



# **Cajun Clark's Cookbook**

*One Inch From the Top...The Only Way to Cook!*



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## **Cajun Clark's Selected Freebies**

*Lip-smacking samples of the 1,160+ tasty recipes you'll find in Caj's one-of-a-kind Cookbook*

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# Pay Tench!

What you're going to find in this eCookbook called **Selected Freebies** are recipes that appear in his 659 page eCookbook Cajun Clark's Cookbook: One Inch From the Top--The Only Way to Cook! that's at <http://www.cajunclarks.com/>

Now, in order of appearance, like in the movies, are recipes from:

*M.F., Caj's Mother*

*Miz Amy*

*Sandy D*

*Strictly Cajun*

*Cajun Seasoning...Seasoned Pepper*

*Small Game*

*And now a final word from out sponsor...*  
*da ol' mon Caj*

# M.F. Caj's Mother

*"Please remember this is only a sampling of Mom's recipes," Caj.*

## **From Everything Else:**

### **Mexican Chili Corn Sauce**

1 can cream style corn

1 can chili con carne with beans

1 can chopped olives

2 cups grated cheddar cheese

1 can mushrooms, drained

PUT in double-boiler and HEAT until hot; 15 minutes or longer. POUR over cooked rice, macaroni, or other pasta product.

### **Mexican Cornbread**

1 cup cornmeal

1/2 teaspoon baking soda

1/2 teaspoon salt

STIR:

2 eggs

1 can cream style corn

ADD dry ingredients. POUR half of batter into greased pan.

SPRINKLE;

1 chopped bell pepper

3/4 pound grated cheese

POUR remaining batter over first layer. BAKE at 400°F for 30 to 40 minutes.

### **Barbecue Sauce**

1 cup catsup or tomato sauce

1/4 cup brown sugar, packed

1/2 teaspoon celery seed

1/8 teaspoon salt

1/4 cup vinegar

1/2 clove garlic

1 tablespoon Worcestershire sauce

Dash of Tabasco sauce

COMBINE all ingredients, and COOK until garlic is tender.

### **Hot Cheese Rolls**

1 pound cheese--cheddar, Colby, your choice

1 green pepper, chopped

1 cube butter, melted

1 can stuffed green olives, chopped

1 can tomato sauce

MIX and FILL hot dog rolls and WRAP in aluminum foil. BAKE 20 minutes, until cheese is melted, at 300°F.

**Note:** *This recipe is a real keeper, and a time saver. Double or even triple it. Then grab the poor boy rolls, steak rolls, hot dog rolls, hamburger buns, whatever turns you on. Fill 'em up, wrap 'em in foil, freeze 'em; then when the mood strikes, toss 'em in the oven and heat until the cheese melts. You can, if you're really, really in a rush, zap 'em for a couple of minutes before you toss 'em in the oven. Give these yummy, change-of-pace "sandwiches" a try. Da ol' mon Caj thinks you'll find it worth the effort, especially after you taste the results.*

### Roquefort Dressing

1 teaspoon salt  
1/2 teaspoon paprika  
1/4 teaspoon pepper  
1/2 teaspoon dry mustard  
1/4 cup vinegar  
1/2 teaspoon Worcestershire sauce  
3/4 oil

MEASURE ingredients into a pint jar and DROP a small clove of garlic into mixture. SHAKE well. It is better to make a day ahead. WHEN READY to use, add 1/4 cup of crumbled Roquefort Cheese.

### Pickled Beets

*as printed in the 1955 DeMolay Mother's Cookbook*

1 cup liquid from can of beets  
1 cup vinegar  
1 cup sugar  
1/2 teaspoon salt  
Whole cloves  
Cinnamon bark

BOIL these together and POUR over sliced beets. ALLOW to stand to cool and blend flavors.

### Pickled Beets

*as adapted by da ol' mon Caj*

4 cans small whole beets, drain liquid from 2 cans into small saucepan

ADD:

1 3/4 cups vinegar  
2 cups sugar  
1 teaspoon salt  
Whole cloves, a couple of pinches  
Cinnamon bark, a 1- to 2-inch piece

BRING these ingredients to a boil, then SIMMER for between 5 to 10 minutes. POUR liquid mixture over beets. ALLOW to cool. Serve. If you are not going to serve for the next meal; REFRIGERATE in a covered container, glass preferred because of possible discoloration. *Now here's the tricky part: If you really, really like*

*pickled beets these little goodies won't last too long, so...Keep the pickling juice in the fridge and when you run low on beets, open another can, drain the liquid, dump 'em in your container, and you're ready to continue any ol' time you like.--Caj.*

### **From Finger Foods:**

#### **Crab Rolls**

Pick crab and add at your own desires:

1 tablespoon chopped onion

Salt, pepper and paprika to taste

1/2 teaspoon dry mustard

1/2 cup finely chopped celery

Worcestershire sauce to taste

Chopped parsley

1/2 cup finely chopped walnuts

Mayonnaise or white sauce

SPREAD generously on buns. BAKE at 350°F about 10 or 15 minutes.

**NOTE:** *This is another one of those recipes based on how it looks to you, how it tastes. The best advice is, add a little not a lot. You can always add more but you don't want to get into one of those add, add, add merry-go-rounds because you used too much of one ingredient or the other.*

#### **Ham Sparkles**

You will need ham cubes; ham cut into cubes. How many or how much depends on the size of your cookie or baking sheet or sheets. Actually, the amount of ham you'll need depends on how much of these mouth-watering goodies you want or need.

SIMMER 15 minutes:

8 or 10 whole cloves

1 cup water

DRAIN:

1 can of crushed pineapple, to be used later

COMBINE:

1 cup brown sugar

Liquid from above, plus juice off pineapple

BOIL until mixture forms soft ball when dropped into cold water.

PUT ham cubes and crushed pineapple on cookie sheet. POUR over syrup that you've just made. PUT in hot oven, about 400°F, 6 to 8 minutes until glazed.

#### **Rio Grande Dip**

2--1 pound cans or 4 regular cans pork and beans, sieved

1/2 cup sharp cheddar cheese, shredded

1 teaspoon garlic salt

1 teaspoon chili powder

Dash cayenne pepper

2 teaspoons vinegar

2 teaspoons Worcestershire sauce

1/2 teaspoon liquid smoke, optional  
COMBINE and heat. PUT in chafing dish and top with crumbled bacon. SERVE with corn chips. Makes about 4 cups.

