterrey Boulevard.

"Kit" came from China to the U.S. by way of New Orleans, where he was employed at the Chinese Village on Bourbon Street for 3½ years. He's sometimes at his "headquarters" at the Chinese Inn on Florida Boulevard, but is in all his Chinese kitchens during each week to sample, to season, to make sure each sous chef meets the Wong standards for flavor and quality.



## SHRIMP TOAST

Serves 4-6

6 ounces fresh shrimp, finely chopped

---

1 ounce ham, finely chopped

---

salt and pepper, to taste

---

sesame oil, to taste (few drops)

---

1 egg

---

4-6 slices of bread

---

Mix all ingredients, stir until sticky. Spread on semi-dry sliced bread, remove crust if desired. Deep fry in oil at 350° until brown.

## SWEET AND SOUR PORK

Serves 4

1 pound boneless pork, cut into 1" x 1" x 1/2" pieces

---

1/2 onion, cut 1 1/2" square

---

1/2 green pepper, cut 1 1/2" square

---

carrot, 8-10 slices

---

pineapple chunks, 2 pieces

---

Batter:

---

1/2 cup flour

---

1 egg

---

2 tablespoons cornstarch

---

salt

---

pepper

---

Mix well all batter ingredients.

Coat the pork with the batter. Deep fry for about 5 minutes, until brown.

Sweet and Sour Gravy Mixture:

---

2 tablespoons vinegar

---

$\frac{1}{4}$  cup sugar

---

$\frac{1}{4}$  cup ketchup

---

1 tablespoon salt

---

juice of  $\frac{1}{2}$  fresh lemon

---

3-4 slices of ginger

---

1 cup of water or soup

---

Cook 1 cup of water or soup until hot and add 1 tablespoon cornstarch, add vegetables and pineapple. Stir until thickened, add more cornstarch if necessary. Pour sweet and sour mixture over pork. Serve immediately.



## WON TON SOUP

Serves 2

1 can chicken broth

---

12 Won Ton wrappers

---

3 ounces lean pork, chopped

---

3 ounces fresh shrimp, cut up

---

salt, to taste

---

pepper, to taste

---

sesame oil, to taste

---

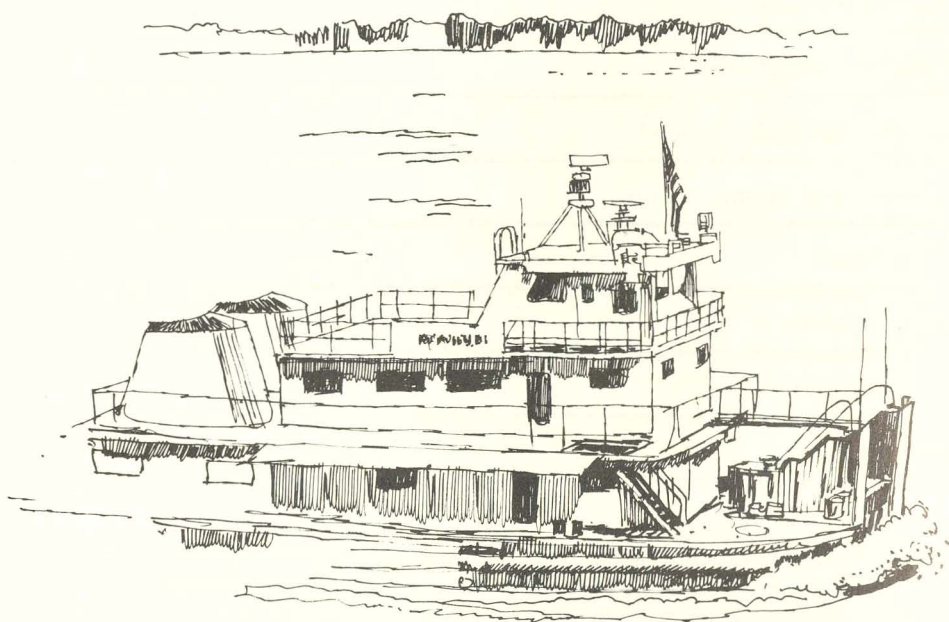
1 egg white

---

Chop pork and shrimp and mix all ingredients except egg. Stir 3-4 minutes until sticky. Divide the meat into bite-size pieces, then wrap in the Won Ton wrapper. Put in boiling water. Cook 5 to 7 minutes. Put Won Ton in chicken broth. Sieve egg white into soup and serve.



# CHOTIN TRANSPORTATION, INC.



The food prepared by Larry Billups, Chef for Chotin Transportation Company (tug boats on the Mississippi) is a wonderful blend of stick-to-your-ribs heartiness with aromatic country cooking.

Larry gained his experience preparing for large family gatherings as well as simple family dinners. Beginning as a teenager, he began to absorb tips and recipes and knowledge of what was nourishing, from family members, and from cookbooks.

When Larry speaks of his favorites, the things he likes to prepare in his Chotin kitchen at the river's edge, you think of whistles in the river fogs, the chug of the tug, and cries of the working men as they put barge tows together; fried chicken, parsley-buttered potatoes, barbecued chicken, fried shrimp, Shrimp Creole, braised beef tips. What better way to feed hungry men, white collar or blue collar, young or old?

Larry aspires to write a recipe book and to teach cooking. Meantime he keeps the tug crews happy and caters for small parties.

## SHRIMP JAMBALAYA

Serves 7-8

4 tablespoons vegetable oil

---

4 tablespoons flour

---

½ cup finely chopped onion

---

½ cup finely chopped green onions

---

½ cup finely chopped green pepper

---

1 small clove minced garlic

---

½ cup finely chopped celery

---

2 pounds peeled, deveined, chopped shrimp

---

1 can (16 ounce) tomatoes, sieved

---

1 cup water

---

1½ teaspoons salt

---

¼ teaspoon red pepper

---

½ teaspoon sugar

---

1½ teaspoons oregano

---

2 tablespoons Worcestershire sauce

---

7 cups cooked rice

---

Heat vegetable oil on medium heat add flour and stir constantly, stir until roux reaches a dark golden brown, add onions, pepper, garlic and celery, cook until onions are clear and tender. Add shrimp, cook 5 minutes, add tomatoes, chop with spoon to small medium pieces, add 1 cup water, salt, pepper, sugar, oregano and Worcestershire sauce, simmer 10-15 minutes, add rice, mix well.

## **BUTTERED MUSTARD GREENS**

Serves 9

½ cup butter

---

6 crisply cooked slices of bacon, crumbled

---

½ teaspoon crushed red peppers

---

¼ minced onion (optional)

---

½ teaspoon salt

---

3-10 ounce packages frozen chopped mustard greens

---

Melt butter in pot, add crumbled bacon, red peppers, minced onion and salt, simmer 2 to 3 minutes, add greens and cover, simmer until greens are thoroughly thawed and are cooked down in their own juice. Be careful not to overcook.

