

*Monroe-West Monroe's
Appetizer of Choice*

CRAWFISH BOUDIN

COURTESY OF TRACY CARTER
JAC'S CRAFT SMOKEHOUSE



Ingredients:

- 2 ½ cups of uncooked rice
- 9 cups of water
- 3 tbs seafood base
- 6 tbs Unsalted Butter
- ½ Cup of All Purpose Flour
- 2 Cups of onion diced
- 1 Cup of Green Bell Pepper diced
- 1 Cup Celery Diced
- 2 tbs of Minced Garlic
- 1 can of original Rotel tomatoes drained
- 1 tsp of kosher salt
- 1 tsp of your favorite Cajun seasoning
- 1 bay leaf
- 6 lbs. of Louisiana Crawfish tail meat (Save the Fat)

Directions :

In a saucepan bring 5 cups of water to boil. Stir in rice and return to a simmer. Turn heat down just enough to retain a simmer then cover the pot and do not lift the lid until 18 minutes. After 18 minutes, remove the lid and fluff rice. Return lid and remove from heat. Let sit for 5 minutes. Once rice is done, spread on a baking sheet to cool.

Boudin Mixture Sauce

Melt 6 TBS of butter in a pan. Once melted, stir in flour and stir until the roux becomes the color of peanut butter. Add onion, bell pepper and celery and cook and stir often for about 8 minutes. Add garlic and stir for an additional 2 minutes. Add Rotel and let cook for another 2 minutes. Wisk water briskly into roux and then add seafood base and stir. Add seasonings and let simmer for about 45 minutes. Add 3 lbs of crawfish and stir. Cook for an additional 5-7 minutes.

While rice and sauce is cooling, chop the remaining 3 lbs of crawfish and sauté quickly in a pan with 2 TBS butter for about 5 minutes. Once everything is cool, mix crawfish in the rice. Ladle in sauce a little at a time and adjust to make sure your rice is wet enough to just stick together (you do not want it too wet). Place mixture in a sausage stuffer and stuff into casing (32MM). This will make about 25 links. Let sit in the refrigerator overnight and then twist off and smoke until the internal temperature reaches 151 degrees. Serve with your favorite mustard or dipping sauce.





*Shreveport-Bossier's
Soup of Choice*

CREOLE CRAB BISQUE

COURTESY OF MS. LILA DAVIS



Ingredients:

- 1 1/2 pounds of Lump Crabmeat
- 5 Tablespoons Butter
- 2 cups of Chicken broth
- 2 Cups Heavy Cream
- 1 onion
- 1 bell pepper
- 3 stalks of celery
- 2 tablespoons of Potato Starch
- 1 tablespoon of Mince Garlic
- 3 tablespoon of Tomato Paste
- 2 tablespoons Worcestershire Sauce
- Season to taste with Cajun Seasoning

Directions :

In a large pot over medium heat melt the butter, sauté the onions, bell pepper, garlic and celery until soft. Sprinkle the potato starch over the vegetables and whisk in the broth until there are no lumps. Add the tomato paste, Worcestershire sauce, and Tony Chachere, stir to mix. Reduce the heat to low, add the heavy cream. Gently add in the crabmeat (try to keep it lumpy) be careful not to completely break up the crabmeat. Simmer for 5 minutes, or until heated through. Lastly, season to taste with your favorite Cajun seasoning, I like to use Tony Chachere's. Enjoy! - Lila



*Natchitoches's
Entree of Choice*

NATCHITOCHESES MEAT PIE

DISCLAIMER: FOR AN AUTHENTIC NATCHITOCHESES MEAT PIE EXPERIENCE, A VISIT TO NATCHITOCHESES IS A MUST! THIS RECIPE USES A SHORTCUT WITH REFRIGERATED PIE DOUGH.



Ingredients:

- 1 tablespoon vegetable oil
- 1 tablespoon all-purpose flour
- 1 onion, chopped
- 1 pound bulk pork sausage
- 1 pound ground beef
- 1 teaspoon Cajun seasoning
- 1 pinch garlic powder
- 1 (15 ounce) package store-bought refrigerated pie dough, at room temperature
- 1 quart vegetable oil for deep frying

Directions :

Heat 1 tablespoon of oil in a large skillet over medium-low heat; whisk in flour, and cook until flour turns from white to a nutty brown color, 2 to 3 minutes. Stir in onion and cook until transparent, about 5 minutes. Add meats and brown until no longer pink, 10 to 12 minutes; stir in Cajun seasoning and garlic powder; drain fat. Cool to room temperature.

On a lightly floured surface, roll out the dough to a thickness of 1/4 inch. Use a 5 inch diameter round cookie cutter or cut around a saucer to make a round of dough. Place a heaping tablespoon of meat filling in the center of each round. Fold dough over filling and seal edges closed by pressing with a fork or fingers. Repeat to make 15 pies, re-rolling dough scraps as needed.

Heat oil for frying in a deep fryer to 375 degrees F (190 degrees C). Deep fry pies in small batches until golden brown, 3 to 4 minutes. Drain on paper towels. Or bake pies on greased cookie sheets in preheated 350 degree F (175 degrees C) oven 15 to 20 minutes, or until golden brown.