### **Antipasto**

PARBOIL:

2 cups carrots

2 cups celery

MIX with:

8 tablespoons oil

4 cans packed in water tuna fish, drained

1 large catsup

1 bottle chili sauce

2 cups sweet mixed pickles

2 cups green stuffed olives

2 cups button mushrooms

STORE in fridge. Makes about 6 pints.

***From Casseroles...Entrees...Side Dishes:***

### **Cranberry Salad**

BRING to a boil:

3/4 cup water

1 1/2 cups sugar

ADD:

1 pound fresh cranberries--boiled until they pop open

DISSOLVE:

1 package lemon jello in 3/4 cup hot water

ADD to cranberries and COOL.

THEN ADD:

1 cup diced celery

1 cup finely cut up marshmallows

1/2 cup nut meats

POUR in mold, and CHILL. It will set so that it will come out of the mold.

**Note:** *For as long as da ol' mon Caj cares to remember, this dish was always on the table at holiday meals. No, you guessed it, it wasn't his favorite, even though his Mother thought it was the best taste-treat to come down the pike in years. And, even though this meant it was going to be served, as soon as young Caj was old enough to fill his own plate, he quickly passed it on when it landed in front of him at the table. That's the tale, now give it a try, take a vote, Caj or his Mother.*

### **Vegetable Salad**

2 1/4 cups tomato juice

1 small clove garlic

1 small onion, minced

3 carrots

3 stalks celery, diced

SIMMER for 10 minutes and ADD 2 tablespoons vinegar, 2 tablespoons juice of stuffed olives, salt and pepper, one package lemon jello, 8 to 12 stuffed olives. ADD a can of shrimp or crab if desired. POUR into mold and CHILL.

*That's the way it was written, that's the way you get it. Good luck, it's really an easy recipe to follow.--Caj.*

## **Chiliburger Supper**

Ground Beef

1 can chili beef soup

1 can tomato soup or tomato sauce

1 cup macaroni, cooked

Garlic powder or garlic salt

Grated or sliced cheese

*Instant Replay: "That's the way it was written, that's the way you get it. Good luck, it's really an easy recipe to follow," Caj.*

## **From Cakes...Bars...Specialty Breads:**

### **Devil Food Cake**

2 cups sugar--3 cups

1/2 cup butter--3/4 cup

2 eggs--3

1/2 cup cocoa--3/4 cup

1/2 cup hot water--3/4 cup

1 cup milk--1 1/2 cups

1 teaspoon baking soda--2 teaspoons

2 cups flour--3 cups

2 teaspoons vanilla--3 teaspoons

CREAM sugar and butter. ADD eggs and beat well. MIX cocoa and hot water to a smooth paste and MIX with the 1st mixture. ADD milk and vanilla alternately with dry ingredients. BAKE 350°F for 25 to 30 minutes. MAKE 2 layers or 9x13 cake pan.

***Note:** Measurements on the left are for increasing this recipe by one-half. All depends on how large a cake you need when you're in your baking mode. Hmmm...another decision.*

### **Cream-Cheese Glaze for Devil Food Cake**

*Or, any other cake for that matter.*

1--3 ounce package cream cheese, softened

3 tablespoons shortening

1 1/4 cup powdered sugar

1/2 teaspoon vanilla

1 tablespoon white corn syrup (optional)

BEAT until creamy and spreading consistency.

## **Essie's Cobbler**

*Golden cake-like topping rises to the top during baking; fruit and juice go to the bottom. Serve warm with big pitcher of cream.*

1/4 cup soft butter

1/2 cup sugar

1 cup sifted Gold Medal Flour

2 teaspoons baking powder.

1/4 teaspoon salt

1/2 cup milk

Drained raspberries, blueberries or sliced peaches from No. 2 can

1/4 to 1/2 cup sugar (depending on fruit)

1 cup fruit juice

HEAT oven to 375°F. CREAM butter, sugar until light and fluffy. SIFT together flour, baking powder, salt and ADD to creamed mixture alternately with milk.

BEAT until smooth. POUR in greased 10x5x3 loaf pan, or greased 1 1/2 quart casserole. SPOON drained fruit over batter. SPRINKLE with sugar, juice. BAKE 45 to 50 minutes. SERVE with cream, whipped cream or whipped ice cream.

***From Cookies:***

## **Chocolate Crinkles**

1/2 cup corn oil

4 squares (4 ounces) unsweetened chocolate, melted

2 cups sugar

4 eggs

2 teaspoons vanilla

1/2 teaspoon salt

2 cups flour, sifted

2 teaspoons baking powder

1 cup confectioners' sugar

MIX oil, chocolate, sugar. BLEND in 1 egg at a time until well mixed. ADD vanilla.

STIR in salt, flour, baking powder. CHILL several hours or overnight. HEAT oven

to 350°F. DROP teaspoonful of dough into confectioners' sugar. ROLL around

and SHAPE into a ball. PLACE about 2-inches apart on greased baking sheet.

BAKE 10 to 12 minutes. Makes about 50 of another one of Caj's favorite cookies.

*Oh my, yes, it certainly does.*

## **Oatmeal Cookies**

3/4 cup shortening

1 cup brown sugar, packed

1/2 cup sugar

1 egg

1/4 cup water

1 teaspoon vanilla

MIX until creamy.

ADD:

1 cup flour

1/2 teaspoon salt  
1/2 teaspoon baking soda  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/4 teaspoon cloves

STIR in:

3 cups oats

1 cup raisins

BAKE on greased sheet at 350°F, 12 to 15 minutes.

### **Magic Cookies**

2 egg whites

2/3 cup sugar

Pinch of salt

1 teaspoon vanilla

1 cup mint chocolate chips

1 cup chopped nuts

BEAT egg whites to soft peaks and GRADUALLY add sugar. BEAT to stiff peaks and ADD rest of ingredients. DROP by teaspoonful onto foil covered cookie sheets. PLACE in 350°F preheated oven. TURN heat off, LEAVE in oven overnight, THEN remove.

# Miz Amy

*"There are more recipes than you can make in a year from Miz Amy. Yep, you guessed it, this is only a small sampling," da ol' mon Caj.*

## **From Rolls...Pancakes:**

### **Home Made Syrup**

2 cups sugar

1/2 cup cold water

1 cup boiling water

1/4 teaspoon vinegar

1/2 teaspoon vanilla

IN skillet, MIX, sugar, cold water. COOK while stirring 'til caramel color.