## **HIGH RISING CORNBREAD**

Serves 36

6 cups self-rising corn meal

---

1 ½ cups self-rising flour

---

½ cup sugar

---

5 eggs

---

3 ½ cups milk

---

1 cup shortening or melted margarine

---

Combine all dry ingredients, slightly beat eggs and add along with milk and shortening. Beat thoroughly with spoon or mixer. Pour 3 (9½" x 13") pans ½ full. Bake in pre-heated oven at 425° for 25 minutes.



# FAIRCHILD'S



Michel Foucqueteau — the very spelling of the name suggests the French chef! Now an owner-chef of Fairchild's Restaurant, he started his career as an apprentice in Marseille, cooked all around France, and in 1976 was one of a group of young French chefs to come to New York, where he became Head Night Chef for Tavern on the Green, a 1000 seat restaurant.

But, his delight is in a smaller place, hence his interest in Fairchild's where he prepares a variety of Provençale specialties (including Bouillabaisse and Bourride), seasons masterfully with Provençale herbs like rosemary, thyme and basil, wanders off by request to game dishes and stews of rabbit, duck and venison, and delights in his favorite, Charcuterie, the making of patés, sausages and salamis.

His wife, the former Sandy Saye of Baton Rouge, studied 18 months at the Restaurant School in Philadelphia. They met, married and are enjoying a life of working together in their own restaurant.

Their secret ambition, and your editor hopes they achieve it soon, is also to have a French deli.

## OYSTER STEW

Serves 2

1 small onion, diced

---

1 rib celery, diced

---

2 small carrots, diced

---

2 tablespoons butter

---

2 cups heavy cream

---

1½ cups milk

---

2 cups oysters with their juices

---

1 teaspoon Worcestershire sauce

---

Freshly ground pepper

---

Tabasco to taste

---

1 teaspoon fresh chopped thyme

---

1 bay leaf

---

chopped parsley for garnish

---

White Roux:

---

2 tablespoons butter

---

2 tablespoons flour

---

Sauté onion, celery and carrots with the butter in a saucepan - do not brown vegetables. Add the cream and milk. Bring this just to a boil. In a separate saucepan put the oysters and their liquid and cook until the oyster juice just begins to boil. Remove the pan from the stove. Strain the heated oyster juice into the milk and vegetable mixture. Reserve oysters for later use. Bring the milk, vegetable and oyster juice mixture to a boil.

Roux: In a separate pan make a small amount of white roux by mixing 2 tablespoons of butter with 2 tablespoons of flour. Cook on a slow fire for 1 minute.

Add the roux to the "soup" and stir until it thickens enough to coat a metal spoon.

Taste for seasoning, add Tabasco and Worcestershire sauce.

At the last moment add the drained oysters into the soup, this guarantees perfectly cooked oysters. (They will turn to little nuts if overcooked.) Garnish with fresh chopped parsley.

## **RACK OF LAMB PROVENÇALE**

Serves 2

1 rack of lamb 14-16 oz (8 ribs)

---

salt

---

fresh pepper

---

2 tablespoons olive oil

---

Provençale Dressing:

---

1 cup plain bread crumbs

---

1 tablespoon chopped parsley

---

1 tablespoon chopped garlic

---

1/3 cup olive oil

---

clarified butter

---

Preheat oven to 400 degrees.

Season rack of lamb on both sides with salt and pepper.

Heat a sauté pan with 2 tablespoons of olive oil. Place the rack in the hot oil first on its back for one minute, then on its other side for one minute. This sears the rack to keep the juices inside. Put the rack into the oven and cook for 7 minutes. (By using a sauté pan you can just place the rack in the sauté pan straight into the oven and let it cook in the pan). Prepare Provençale Dressing - Mix all the ingredients to form a paste - add more olive oil if necessary.



When rack has finished cooking the first time, remove from oven - pour out and discard the grease.

Coat the rack of lamb with the dressing. Coat it only on its back about ½ inch thick. Cover dressing with a little clarified butter.

Return to oven to finish cooking for another seven minutes. When rack is finished cooking, slice between the bone to have 4 ribs per person. Serve with fresh rosemary.

This is how to cook a rack medium rare.

For medium or medium well increase the first cooking time to 10 and 15 minutes accordingly.

### **GRAND MARNIER CUSTARD**

Serves 8

1 cup sugar

---

2 tablespoons water

---

1 quart milk

---

3 whole eggs and 3 yolks

---

5 tablespoons Grand Marnier Liqueur

---

1 tablespoon grated orange peel

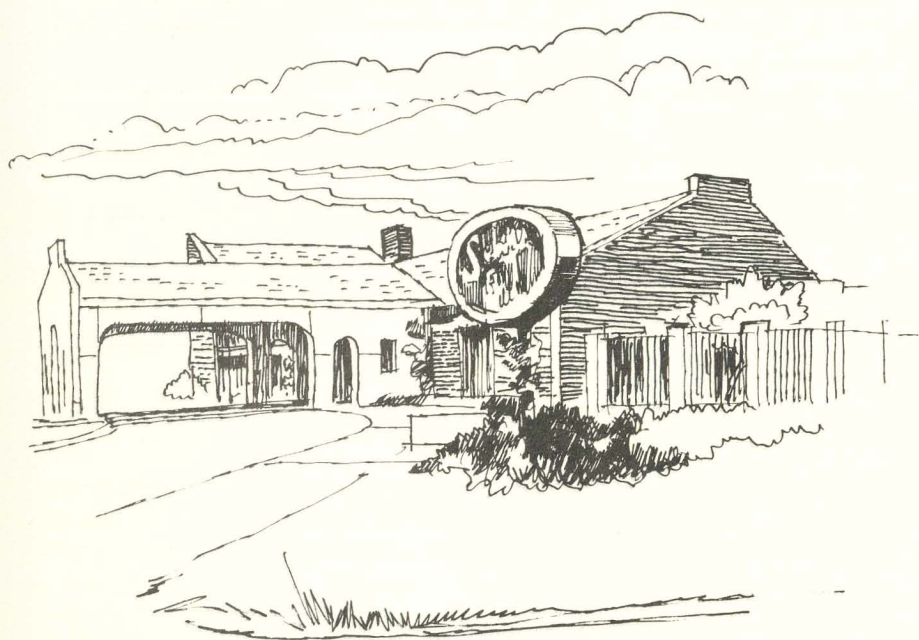
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Special Equipment: 1 quart metal custard mold

Boil ½ cup of the sugar with the water in a 1 quart mold over a medium to high flame. When the syrup turns from golden to amber in color, place the bottom of the mold in a pan of cold water for one minute, then rotate the mold so the caramel runs and coats the entire bottom and part of the sides. Pre-heat the oven to 350 degrees. Heat the milk in a large pot. In a large bowl, beat the eggs and yolks, gradually adding the remaining ½ cup of sugar. Very slowly pour the hot milk into the egg and sugar mixture while stirring vigorously. Stir in the Grand Marnier and the orange peel.