Minden's
Side Dish of Choice

SOUTHERN GREENS CASSEROLE

COURTESY OF CHEF JODIE MARTIN
GEAUX FRESH BISTRO AND BAKERY



Ingredients:

For the Greens and Black-eyed Peas:

- 1 lb. Chopped ham (not deli slice)
- 1 lb. turnip greens or collards, chopped
- 2 cups chicken broth
- 1 teaspoon red pepper flakes
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 tablespoons of Tabasco
- Salt and Pepper to taste
- 1 15.8 ounce can black-eyed peas, rinsed and drained

For the Sauce

- 1 large chopped red onion
- 1/2 stick butter
- 1/4 cup all-purpose flour
- 2 cups chicken broth

For the Cornbread Crust

- 1 1/2 cup self-rising buttermilk cornmeal mix
- 1/2 cup of flour
- 2 large eggs, lightly beaten
- 1 1/2 cups buttermilk

Directions :

For the Greens: Sauté ham in a medium saucepan until crisp. Add in the next 7 ingredients (all but the black-eyed peas) and cook on low heat, partially covered for 2 hours. All the ingredients for the turnip greens are ready to go. After 2 hours of cooking, the greens are ready. Add in the black-eyed peas.

For the Sauce: When the greens are close to being ready, you can begin the sauce. Sauté the butter and onions until they are tender and translucent. Add in flour and stir well with a whisk. The mixture should be really thick. Gradually, add in the chicken broth (about a 1/2 cup at a time). You want it to thicken as you add the broth until you have a beautiful, creamy roux. Combine turnip green mixture and sauce and place in a greased casserole dish.

For the Cornbread Crust: Mix all ingredients thoroughly and spread on top of the casserole. Bake in a preheated 425 degree oven for 20-25 minutes or until cornbread is golden brown and set. Serve this some pork chops and Mac and cheese or mashed potatoes and you got yourself one heck of a meal!

Chef notes....you can use bacon and for a quick hack version you can buy frozen greens and use a prepackaged cornbread mix! If greens are too bitter add a dash of sugar!





*Logansport's
Side Dish of Choice*

JALAPEÑO CHEESE BREAD

**USE THROUGHOUT THE HOLIDAYS FOR SANDWICHES OR
BAKE SEVERAL LOAVES FOR GIFTS!**



Ingredients:

- Starter:
- 1/2 Cup Warm Water
- 3 Tbsp Instant Yeast
- 1 tsp Sugar
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- Remainder:
- 3-4 cups All Purpose Flour
- 1 Tbsp (+1 tsp) Sugar
- 1 tsp salt
- 1 Cup Warm Water
- 1/3 Cup Butter (room temperature)
- 1 (heaping) Tbsp diced & drained Jalapeno slices
- 3 Tbsp Shredded Cheddar Cheese

Directions :

Dissolve yeast & sugar in warm water (starter ingredients).

Let stand for 5 minutes. Add flour, sugar, salt, butter and diced jalapenos and warm water. Mix till smooth. Add shredded cheese. Mix until evenly combined. Do not overmix to avoid melting cheese.

Take dough out and knead, forming into a dough ball. Oil bread pan and place dough ball inside. Brush the top of the loaf with melted butter. Let rise in a warm place until well formed.

Bake in the oven at 325 degrees for 19 minutes. Let cool, slice and serve.





*Ruston's
Dessert of Choice*

RUSTON PEACH COBBLER

**RUSTON PEACHES MAKE THE BEST PEACH COBBLER,
HOWEVER, ANY RIPE PEACHES WILL DO!**



Ingredients:

- Filling
- 3 cups peeled and sliced fresh peaches
- 1/2 cup granulated sugar
- 1/4 cup (4 tablespoons) butter cut into small pieces
- Crust
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1 tablespoon granulated sugar
- 1 teaspoon salt
- 1/4 cup (4 tablespoons) butter
- 1/2 cup (or less) heavy cream

Directions :

Step 1 - Lay sliced fresh peaches in a buttered 1½-quart baking dish. Sprinkle with 1/2 cup of sugar. Dot with the 1/4 cup butter, which has been cut into small pieces.

Step 2 - For the crust, mix together flour, baking powder, 1 tablespoon sugar, and salt. Cut in the remaining 1/4 cup butter. Stir in heavy cream until the dough is manageable.

Step 3 - Roll dough out on a lightly floured surface; place over sliced peaches.

Step 4 - Bake at 375 °F for 35 minutes, or until the top is nicely browned.

Bonus

Top with your favorite vanilla ice cream or whipped cream!





*Alexandria/Pineville's
Beverage of Choice*

DIAMOND MARTINI

COURTESY OF DIAMOND GRILL



Ingredients:

- 1 1/2 oz Grey Goose Le citron
- 1 1/2 oz Pineapple Juice
- 1 1/2 oz splash of champagne
- 1/2 oz Chambord
- Lemon slice to garnish

Directions :

Add ice to a cocktail shaker. Pour in vodka and pineapple juice. Shake together to chill and pour into a glass. Top with champagne. Lastly add Chambord, garnish with lemon and enjoy!