REMOVE. GRADUALLY add boiling water. BOIL 3 minutes. STIR in vinegar and vanilla.

### **Georgia Raised Biscuit**

1 package yeast

2 cups warm water

5 cups flour

1 teaspoon salt

1 tablespoon sugar

1/2 cup shortening

Oleo, melted

SPRINKLE yeast over water. LET stand. SIFT flour, salt, sugar. CUT or mash in shortening and yeast. ADD flour for soft dough. KNEAD and ROLL 1/4 inch thick.

SPREAD with oleo. CUT OUT with juice can. TOP 1/2 rounds with other half.

PRESS together. LET rise. BAKE 425°F--10 minutes.

### **Cinnamon Rolls**

*Make Georgia Raised Biscuit dough (from above recipe).*

3 tablespoons oleo, melted

1/2 cup sugar

1 1/2 teaspoons cinnamon

ROLL dough to rectangular sheet 1/4 inch thick. SPREAD with oleo. SPRINKLE with sugar-cinnamon mix. ALLOW oleo to absorb sugar. ROLL like jelly roll and

CUT in 1 inch slices. BAKE in well greased pan or muffin tins at 375°F for 10 minutes. Can SPRINKLE with raisins or nuts with sugar-cinnamon mix.

### **Cinnamon Rolls (using canned biscuits)**

1 can biscuits

Melted oleo

Sugar and Cinnamon mixture

DIP biscuits in melted oleo (one side or both). DIP in sugar, cinnamon. PLACE overlapping in greased pan. BAKE, 'til done.

***From Yams called Sweet Potatoes:***

**Skillet Sweet Potatoes**

- 3 tablespoons oleo
- 1 tablespoon bacon drippings
- 4 sweet potatoes, peel and slice thin
- 1/3 cup water
- 1 1/2 cups sugar

MELT oleo and drippings in large heavy skillet. ADD potatoes and water. SPRINKLE sugar over all. COOK uncovered, low heat. STIR 'til tender and thick sauce.

**Sweet Potato Casserole**

- 4 to 5 cups mashed sweet potatoes
- 1 cup sugar
- 1/2 teaspoon salt
- 1/2 stick oleo
- 1/2 cup milk

BEAT all together with mixer.

ADD TOPPING:

- 1 cup brown sugar
- 1/4 cup flour
- 1 cup chopped nuts
- 1/2 stick oleo

MIX and STIR well with fork. SPRINKLE over sweet potatoes. BAKE 350°F for 30 minutes.

**Baked Sweet Potatoes**

- 4 sweet potatoes
- Oleo or drippings

WASH well and RUB with oleo or drippings. CUT a slit lengthwise down center. WRAP in foil. BAKE 350°F for 1 hour, 'til done. SERVE with oleo, salt.

**Sweet Potato Biscuits**

- 1 egg, beaten
- 1 cup mashed sweet potatoes
- 1/4 to 1/2 cup sugar
- 2 tablespoons oleo, soft
- 3 tablespoons shortening
- 2 cups self-rising flour; if all purpose/plain flour is used add baking powder and baking soda

COMBINE egg, potatoes, sugar, oleo, shortening in bowl. MIX. ADD flour to make soft dough. TURN OUT on floured surface. KNEAD a few times. ROLL 1/4-inch thick; CUT with cutter. PLACE on ungreased baking sheet and BAKE at 350°F for 15 minutes.

## Sweet Potato Pie or Pudding

1 1/2 cups cooked and mashed sweet potatoes

1/2 cup brown sugar

1 cup evaporated milk, heated

3 eggs

Oleo

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

MIX spices with sugar. ADD eggs to milk, then STIR potatoes into mixture.

POUR in crust and BAKE at 350°F for 45 minutes.

For PUDDING:

POUR in shallow oiled casserole dish. PLACE in hot oven, 425°F for 10 minutes.

LOWER heat to 350°F and BAKE slowly 'til firm and brown.

***From Here chickie, here chickie, here chick...Chicken!:***

## Chicken Gumbo with Tomatoes

1 hen or fryer

5 tablespoons flour

5 tablespoons shortening

1 cup each of:

Onion

Celery

Green pepper, chopped fine

Garlic salt

1 teaspoon pepper sauce

Salt

Pepper

Cayenne Pepper

4 quarts water

1 cup tomatoes, chopped

COOK chicken 'til done. CUT in bite size pieces. BROWN flour in shortening 'til

brown (roux); ADD onions, celery, green pepper, salt, Worcestershire sauce,

pepper sauce; COOK 5 to 10 minutes on low heat. ADD chicken to vegetables;

COOK a few minutes. POUR out fat where chicken browned leaving brown

drippings. TO this ADD broth, chicken, tomatoes. COOK slowly for 1 to 2 hours.

SERVE over hot rice.

***Note:*** Can cut chicken as for frying and brown pieces in fat. Cook several hours slowly. Freezes well.

## Baked Chicken & Rice

1 fryer, cut up

1/4 cup flour

Salt

Pepper

1/4 cup oleo

3 chicken bouillon cubes

1 teaspoon fine chopped onion  
1 cup raw rice

Paprika

MIX flour, salt, pepper, and FLOUR chicken. MELT oleo in shallow 2 quart baking dish in hot oven (400°F). PLACE chicken skin side down and bake 20 minutes. REMOVE and pour in 2 cups boiling water with dissolved chicken bouillon cubes. ADD all ingredients except paprika. MIX well. ADD chicken skin side up. BAKE 40 minutes. SPRINKLE with paprika.

### **Chicken Vegetable Casserole #1**

1 can condensed cream of mushroom soup

1/2 cup milk

1 1/2 teaspoons salt

1/4 teaspoon pepper

2 cups diced cooked chicken

1 can cooked peas, drained

1 can whole kernel corn, drained

3 cups cooked rice

3 slices cheese

Tomato slices

COMBINE soup, milk, seasonings. ADD chicken, peas, corn and rice. TURN into 1 1/2 quart casserole. TOP with cheese slices and tomatoes. BAKE at 350°F for 30 minutes.