Place the mold in a large pan and pour 2" of hot water into the pan. Bake for 40-50 minutes, or until a knife inserted in the center comes out clean. Allow to cool, then run a knife around the edge of the custard to unmold it more easily. Place a flat dish over the mold and then, holding both dish and mold, turn them upside down to unmold the custard.

# Sabin's



Joe and Judy Distefano are owners of Sabin's, where they carry on the restaurant tradition started by Joe's father, the late Vince Distefano and his mother "Miss Fannie", who still presides at the Village.

Joe started out parking cars, advanced to cleaning chickens, and then learned to cook under the watchful eye of "Miss Fannie". His great pride at Sabin's, which he has owned for 15 years, is Oysters à la Sabin, matched by any of his steaks. Judy's Italian specialties are ravioli and tortellini, which she serves at home on Sunday, making the pasta from scratch. Notwithstanding the special loves of Joe and Judy, their repertoire at Sabin's shows the strong influence of Creole and French cooking, as well as Italian and American culinary art. Their menus are a beautiful mixture of items picked up from personal dining with other great chefs and at other great restaurants, along with recipes developed with their own staff.

The Distefanos agree that at-home chefs can improve their offerings by using no foods that are more than a moment from the peak of freshness.

## RÉMOULADE SAUCE À LA SABIN

Serves 6

1 quart mayonnaise

---

1 (4 ounce) jar hot mustard

---

2 ounces horseradish

---

1½ white onions, chopped

---

2 large bell peppers, chopped

---

1 pinch dry mustard

---

1 pinch paprika, to color

---

Finely chop bell pepper and onion and set aside. Cream together remaining ingredients - when well blended, add peppers and onions and stir until smooth. More hot mustard and horseradish may be added if a zestier taste is preferred. Use over boiled shrimp or crabmeat, or as a vegetable dip.

## BROCCOLI "ITALIAN STYLE"

Serves 4

2 cloves garlic, minced

---

¼ cup olive oil

---

1 medium bunch of broccoli

---

½ cup water

---

1 teaspoon salt

---

½ teaspoon pepper

---

Romano cheese

---



Sauté olive oil and garlic in small saucepan. Do not let garlic brown. Add water, broccoli, salt and pepper, and cover for approximately 8 minutes or until broccoli is tender but not mushy.

Place broccoli on serving platter, pour juices from pan over it, and top with a generous portion of grated Romano cheese.

### **CRAWFISH ÉTOUFFÉE À LA SABIN**

Serves 8

1 bunch green onions, chopped

---

½ large white onion, chopped

---

1 bell pepper, chopped

---

¼ cup chopped parsley

---

1 teaspoon minced garlic

---

⅓ cup oil

---

⅓ cup flour

---

paprika for color

---

2 pounds crawfish tails

---

½ teaspoon monosodium glutamate

---

1 teaspoon salt

---

1 teaspoon pepper

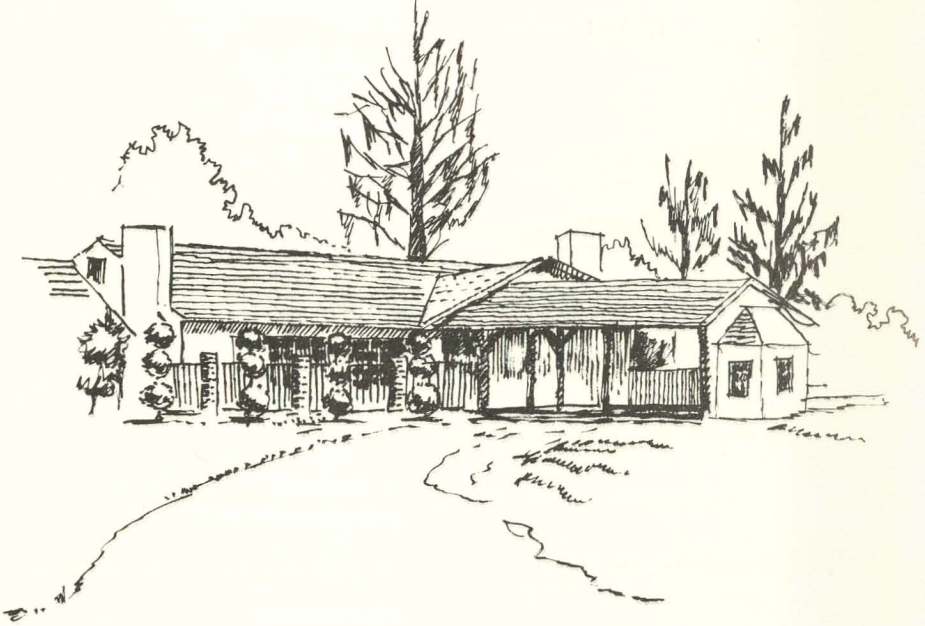
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½ teaspoon cayenne pepper

---

Sauté onions, bell pepper and garlic in cooking oil until tender. Add flour, blending well and stirring constantly. Add paprika until desired color is reached. Add crawfish tails for just a few seconds and then cover to the level of the tails with water. Add parsley and spices and stir. Cook until thickened. Serve over rice.

# JOEY'S



Phillippe Parola was born in 1958 in Paris, France, and happily arrived at Joey's, where he is now Executive Chef at 25 years of age.

His formal training began in Paris when he was fourteen, and he was awarded the Diploma de Fin d'Apprentissage and the Certificat d'Aptitude Professionel at the Ceproc School. At eighteen he received the La Confrerie de Cordon Bleu award and the Certificat de Compagnons de France. At nineteen he was Sous Chef at Chez Michaux in Paris. At twenty-one, after a tour with the French Army in Africa, he became Chef Saucier at Le Quercie, Paris. At twenty-two he became Executive Chef near Venice Italy at the three star Hotel Blu Ristorante. At twenty-three he moved to become Executive Chef at Le Noblet in Paris, before coming to the U.S. where he became Sous Chef at Joey's while he improved his English.

Phillippe represents Baton Rouge in the Vatel Club of New Orleans (a French Chefs' professional organization). He is now comfortable with English, French and Italian and in his role of Executive Chef at Joey's he speaks the Language of Cuisine eloquently!

## SEAFOOD MOUSSE

Serves 6

1 pound trout

---

8-10 eggs

---

1 quart cream

---

1 teaspoon salt

---

1½ teaspoons pepper

---

½ pound crawfish, puréed

---

½ pound crabmeat, puréed

---

½ pound broccoli, puréed

---

1 tablespoon sherry wine

---

1 tablespoon lemon juice

---

1 tablespoon Pernod liqueur

---

Purée trout, add eggs, mix well; incorporate cream gradually. Add salt and pepper. Divide into equal parts in mixing bowls. Add crawfish to one bowl, crabmeat to one bowl, and broccoli to one bowl. Add sherry to crawfish, mix well. Add lemon juice to crabmeat, mix well. Add Pernod to broccoli, mix well.

Grease terrine with butter.

Pour first layer of crawfish mixture, spread flat. Top next with broccoli mixture; last, layer with crabmeat.

Bake 35 minutes in 350 degree oven. Can be served with Nantua Sauce and Riesling white wine.

## **SOUFFLÉ GLACÉS aux FRAISES**

*(Frozen Strawberry Soufflé)*

Serves 6

6 ramekins

---

1 pound sugar

---

1 cup water

---

8 egg whites

---

1½ pints whipping cream

---

2 pints fresh strawberries, cleaned and puréed

---

6 whole strawberries, to garnish

---

Cook sugar with one cup water for 3-4 minutes. Whip egg whites to stiff peaks, reduce speed, add sugar mixture. Whip cream, fold into egg whites. Mix in puréed strawberries.

Line outside of ramekin with strip of baking paper to raise side 3" more. Secure with rubber band. Fill with mixture, freeze until set. Remove paper, wipe ramekin clean. Garnish with strawberry.

## **POULET À LA ESTRAGON**

Serves 4

6 fresh tomatoes, sliced

---

1 small clove minced garlic

---

3-4 tablespoons olive oil

---

2 cups cooking oil

---

1 medium-large chicken, cut into 8 pieces

---



2 tablespoons brandy

---

2 cups dry white wine

---

2-3 cups white veal stock

---

bouquet garni: (parsley, thyme and bay leaves tied together)

---

1-2 ounces roux

---

salt

---

pepper

---

1 coffee spoon tarragon vinegar

---

1 pinch tarragon leaves

---

2 egg yolks, fresh

---

1 cup whipping cream

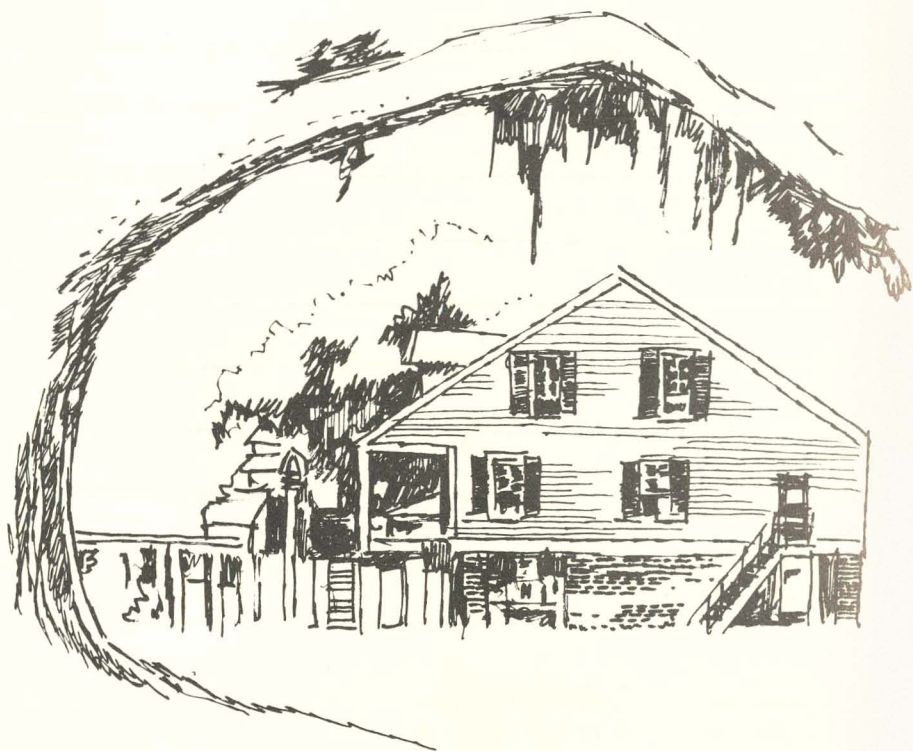
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Put tomatoes, garlic and olive oil into large pot and bring to a boil. Simmer on low heat for 15 minutes, stirring every 3-4 minutes, until puréed. Take large sauté pan, add cooking oil, heat until smoking. Dry chicken and add to oil. Brown both sides. Place chicken in large pot with puréed sauce.

Flambé with the brandy. Pour wine with stock until just covering chicken (if extra stock, discard). Boil and simmer for 25-30 minutes with bouquet garni. Remove chicken and place in casserole. Strain the sauce thru a very fine sieve into small pot. Then boil. Remove the fat and scum and add the roux, chicken, salt, pepper, vinegar and 1 pinch tarragon leaves. Cook for 5 minutes, slowly. Mix egg yolks with cream and add to sauce. Simmer for 2 minutes and pour over chicken.



# LAFITTE'S LANDING



At the downriver restaurant, Lafitte's Landing, owner-chef John David Folse divides his time between kitchen and dining room. His formal training includes a three-year stint at the Camelot Management school in Pennsylvania under Fritz Blumberg, and equal time under Edward Brogdon at the Capitol House. John has been in hotel food and beverage management since 1970, was owner-chef of The Tavern in Baton Rouge in 1977-78, and since then has presided at Lafitte's Landing.

As you might expect, he loves to cook fresh Louisiana seafood dishes, Cajun and Creole cuisine, and Nouvelle Cuisine. His advice to home chefs is advice he follows himself; "Use fresh products in season for the best value and to assure quality of the finished product", and "Do not be afraid to experiment."

As a professional John looks forward to teaching, and gaining more glory for the food industry.

## SHRIMP MALARCHER

Serves 2

12 medium shrimp, peeled and deveined

---

3 tablespoons hot water

---

6 tablespoons butter

---

1 tablespoon flour

---

2 cloves chopped garlic

---

2 crushed bay leaves

---

½ teaspoon crushed thyme

---

1 pinch basil

---

salt and cayenne pepper, to taste

---

½ ounce white wine

---

1 tablespoon chopped parsley for garnish

---

In a sauté pan, melt butter and add seasonings except salt, pepper and parsley. Sauté 3 minutes. Add shrimp and stir well to coat all sides with herb butter. Sauté over medium heat until done, approximately 5 minutes. Sprinkle flour over shrimp evenly. Blend well. Add wine, water, salt and pepper to taste. Place 6 shrimp in each of two au gratin dishes and top with herb butter sauce. Garnish with chopped parsley.