### **Taco Fried Chicken (Oven)**

4 to 6 chicken breasts or whole chicken

1 slice bread

1/2 cup sweet milk

1 teaspoon parsley flakes

1/2 envelope instant chicken broth with seasoning mix

1/2 teaspoon salt

Dash pepper

1 package chicken taco seasoning--use 1/4 teaspoon

1/4 teaspoon garlic powder

TOAST bread and make crumbs. ADD all dry ingredients to crumbs. SOAK chicken in milk, then roll in crumbs. PUT in baking dish in one layer. BAKE 350°F--30 minutes. TURN and bake 30 minutes, 'til tender

### **Broccoli Chicken Rice Cheese Delight**

1 package frozen broccoli, chopped and cooked

1 cup rice, cooked

1/2 cup onions, chopped

1/2 cup celery, sliced

1/2 cup green pepper, chopped

1 small jar Cheese Whiz

Salt, small amount; like between a pinch and a dash

1 small jar pimentos, chopped

1 can cream of chicken soup

1 container sour cream

2 cups chicken, chopped

SAUTÉ onion, celery, green pepper. ADD pimento, salt, paprika. TOSS into rice.

BLEND soup, cheese, sour cream in small saucepan on low heat. BLEND them into vegetable mixture. POUR into oiled oblong dish. BAKE at 350°F 'til bubbly and browning.

**Miz Amy's Notes:** *Can freeze, thaw and bake. May be cooked, frozen and heated again. Good side dish to most any menu by leaving out chicken.*

### **Saucy Chicken Squares**

2 cups soft bread crumbs

2 cups chicken broth

4 beaten eggs

Celery, chopped

Pimento, chopped

3 cups chicken, chopped

1 cup rice, cooked

1 can cream of mushroom soup

COMBINE all ingredients except chicken and rice. STIR in chicken and rice.

POUR in square pan. BAKE at 350°F for 40 to 50 minutes.

### **From Pork Chops:**

### **Pork Chops--Rice Mexicana**

4 chops

1 large onion, sliced

1 bell pepper, chopped

Garlic salt

2/3 cup raw rice

1 cup water or beef broth

2 tablespoons cooking oil

1 tablespoon chili powder

Salt

Pepper

1 can tomatoes, drained

BROWN chops on both sides in hot fat in skillet. REMOVE to casserole. SAUTÉ

onion, green pepper, garlic in drippings. ADD rest of ingredients, SIMMER 1

minute. POUR over chops. COVER. BAKE at 375°F for 50 minutes.

### **Pork Chops with Cream Gravy**

4 pork chops

Salt

Pepper

1/4 cup salad oil

2 tablespoons flour

1 1/2 cups milk

SEASON chops with salt and pepper; BROWN in oil; DRAIN on paper towel; SAVE drippings. ADD flour to drippings; cook medium heat 'til bubbly. STIRRING, ADD milk--salt and pepper to taste--and COOK 'til thick. ADD chops to gravy, COVER and SIMMER 45 minutes.

### **Batter-Fried Pork Chops**

1 cup flour

1/2 cup bread crumbs

1 cup milk

1 egg, beaten

Salt

Paprika

4 pork chops

Hot salad oil

COMBINE flour, crumbs, milk, egg, salt, paprika. DIP chops in batter. BROWN on both sides. COOK slowly 'til tender. DRAIN on paper towel.

### **Country Fried Pork Chops**

4 pork chops

1/2 cup water

1 can cream of celery soup

1 tablespoon shortening

1/2 cup chopped onion

1 cup sliced carrots

IN skillet, BROWN chops in fat. POUR off fat; ADD soup, water, onion, carrots. COVER and COOK over low heat 45 minutes 'til tender.

***Miz Amy's Menu:** Serve with wide noodles, hot biscuits, green salad, hot cinnamon apple sauce and cookies.*

### **Pork Chops & Sweet Potatoes**

4 chops

4 tablespoons shortening

1/4 cup flour

Salt

Pepper

6 small sweet potatoes

1/2 cup water

FLOUR, salt and pepper chops. BROWN and turn. ADD potato halves on top; ADD water. COOK slowly 45 minutes 'til tender.

### ***From Tea Cakes:***

#### **Tea Cakes**

1 1/2 cups sugar

1/2 cup shortening

1/2 teaspoon baking soda

1/2 cup buttermilk

1 egg

1 teaspoon salt

1/2 teaspoon nutmeg

2 cups flour

CREAM sugar and shortening. BEAT in eggs. STIR in buttermilk. SIFT and ADD flour, soda, salt, nutmeg. DROP by teaspoon on greased cookie sheet. BAKE at 350°F for 10 to 12 minutes.

### **Tea Cakes (MW's) "Good."**

1/2 cup oleo

2 eggs

1 teaspoon baking powder

1 tablespoon sweet milk

1 cup sugar

2 cups flour

1 teaspoon salt

1 teaspoon vanilla

CREAM oleo, sugar, eggs. SIFT flour, baking powder, salt and ADD to creamed mixture. ADD milk, vanilla. DROP by teaspoon on greased cookie sheet. Bake at 350°F for 15 minutes.

### **Tea Cakes (Times)**

1 1/2 cups sugar

3 cups flour

1 cup Crisco (shortening)

1/4 teaspoon salt

1 teaspoon baking soda

3 eggs (if you double recipe, use 5 eggs)

1/2 teaspoon vanilla

MIX sugar, Crisco. ADD eggs and vanilla. BEAT well. MIX flour, salt, baking powder in another bowl. ADD flour, small amount at a time to Crisco mixture. BEAT well. DROP by spoon on cookie sheet. BAKE 'til first begin to brown-- 350°F for 8 to 10 minutes.

### **Sand Tarts (EC's)**

2 sticks oleo

1/2 cup powdered sugar

2 teaspoons vanilla

1/2 teaspoon salt

1 tablespoon water

2 cups flour

1 cup nuts, chopped

SIFT flour with salt. ADD to oleo and sugar. MAKE finger roll with hands. BAKE on sheet at 350°F 'til slightly brown. ROLL in powdered sugar.

**From Cobblers:**

**Peach Cobbler No. 2**

- 1 cup sugar
- 1 stick oleo
- 1 can sliced peaches and juice
- 1 cup self-rising flour
- 3/4 cup milk

MELT oleo in baking dish. ADD sugar, peaches, milk. MIX well. ADD flour, MIX. BAKE at 375°F 'til brown.