## TURBAN OF TROUT

Serves 2

2 (4-6 ounces) filets of trout or red snapper

---

1 cup crawfish tails (cooked)

---

10 ounces dry vermouth

---

1 teaspoon salt

---

¼ pound butter

---

2 cloves garlic, minced

---

1 tablespoon thyme

---

1 tablespoon herb seasoning

---

1 bay leaf

---

1 cup prepared Hollandaise sauce

---

Prepare poaching liquid as follows:

Fill 5 quart sauce pot half full with hot water. Add 10 ounces dry vermouth, thyme, bay leaf and salt. Bring to a boil and then turn down to simmer. Roll fish filets into a turban shape and secure with a toothpick. Place in poaching liquid for 4 minutes. DO NOT BOIL. In a separate sauce pan, melt butter. Add garlic and herb seasoning. Stir and sauté for 1 minute. Add crawfish and sauté for about 3 minutes until done. Remove trout from poaching liquid and remove toothpick. Top trout with one spoon sautéed crawfish and one spoon prepared Hollandaise sauce.

### **MARINATED ARTICHOKE SALAD**

Serves 2

10 hearts of artichoke

---

Marinade:

---

½ cup olive oil

---

¼ cup red wine vinegar

---

1 tablespoon Worcestershire sauce

---

Juice of ½ lemon

---

2 tablespoons chopped parsley

---



2 cloves garlic, whole

---

1 pinch oregano

---

1 pinch thyme

---

1 pinch basil

---

Blend together all ingredients and stir well. Add artichoke hearts and marinate approximately 4 hours. Serve on a bed of iceberg lettuce and top with marinade sauce.

### PEACHES LAFITTE

Serves 2

2 fresh peaches, sliced, with pit removed

---

½ cup peach brandy

---

½ cup simple syrup (¼ cup sugar and ¼ cup water)

---

whipped cream

---

whiskey sauce:

---

1 cup sugar

---

1 cup heavy cream

---

½ stick butter

---

1 egg, beaten

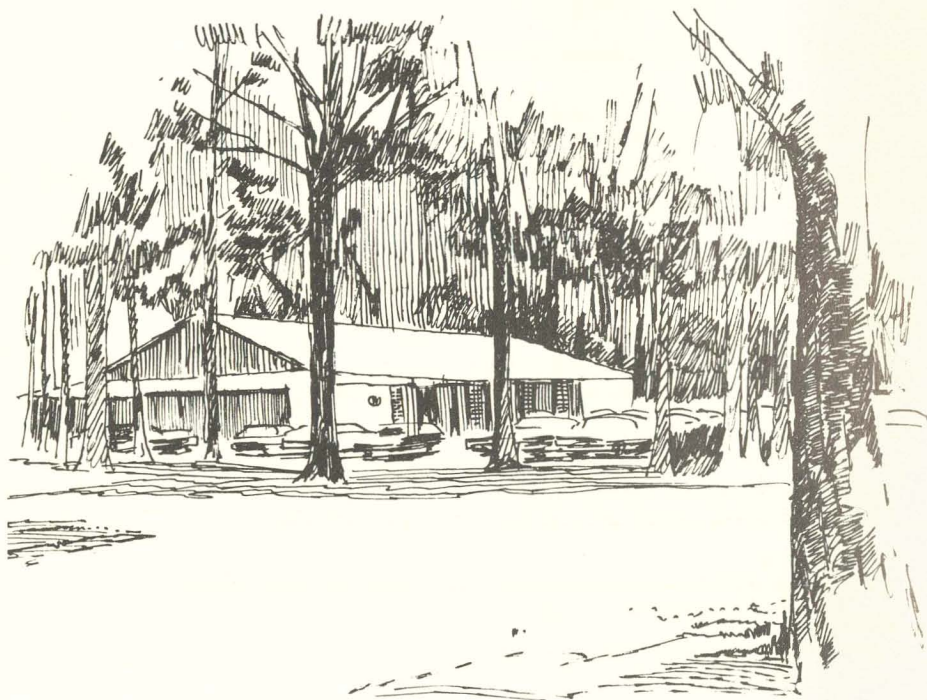
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¼ cup bourbon

---

Sauté fresh peaches, brandy and simple syrup until peaches are tender. Do not over cook. In a separate pan, heat butter and sugar on low heat until well blended. Add cream and mix well. Do not boil. Add egg, stirring constantly. When mixture begins to thicken, remove from heat and add bourbon. Place mixture in a blender at high speed until frothy. Spoon whiskey sauce and sautéed peaches in layers. Top with whipped cream and peach slice.

# MIKE ANDERSON'S



Mike Anderson of the seafood restaurant bearing his name is a modest man; he admits to being self-taught, and further to being self-taught through trial and error! His advice to his non-professional audience reflects his own experience, for he says "Don't be afraid to try something new, or of using too many onions"

Seafoods, particularly those native of Louisiana are his culinary turn-ons. He knows when to buy, where to find, as well as how to prepare.

His greatest pleasure comes from preparing and experimenting himself at the restaurant kitchen and at home. Mike is constantly creating new recipes of excellence, such as, Snapper Jolièt Rouge, which is the most popular item on his menu.

One might say Mike moved from "gridiron to gridiron"- (Remember as an L.S.U. football player in 1970, when he was named All American Linebacker?) Now, his restaurant has just moved to its new large building at a new location on W. Lee Drive. Rest assured, his menu has maintained its high standard of excellence!

## OYSTERS ITALIAN

Serves 8

1 pound butter

---

4 jumbo yellow onions, diced

---

4 stalks celery, chopped

---

2 cloves garlic, minced

---

1 bunch green onions, chopped

---

3 tablespoons salt

---

1 heaping tablespoon cayenne pepper

---

1 quart oysters, liquified

---

1/3 pound Romano cheese, grated fine

---

3 tablespoons parsley flakes

---

1-one pound can Italian bread crumbs

---

24 raw oysters and 24 oyster shells

---

Sauté onions, celery, garlic in one pound butter until tender. Add green onions, salt, cayenne pepper and liquified oysters. Cook thoroughly. Reduce heat. Add Romano cheese. Stir until cheese is melted. Remove from heat. Add parsley flakes and bread crumbs and mix well.

Place raw oysters in cleaned shells and top with dressing. Bake 20 minutes at 450 degrees. Serve immediately.

## SHRIMP STEW

Serves 8

1 pound butter

---

4 jumbo yellow onions, chopped

---

3 bell peppers, chopped

---

4 celery stalks, chopped

---

3 tablespoons salt

---

2 teaspoons cayenne pepper

---

3 pounds peeled medium shrimp

---

1 pound white crabmeat

---

1 gallon water

---

1 bunch green onions, chopped

---

Roux:

---

½ pound butter

---

2 cups flour

---

Melt ½ pound butter. Stir in flour. Stir constantly until roux begins to take on a light brown color. Remove from heat and set aside.

Sauté yellow onions, bell peppers and celery in 1 pound butter until tender. Add salt and cayenne pepper. Stir well. Add shrimp, crabmeat and water. Bring to boil. Add roux and stir until mixture becomes a creamy consistency. Stir in green onions and serve.



## RED SNAPPER JOLIÈT ROUGE

Serves 8

8 red snapper filets (about 10 ounces each, trimmed of all blood lines)

---

3 jumbo yellow onions, finely chopped

---

$\frac{3}{4}$  pound small fresh mushrooms, whole

---

1 clove garlic, minced

---

1 bunch green onions, chopped

---

1 pound butter

---

3 teaspoons salt

---

2 teaspoons white pepper

---

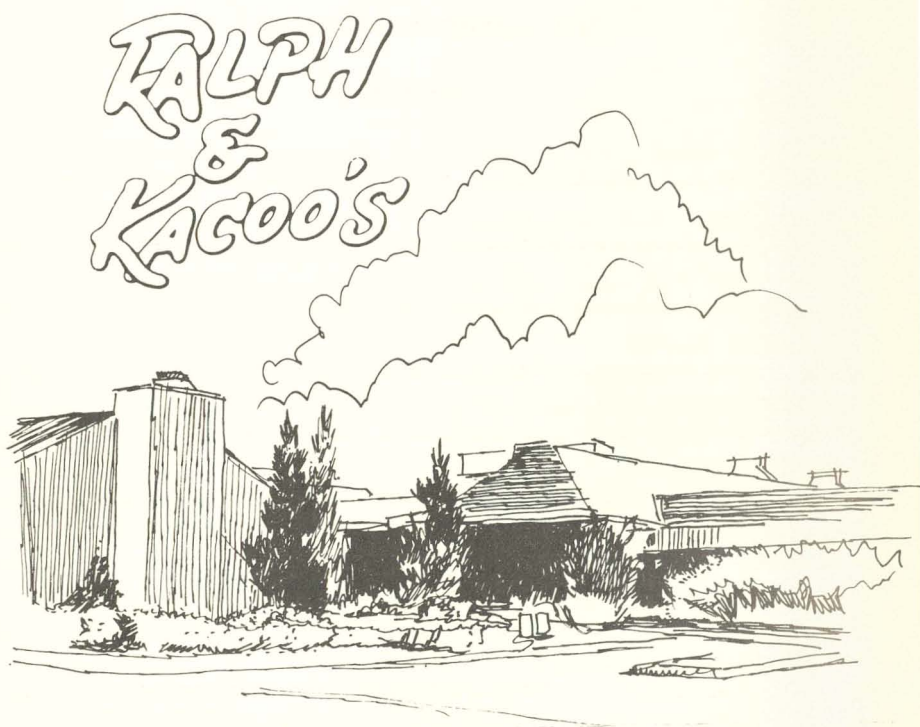
2 pounds fresh lump crabmeat

---

Sauté yellow onions and mushrooms and garlic in butter until tender.

Add salt, white pepper, crabmeat and green onions. Stir gently as not to damage crabmeat lumps.

Place filets on lightly buttered broiling dish. Broil at 450 degrees until filets become white in color. Add topping. Continue broiling until crabmeat begins to brown.



Ralph and Kacoo Olinde are owners of the several restaurants which are flagged with Kacoo's unforgettable name, and long remembered for their fine foods. Kacoo is largely self-taught through the very tough Trial and Error University, but her curriculum at TEU included Observation of Others, Cookbook Readings in Depth, and Various Seminar and Cooking School exchanges over the years.

All her favorite specialties are fresh Louisiana Seafoods, and all fresh Louisiana Seafoods are her favorites! She and Ralph have travelled extensively in America and internationally to find new menu ideas, to learn new food handling techniques, and to widen the seasoning spectrum to the delight of people who dine with them.

Asked what standards home chefs should set for themselves, Ralph and Kacoo speak with one voice of freshness, simplicity, and the elegance that comes therefrom.

## HUSH PUPPIES

Serves a Crowd!

5 pounds cornmeal

---

2 pounds flour

---

3½ cups sugar

---

2½ tablespoons salt

---

¼ teaspoon soda

---

¾ cup baking powder

---

1 teaspoon red pepper

---

1 teaspoon garlic powder

---

1 cup chopped green onions

---

4 cups evaporated milk

---

4½ cups water

---

5 eggs

---

2 tablespoons chopped parsley

---

Add cornmeal, flour, sugar, salt, soda, baking powder, red pepper, garlic powder and green onions and mix well. Add milk, eggs, water and parsley and blend. Refrigerate until ready to use. Scoop out with small ice cream scoop. Fry at 325 degrees in deep fat until golden brown. An excellent appetizer!

## STUFFED MUSHROOMS

Serves 5-6

½ pound butter

---

1 cup onion, chopped

---

1 pound mushroom stems, chopped

---

½ pound boiled shrimp, chopped

---

1 teaspoon salt

---

2 teaspoons pepper

---

2 chicken bouillon cubes, mashed

---

⅓ cup Parmesan cheese, grated

---

2 cups bread crumbs

---

1 pound lump crab meat, chopped

---

2 teaspoons parsley, chopped

---

15-20 whole mushrooms, drained

---

wine and butter

---

Melt butter on low heat. Add onions, and sauté for 5 minutes. Add the stems, shrimp, salt, pepper and bouillon cubes. Cook for 10 minutes, stirring constantly. Remove skillet from heat and stir in cheese, bread crumbs, crab meat and parsley. By then, the mixture should be warm enough to mix thoroughly by hand. Stuff drained mushrooms with stuffing. Mix equal parts of wine and melted butter. Pour on top of stuffed mushrooms and heat in oven 15 minutes at 350 degrees.