**Note:** OTHER fruits may be used with this recipe.

**Easy Peach Cobbler**

- 1/4 teaspoon salt
- 1/4 teaspoon cornstarch
- 1/3 cup sugar
- 1/4 cup water
- 2 cups sliced peaches
- 1/2 cup biscuit mix
- 1/4 teaspoon vanilla
- 2 tablespoons sugar
- 1/2 teaspoon lemon juice

MIX 1st 5 ingredients. PLACE in casserole. MIX rest of ingredients; SPREAD over peaches. BAKE at 350°F for 40 minutes.

**From Puddings:**

**Apple Pudding "Good."**

- 1 stick soft oleo
- 1 cup brown sugar
- 1 egg
- 1 cup flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 2 cups chopped apples
- 1 teaspoon vanilla
- 3/4 cup fine chopped nuts

CREAM oleo, sugar. ADD egg. SIFT dry ingredients; ADD to mixture. ADD apples, flavoring. POUR in greased baking dish. NUTS on top. BAKE 350°F for 30 to 40 minutes.

**Fruit Cocktail Pudding**

- 1 can fruit cocktail, drained except for...
- 2 tablespoons fruit cocktail juice
- 1 egg
- 1 cup flour

3/4 cup sugar

Vanilla

1 teaspoon baking soda

1/4 teaspoon salt

1 cup brown sugar

1/2 cup nuts

MIX all except brown sugar, nuts. POUR in oblong pan. MIX brown sugar and nuts; PUT on top. BAKE at 325°F for 45 to 60 minutes.

### **From Everything Else:**

#### **Pan Broiled Liver-Onion Gravy**

5 tablespoons flour

Salt

Pepper

1 pound calf liver

1/4 cup oleo or drippings

2 small onions, sliced

1 beef bouillon cube

MIX 3 tablespoons flour, salt, pepper; coat liver and brown slowly in drippings in skillet. REMOVE and keep warm. MELT rest of fat in same skillet, ADD onions and SAUTÉ 3 minutes. STIR in rest of flour, 2 tablespoons; ADD beef bouillon cube in 1 cup hot water; COOK 'til thickened. POUR over liver.

#### **Liver & Rice Casserole**

1/2 cup uncooked rice

2 3/4 cups boiling water, divided

1 onion, chopped

3 tablespoons melted oleo

1 pound calf liver, cubed

2 tablespoons salad oil

1 can stewed tomatoes

Salt

Pepper

COOK rice in 2 cups water for 5 minutes; drain and rinse with cold water.

BROWN onion in oleo and put in 2 quart casserole. BROWN liver in oil; DRAIN and ADD to casserole. COVER with rice, tomatoes, rest of water, salt and pepper. COOK for 1 hour at 400°F.

#### **Skillet Calf Liver**

1/2 pound calf liver, cut in serving sizes

1/2 cup chopped onion

1/2 cup chopped green pepper

1 can tomatoes

BROWN liver 'til done. REMOVE from pan, keep warm. IN pan, cook onion, green pepper, tomatoes 15 minutes. Serve over liver.

CAN ADD 1/2 cup sliced franks or Vienna sausage and 1 can corn, drained.

# Sandy D

*"Yep, you guessed it, another small sampling of the great recipes from Sandy D,"  
Caj.*

***From Salads...Sauces...Soups:***

## **COLE SLAW**

1 head grated cabbage  
Seasoned salt to taste  
1/2 cup sugar  
1/4 cup vinegar, maybe a little more, to taste  
Pinch of mustard seed, again to taste  
Pinch of celery seed, once again to taste  
1 onion, chopped  
COMBINE all ingredients.

## **Coleslaw Dressing**

1 egg  
1 cup sugar  
1/3 cup vinegar  
1/2 cup water  
1 tablespoon corn starch  
BEAT egg until fluffy. Gradually ADD sugar and vinegar. COOK on medium heat to boiling point. DISSOLVE corn starch in water and ADD to make sauce. COOL before serving.

## **Seafood Chowder**

6 slices bacon  
2 tablespoons butter  
1 cup chopped onion  
1 stalk minced celery  
1 clove garlic, minced  
2--8 ounce bottles clam juice  
2 medium potatoes, cubed  
Dash thyme, pepper, salt--to taste  
2 cups 1/2 and 1/2 milk  
1--10 ounce jar oysters with liquid  
1 pound fresh shrimp, peeled and deveined  
3 tablespoons flour or corn starch  
1/4 cup water  
4 tablespoons wine  
SAUTÉ bacon and STIR in butter. ADD onion, celery, garlic, SAUTÉ. STIR in clam juice, potatoes, thyme, salt, pepper. HEAT to boil. REDUCE heat--cover and simmer until potatoes are tender, between 10 and 20 minutes. STIR in half

and half, oysters with liquid, shrimp. BLEND together flour and water; STIR into chowder. HEAT to boil, STIRRING CONSTANTLY until thick and shrimp turns pink.

***From Desserts...Cookies...Candies:***

**Mom's Favorite Pecan Pie**

- 1 unbaked 9 inch pie shell
- 1/4 cup butter or margarine
- 1/2 cup white sugar
- 3/4 cup white corn syrup
- 1/4 cup maple syrup
- 3 eggs, slightly beaten
- 1 teaspoon vanilla
- 1 1/2 cups pecan meats
- 1 cup heavy cream, whipped

HEAT oven to 325°F. WORK butter with spoon until creamy. ADD sugar slowly, and CONTINUE to work until light. SLOWLY stir in syrups, ADD eggs and vanilla. STIR to blend. STIR in nuts and POUR into chilled pie shell. BAKE in 325°F oven for 1 hour, or until done in center. COOL. When serving top with rings of whipped cream.

**Famous Wesson Fruit Cake**

*This recipe has been around, or so it seems, since the beginning of time. For many, it's a family standard during the holidays, an old-time family trend setter.*

- 1 cup Wesson oil
  - 1 1/2 cups brown sugar (firmly packed)
  - 4 eggs
  - 3 cups sifted flour
  - 1 cup thinly sliced citron
  - 1 1/2 cup whole candied cherries
  - 1 cup chopped dates
  - 1 cup raisins
  - 3 cups coarsely chopped nuts
  - 1 teaspoon baking powder
  - 1 1/2 teaspoons salt
  - 2 teaspoons cinnamon
  - 2 teaspoons allspice
  - 1 teaspoon cloves
  - 1 cup orange juice
- HEAT oven to 275°F.

LINE pan with brown paper and lightly grease.