## SEAFOOD GUMBO

Serves 24

4½ cups flour

---

3 cups vegetable oil

---



8 cups onions, chopped

---

2 cups bell peppers, chopped

---

3 cups celery, chopped

---

3 tablespoons garlic, chopped

---

3 (14 ounce) cans whole tomatoes with juice (hand squeezed)

---

1 (8 ounce) can tomato sauce

---

2 gallons water

---

6 tablespoons salt

---

3 tablespoons black pepper

---

2 teaspoons red pepper

---

3 pounds fresh shrimp, peeled

---

$\frac{3}{4}$  cup parsley, chopped

---

2 pints oysters

---

2 pounds lump crabmeat

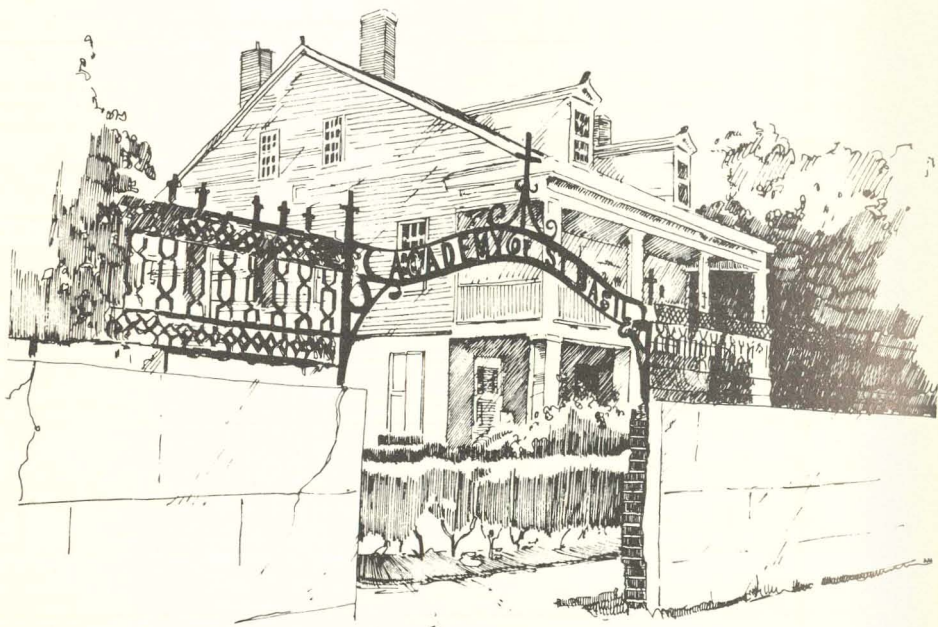
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1 cup green onions, chopped

---

Make a roux by stirring flour and vegetable oil until a well browned peanut butter color. Not burned! When roux is made, add onions, bell peppers, celery and garlic. Cook and stir until vegetables are limp, being careful not to burn. Add hand squeezed tomatoes, tomato sauce, salt, black pepper and red pepper. Cook and stir until well blended. Add water and cook 50 minutes. Turn fire off. Let sit until ready to serve. Just before serving, bring to a light bubble. If too thick, add more water. Add shrimp. Cook 10 minutes. Add parsley, chopped green onions, oysters and crabmeat. Cook 5 minutes more. It is important not to overcook the seafood. Serve immediately.

# St. Basil's



Bob Smith is Executive Chef at St. Basil's Restaurant in Plaquemine, and is now in his second career. His first career, in which he achieved outstanding success, was interior design (Alexandria, La.) ... and he made the career move when he and Bill Bond bought St. Basil's Academy, an historic home 130 years old and two ancient attached school buildings.

Color consultation for the interior of The Myrtles in St. Francisville, Millbank Manor in Jackson, and Nottoway Plantation in White Castle brought him back to Louisiana from San Diego, California, where he and Bill Bond had spent 3 years in the catering business. Culinary awards have since come to him one after another. There was the American Culinary Federation Bronze Medal for his Shrimp and Artichoke Bisque, a First Award at LSU for his dramatic 8½ foot alligator made of fresh vegetables, and four Golden Cucumber awards for other creations.

His deepest pleasure comes from watching his guests as they enjoy his famous White Chocolate Praline Mousse.

His favorite and final ingredient, as you may have guessed, is the final appearance of his delicious creations.

## **SHRIMP/ARTICHOKE SOUP**

Serves 6

¼ pound butter, melted

---

½ cup flour

---

1 tablespoon Season-all

---

3 tablespoons lemon juice

---

6 cups shrimp stock (salted water from boiled shrimp, not highly seasoned)

---

1 (8 ounce) can of artichoke hearts

---

Boiled shrimp, to garnish

---

Melt butter in a saucepan and take off flame. Add flour, seasoning and lemon juice. Add a small amount of stock and return to flame. Add remainder of stock. Turn on blender and add artichokes. Turn off immediately. Pour blender mixture into stock mixture in saucepan and heat. When serving add a few boiled shrimp to each bowl.

## **BROCCOLI-SPINACH MEDLEY**

Serves 6

2 packages frozen chopped spinach, thawed

---

1 package frozen chopped broccoli, thawed

---

1 white onion, chopped and sautéed in butter

---

1 tablespoon Season-all

---

1 (8 ounce) sour cream

---

1 teaspoon Worcestershire sauce

---

Salt and pepper, to taste

---

Cook spinach and broccoli just enough to warm through. Drain. Place broccoli and spinach in a buttered casserole. Mix sour cream with onion and spices and spread over spinach and broccoli. Bake at 350 degrees for 30 minutes.

### **WHITE CHOCOLATE PRALINE MOUSSE**

Serves 4-6

1 pint whipping cream, whipped

---

5 pieces white chocolate

---

¼ cup praline liqueur

---

6 egg whites, at room temperature, beaten

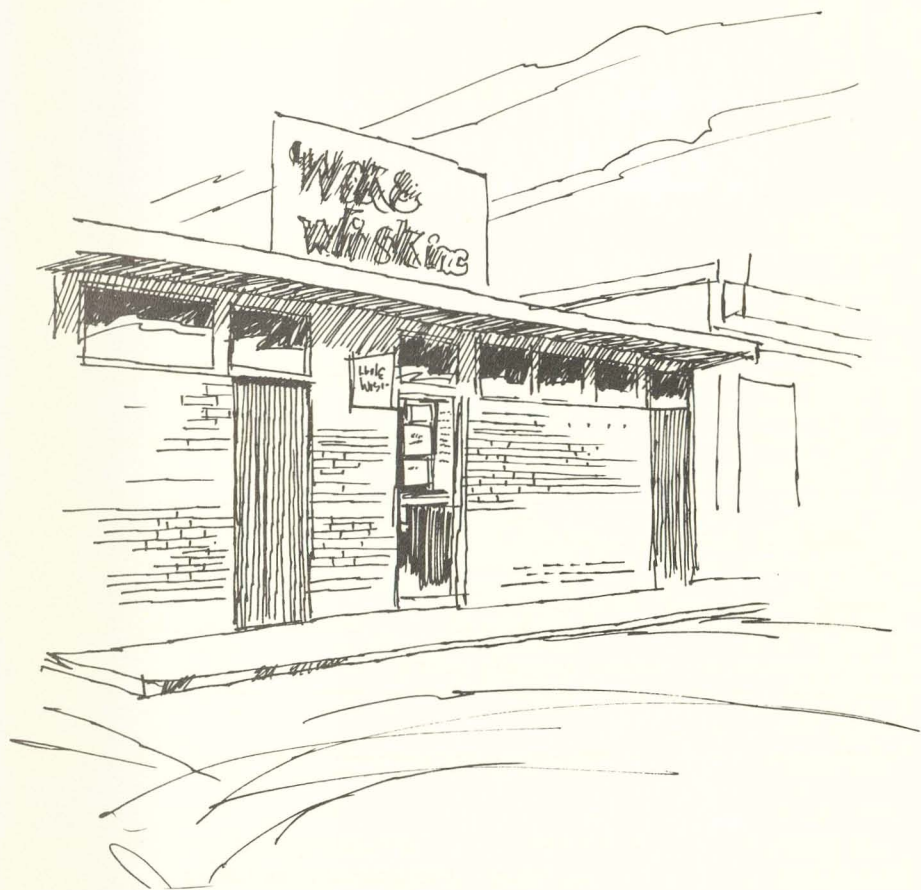
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2 pralines, chopped

---

Melt white chocolate with the praline liqueur in a double boiler. Add to the whipped cream. Now fold mixture into the egg whites. Add pralines. Pour in stemmed glasses and chill.





The Petersons, Dan and Barbara, are the owners of Wok and Whisk, a cooking school, a catering service and a cookware shop. Dan has travelled and studied in Mexico, Holland, Denmark, Austria and France, and Barbara in France and Austria. Both have taught extensively, Dan here, of course, and in Holland, Barbara in Oregon and California as well as New Orleans and Baton Rouge.

While both are experts in all the exotic cuisines, each has favorite areas. Dan revels in heavily seasoned dishes such as found in Mexico, or at the Gilroy Garlic Festival. He says "Subdued flavors are for Barbara; give me the intense stuff!" Barbara leans toward Chinese and French foods, where the flavors are subtle. She is also fascinated with pastry, because of her Viennese experience.

Dan relates food study to folklore, and hopes to develop a book which deals with folk tradition as applied to foods.

Teaching, learning and sharing seem to be the dominant devotions of this culinary couple.

## PINWHEEL SALAD

Serves 8

Three heads Boston lettuce or two heads of romaine

---

½ cup cooked chopped bacon

---

½ cup chopped hard-boiled egg

---

½ cup sliced fresh mushrooms

---

½ cup sliced small zucchini

---

½ cup sliced cherry tomatoes

---

½ cup blanched fresh asparagus tips

---

½ cup quartered marinated artichoke hearts

---

½ cup sliced red onion

---

Finely shred lettuce and arrange about 2 to 3 inches deep in glass salad or punch bowl. Arrange the next seven ingredients in a pinwheel motif on top of the lettuce. Place onion rings over the top. Bring to the table arranged and then add dressing and toss to serve. Can be made ahead and kept in the refrigerator until serving. Also makes a pretty centerpiece for a luncheon table. Other vegetables or condiments can be substituted. Poultry or meat can be used also.

Roquefort Dressing:

½ teaspoon salt

---

¼ teaspoon fresh ground pepper

---

½ cup peanut oil

---

4 tablespoons white wine vinegar

---

½ teaspoon sugar

---

½ teaspoon dry mustard

---

2 ounces Roquefort cheese

---

Place all ingredients in the food processor and with 5 to 6 pulse turns, mix dressing. Dressing should not be completely smooth. Serve in glass bowl on the side.

**40 CLOVE GARLIC CHICKEN**

Serves 6

1 fryer, cut up

---

2 large heads of garlic, which should yield about 30 or 40 cloves

---

4 tablespoons salted butter

---

1 lemon

---

Salt

---

Pepper, fresh ground

---

Large bunch of flat-leaf parsley, chopped

---

2-3 tablespoons olive oil

---

Select a sauté pan with fairly tight-fitting lid; size to be determined by chicken which should not be stacked while cooking. Rub chicken with salt and pepper. Heat pan over medium-high heat and add 4 tablespoons of butter and 2 tablespoons of olive oil. Do not let butter burn or brown. Add chicken and brown quickly on all sides. When golden, reduce heat, add more salt and pepper and simmer for about 15 minutes. Remove white meat earlier to avoid overcooking.

Garlic cloves can be "cleaned" by removing tough skins, but do not break inner skin. Now add garlic cloves to sauté pan, making sure they go under the oil and butter; add more oil if necessary. Simmer 20 minutes longer. Chop parsley. When chicken is done, serve, sprinkling parsley over each serving. Each diner should have some garlic which he will squeeze out of skin and mix with vegetable or spread on bread or eat whole.

## PRALINE CHEESECAKE

Serves 10-12

3 (8 ounce) packages cream cheese

---

1 ¼ cups packed brown sugar

---

4 eggs

---

2 tablespoons flour

---

½ cup coarsley chopped pecans

---

1 ½ teaspoons vanilla

---

Log Cabin syrup

---

1 tablespoon chopped pecans

---

Crust:

---

1 ¼ cups sugar honey graham cracker crumbs

---

3 tablespoons melted unsalted butter

---

For the crust, mix the graham crackers and melted butter together and press into the bottom of a 10-inch springform pan. Set aside.

Cake: In a mixing bowl beat the cheese with the sugar until smooth. Add the eggs one at a time beating until smooth after each addition. Add flour, pecans and vanilla. Pour mixture into prepared pan and bake for one hour to one hour and 15 minutes until set. Remove from oven and cool. Brush top of cake lightly with syrup and sprinkle with chopped pecans. Refrigerate at least 4 hours before serving.



**Chef: Ken De Valeus\***  
**VEAL POMEROL**

Serves 2

1 ounce clarified butter

---

2 (2 ounce) slices veal rib eye

---

½ cup flour

---

1 medium tomato, diced

---

1 green onion, chopped

---

4 fresh mushrooms, sliced

---

1 teaspoon fresh garlic, minced

---

2 ounces Chablis wine

---

Juice of one lemon

---

½ cup cream

---

Salt and pepper to taste

---

In a sauté pan add 1 ounce clarified butter. Next, dredge veal slices in flour and place in pan. Saute on both sides until light brown. Add tomato, onion, mushrooms and garlic. Saute until onions become clear. Add white wine, lemon juice and cream. Simmer over low heat for about 5 minutes. Add salt and pepper to taste.

\*Mr. De Valeus, formerly with the Baton Rouge Hilton, has moved from Baton Rouge.

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