COMBINE sugar and eggs, BEAT till smooth. Then ADD Wesson oil and BEAT 2 minutes. COMBINE 1 cup flour with fruits and nuts. SIFT remaining flour with baking powder, salt and spices. STIR into Wesson mixture alternately with orange juice. POUR batter over fruit mixture and blend. TURN into pan. PLACE

pan of water on lower rack of oven and BAKE 2 1/2 to 3 hours till done. COOL on wire racks. REMOVE from pan and PEEL paper off. WRAP in cloth dampened in whiskey or brandy, then in foil. BEFORE serving glaze and decorate.

#### **GLAZE:**

BOIL 2 tablespoons brown sugar, 1 tablespoon corn syrup, 2 tablespoons water. SIMMER 2 minutes. BRUSH over cake.

***Note:** Since many of these cakes are made weeks prior to serving, some Chief Cooks open up the aluminum foil every few days, sprinkle or brush whiskey or brandy (depending on what was used initially) on the cloth wrapping, then reseal. This is a personal preference thing, including the use of whiskey or brandy in the first place. If memory serves, dry sauterne was popular in some families.--Caj.*

### **Chocolate Covered Pecan Candy**

2 boxes powdered sugar  
1 pint ground pecans (2 cups)  
1/2 stick margarine, melted  
1 can sweeten condensed milk, like Borden's Eagle brand  
MIX well and SHAPE into small balls.

Chocolate Dip:

1 box semi-sweet chocolate  
1/2 block paraffin

MELT together over hot water. KEEP dip hot, USE toothpick to dip each piece. PLACE on wax paper to cool. Tastes better than store bought!

### **Orange Spice Cake**

1 cup margarine  
2 cups sugar  
4 eggs  
1 teaspoon baking soda  
1/2 cup buttermilk  
3 1/2 cups flour  
1 pound candied orange slices, cut  
1 pound dates, cut  
2 cups nuts, cut  
1 cup flaked coconut

MIX sugar and margarine, ADD eggs, BEAT well. ADD baking soda mixed in buttermilk. ADD chopped fruit, nuts, coconut to flour. Mix into first thing. BAKE in 13x9x3 pan for 3 hours at 250°F.

#### **Frosting:**

MIX 1 cup orange juice, 2 cups powdered sugar. SPOON ON hot cake. LET STAND overnight in fridge. CUT. SERVE. ENJOY.

### **Old Fashioned Butter Cookies**

1 cup butter  
3/4 cup sugar

1 egg  
2 tablespoons milk  
1 1/2 teaspoons vanilla  
3 cups flour  
1 teaspoon baking powder  
1/2 teaspoon salt

CREAM butter and sugar. BEAT in egg, milk, and vanilla. SIFT flour with baking powder and salt; GRADUALLY ADD to creamed mixture. DIVIDE dough into thirds. CHILL for 1 to 2 hours. PREHEAT oven to 400°F. On a floured board, ROLL dough out about 1/8 inch thick. CUT into desired shapes; PLACE on ungreased baking sheets. BAKE for 5 to 7 minutes. *DECORATE with Decorator's Frosting.*

### **Decorator's Frosting**

1/2 cup shortening  
1 pound powdered sugar, sifted  
1 egg white  
1/4 teaspoon salt  
1 tablespoon water

Food coloring, if desired

CREAM shortening. GRADUALLY BEAT in half of the sugar. BEAT in egg white and salt. BEAT in remaining sugar and water until fluffy. ADD coloring. Makes about 2 1/4 cups.

### **Crunchy Oatmeal Cookies**

1/2 cup butter  
3/4 cup dark brown sugar  
1/4 cup white sugar  
1 egg  
1 teaspoon vanilla  
1 tablespoon milk  
1 cup flour  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1 1/2 cups quick oats

PREHEAT oven to 350°F. GREASE baking sheets. CREAM butter and sugars. ADD egg, vanilla, and milk; BEAT well. SIFT flour with baking powder and salt. GRADUALLY ADD to creamed mixture. STIR in oats. DROP tablespoonfuls of batter onto prepared baking sheets. BAKE for 12 to 15 minutes, or until lightly browned.

### **Coconut Pie**

3 egg yolks, retain egg whites for topping  
2 1/2 tablespoons corn starch  
1/4 teaspoon salt  
1/3 cup sugar

1 tablespoon butter  
2 cups scalded milk  
1 teaspoon vanilla  
1/2 to 1 cup coconut, personal preference  
SCALD milk; heat it to just below the boiling point. COMBINE in the double-boiler the egg yolks, cornstarch, salt, sugar, butter, and PLACE over heat until it thickens. Then ADD vanilla, and coconut. PLACE in a pie shell. BEAT remaining egg whites for topping. SPREAD on pie, PLACE in oven and brown.

### **Grasshopper Pie**

6 ounces chocolate morsels  
1 tablespoon shortening  
1 1/2 cups nuts, finely chopped  
1/2 pound marshmallows  
1/3 cup milk  
1/4 teaspoon salt  
3 tablespoons creme de menthe  
3 tablespoons creme de cocoa  
1 1/2 cups cream, whipped  
LINE 9 inch pie pan with foil. COMBINE chocolate and shortening, and MELT over double boiler. ADD nuts. SPREAD on bottom and side of pie pan. CHILL till set (about 1 hour). COMBINE marshmallows, milk and salt; MELT over double boiler. ADD liqueurs and stir. CHILL about 1 hour. FOLD IN whipped cream. ADD to pie shell, AFTER REMOVING foil and returning to pan. Chill 1 hour. Slivered chocolate, nuts or any other topping can be sprinkled on top.

### ***From Everything Else:***

#### **Egg Nog**

9 eggs--SEPARATE whites and yellows; then WHIP yellows until color is a lemon color.  
ADD 1 1/4 cups sugar  
ADD 1 1/2 cups whiskey, or less; optional.  
WHIP egg whites until very stiff.

WHIP in a third bowl a little more than a pint of whipping cream. PUT stiff egg whites into a punch bowl. FOLD in yellows, and THEN whipped cream.  
SPRINKLE nutmeg on top of each cup.

#### **Navajo Frybread**

4 1/2 cups flour  
1 tablespoon baking powder  
1 teaspoon salt  
2 teaspoons milk  
1 1/2 cups warm water  
MIX dry ingredients together in a large mixing bowl. STIR in warm water. MIX

(knead) with hands about 5 minutes, or until soft dough forms. \*Dough will be easier to shape if at room temperature. LET STAND 1/2 hour. Then SHAPE and FRY in hot oil.

### **Chicken Liver Pate**

1 pound chicken livers  
1/2 pound butter--soft; not melted  
1/2 teaspoon thyme  
Pinch cinnamon  
2 tablespoons dry sherry  
1 small onion, finely chopped  
1 teaspoon salt  
1/4 teaspoon pepper  
1 hard boiled egg, finely chopped

WASH chicken livers and REMOVE any greenish spots. BLANCH them in enough boiling water to cover--no longer than 3 minutes, leaving them slightly \*undercooked. DRAIN the livers and put them in the blender with the butter; PUREE until smooth. ADD thyme, cinnamon, sherry, chopped onion, salt, pepper, and BLEND until smooth. CHILL WELL before serving. GARNISH with chopped egg. Note: Cooking time, as well as doneness, is a personal decision; recipes are suggestions from the person experienced in cooking said item.

### **Russian Tea**

1 large bottle (jar) of Tang  
1 cup white sugar  
1 cup brown sugar  
1 teaspoon ground cinnamon  
1 teaspoon ground cloves  
1/2 cup instant tea  
1 small package dry lemonade mix

MIX together. When serving use 1 tablespoon dry mixture for each cup boiling water. Remember, you use as much dry mixture as needed to suit your taste.

### **Salami**

4 pounds lean hamburger  
1/4 cup mild curing salt  
1 1/2 teaspoons garlic powder  
2 teaspoons coarse black pepper  
2 tablespoons red wine  
MIX all ingredients well. REFRIGERATE for 24-hours.

ADD:

2 teaspoons chili powder  
2 teaspoons crushed red pepper or pepper corns  
1 teaspoon cumin  
1 teaspoon basil  
1 teaspoon oregano

3 tablespoons red wine

MIX all ingredients well. ROLL, or form, into small rolls. BAKE at 225°F for 4 hours.

### **Beef Salami Stick**

5 pounds lean hamburger

2 1/2 teaspoons whole mustard seed

2 1/2 teaspoons coarse or medium black pepper

2 1/2 teaspoons liquid smoke (no more)

2 1/2 teaspoons garlic salt

5 heaping teaspoons Morton's Tenderquick. (Or, see *Grab Bag* section under Corned Beef).

MIX all together and PUT in refrigerator. Then EACH DAY, for 3 additional days, MIX for 5 minutes. On the 4th DAY, BAKE at 160°F for 9 hours. TURN about 1 to 2 hours before done to brown bottom. USE a pan with a rack to drain grease. Will make 3 good size rolls and keeps for several weeks in refrigerator.

# Strictly Cajun

Please pay 'tench for at least a millisecond, it could be interesting and you might get a chuckle or two, and that's not all bad in this hectic, cyberspace cyclonic world in which we live. Now, that said. . .

When you're a Cajun by executive proclamation, not by blood, an explanation is in order, and here it is. . .Being know for making excellent beef jerky, moving from East Texas to Louisiana, and having a friend(?) with a sense of humor(?) who owned a printing press resulted in labels that read: *Straight from Castor, Louisiana... Cajun Clark's Handmade Beef Jerky...Made from all natural ingredients in Clark's own kitchen, just for your enjoyment. This product is not for sale under any circumstances.*

Yep, you got it. da ol' mon Caj used the labels, gave away some beef jerky, and as they say, the rest is history. And now that you know more than you ever wanted to about how River Rat bestowed this honorary moniker, it's past time to get to the Cajun Recipes.

Whoa! Thanks go to several fine folks who contributed their recipes for this section. There's Patti, Sandy, and what's-her-name. Now let's do it, there has to be something interesting for supper.

***Here's what da ol mon Caj received from "what's-her-name," Austin, Texas.***

## **Shrimp & Crab Stew**

1 cup flour  
1/2 cup oil  
1 can tomato sauce  
2 cans Ro-Tel tomatoes  
2 cans crab meat  
Peeled shrimp  
Tabasco sauce  
Worcestershire sauce  
2 bay Leaves  
Salt  
Pepper

Make roux with flour and oil. Does not have to be as dark as you would make it for gumbo. Add enough water to thin to add tomato sauce, Ro-Tel tomatoes, Tabasco sauce, Worcestershire sauce, bay leaves, salt, pepper. Let simmer and add more water if necessary. Mixture should be thick as a stew is and to serve over rice. Add crab meat and shrimp. Cook until shrimp are done.

## **Cajun Baked Catfish**

Vegetable cooking spray

1 1/2 pounds catfish fillets  
3/4 teaspoon dried basil  
1/4 teaspoon dry mustard  
1/2 teaspoon paprika  
3/4 teaspoon red pepper (or less if you want less spicy)  
1/2 teaspoon dried thyme  
1/2 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/2 teaspoon salt  
3/4 teaspoon dried parsley  
1/8 teaspoon sugar  
1 tablespoon plus 2 teaspoons melted diet margarine, plus 1 1/2 teaspoons water, stirred well  
2 ounces lemon juice (or juice of one lemon)

SPRAY large baking sheet with cooking spray. ARRANGE fillets, placing skin side down. COMBINE all dry seasonings, mix well. POUR melted margarine over fish. With small spoon, carefully sprinkle seasonings on fish. Lightly sprinkle with lemon juice. BAKE in 350°F oven for 30 minutes, baste in at 20 minutes and immediately before serving.

### **Shrimp Dip**

2 pounds boiled shrimp coarsely ground  
1--8 ounce package soft cream cheese  
Juice of one lemon  
10 green onions, minced  
mayonnaise  
hot sauce, Worcestershire sauce, salt, pepper to taste

SOFTEN cream cheese with lemon juice. ADD shrimp and green onions to cream cheese mixture. ADD enough mayonnaise to give a consistency for dipping chips. SEASON with hot sauce, Worcestershire sauce, salt and pepper. MAKE 8 hours before serving.

### **Crawfish Etouffé**

1 stick oleo  
1 pound crawfish tails  
1 medium onion, chopped  
2 stalks celery, chopped  
1/2 bell pepper, chopped  
1 tablespoon paprika  
1/2 teaspoon salt  
1/4 tsp black pepper  
pinch of thyme  
1 bay leaf  
1 can chicken broth

Onion tops

MELT oleo. ADD crawfish and cook 2-3 minutes. REMOVE crawfish with slotted spoon. ADD vegetables and seasonings. SAUTE' 10 minutes. REMOVE bay leaf after 5 minutes. RETURN crawfish to pot. ADD broth and cook on low for 30 minutes. ADD green onions and cook 10 minutes. Thicken with cornstarch if desired. Serve over rice.

***The next recipes come from Patti, Lafayette, Louisiana -- a true Southern Belle.***

*You'll note she really goes for Tony's Seasoning, but you can make your own. See Cajun Seasoning in the Grab Bag section.*

### **Patti's Seafood Gumbo**

4 pounds peeled shrimp  
2 quarts oysters in their juice  
1 pound white crab meat  
1 pound crab claws  
2 tablespoons Tony's seasoning, or to your taste  
1/2 cup oil  
1/2 cup flour  
1 large white onion, chipped  
2 tablespoons minced garlic  
1 cup green onion tops  
parsley, to taste

In large magalite soup pot heat oil. Add flour and make a dark brown roux. Add white onion and garlic. Sauté 'til tender. Stir constantly on low heat. (Season your shrimp in bowl on the side.) Add shrimp--stir in well. Add water (10 cups or so). Simmer this for 30 minutes. Add oysters and crabmeat. Simmer another 30 minutes. Add parsley (to taste) and green onions along with this. If too thick, add more water. Cook more. Serve over rice--add "filet" when you serve in bowl.

### **Patti's Seafood Stuffed Bell Peppers**

2 cups egg plant, cooked  
1 pound either shrimp or crawfish (peeled)  
1/2 cup cooked rice  
1 cup bread crumbs (Italian style)  
5 or 6 bell peppers  
1 cup onions, chopped fine  
1/2 cup celery, chopped fine  
1/2 cup green onion tops  
1 teaspoon minced garlic  
Season with Tony's for your taste  
1/4 cup oil for eggplant to smother  
1/4 cup oil to cook vegetables

Boil peppers for 15 minutes--drain and cool. Place in baking pan ready for stuffing; put a little oil in bottom of baking pan. In another pot smother egg plant that's been peeled and diced in oil until cooked--season with Tony's--set aside. Next add 1/4 cup oil and sauté' all veggies 'til tender and smothered down good. Then add crawfish and cook down about 15 minutes or so. Last, add rice to eggplant, veggies and crawfish. Stir 'til mixed together. Stuff bell peppers. Sprinkle with bread crumbs. Bake at 350°F about 40 minutes or so--CHECK OFTEN!

### **Cajun Dressing**

1 eggplant, about 1 pound, peeled and diced  
2 cups water  
3 teaspoons salt, or Tony's Seasoning or Cajun Seasoning in the [Grab Bag](#)  
1/2 cup each of: celery, onions and green peppers  
2 tablespoons butter  
3 cups cooked rice  
1 cup crawfish tails  
1/4 cup each of: bread crumbs and parsley  
1/4 teaspoon each of: garlic powder and black pepper  
1/4 teaspoon each of: cayenne red pepper and paprika

Combine eggplant, water and 1 teaspoon salt in sauce pan. Bring to a boil; reduce heat and simmer 5 minutes. Drain. Cook celery, onions and green peppers in butter until tender. Stir in eggplant, rice, bread crumbs, parsley and Tony's. Turn into a buttered 2-quart casserole dish. Sprinkle with a little paprika. Bake in pre-heated oven at 375°F for 25 to 35 minutes.

***And from Sandy who lives at the beginning of da ol' mon Caj's dead-end road we have...***

### **Chicken Gumbo or Chicken & Seafood Gumbo**

*The choice is yours!*

**But here's what you'll need:**

2 fryers or hens  
2 boxes frozen cut okra **or** 4 cups fresh sliced okra, chopped  
2 large bell peppers, chopped  
2 large onions, chopped  
6 stalks celery, chopped  
1 tablespoon parsley  
1 tablespoon thyme  
1 teaspoon marjoram  
3 cloves garlic, minced  
3/4 cup vegetable oil  
3/4 cup flour  
1--15.25 or 16 ounce can stewed tomatoes  
1--10 ounce can Ro-Tel tomatoes  
5 bay leaves

Salt and Pepper to taste

Boil and debone chicken; retain broth. Put vegetable oil and flour in skillet; mix and cook on low temperature until dark brown. Stir constantly, you're making a roux. Add chopped vegetables; cook until tender. Add mixture to large soup kettle. Add tomatoes, strained broth from chicken, and a little water. Simmer 1 to 2 hours. Add chicken meat and herbs/spices. Cook approximately 10 minutes. *YOU MAY add seafood at this time; like shrimp, oysters, crab, etc.* Serve over rice in a soup bowl.

**Note:** *If file' is available you may want to add it over gumbo after gumbo has been put over rice in bowl.*

# Cajun Seasoning...Seasoned Pepper

## ***Cajun Seasoning***

Here's a mix of spices that add zest--translated: taste great--to fish, chops, steak, ribs, chicken, beef jerky, even hamburger. And for you veggie proponents, you should give your favorite beans, greens, peas and steamed cabbage a shot, make that a shake or two. Works wonders on the taste buds; unless you over do it, get carried away, forget what you have in your hand. shake...Shake. . .SHAKE!

Before you start mixing, playing like you're in the high school chemistry lab, you need to make a decision: Are you going to use teaspoons, tablespoons, cups, pints, quarts, gallons as your measuring stick, your measuring device? Regardless of which one you choose, just make sure you use the same one from start to finish. Also, when you've created this excellent seasoning mix, make sure you store it in an airtight container. Empty plastic spice containers work great. Oh, one last thing: mix ingredients thoroughly; give the container you're using a couple of good shakes.

Now, open your spice cupboard, get ready to pull out the spices you'll need, and start measuring:

- 2 1/2 paprika
- 2 salt
- 2 garlic powder, granules or minced
- 1 black pepper
- 1 onion powder or granules
- 1 cayenne red pepper
- 1 1/4 dried leaf oregano
- 1 1/4 dried leaf thyme
- 1/2 crushed red pepper, optional

Good, you're done, ready to enjoy some added zest to your menu. But, before you go runnin' off, please understand one fact: Recipes aren't set in concrete, in stone, you make the changes you deem warranted by your own experience. Cooking for many, including da ol' mon Caj, is a feeling-kind-of-thing. Go by the recipe the first time (maybe), then make adjustments to suit your taste.

## ***Caj's Seasoned Pepper***

In nearly every bread machine recipe book there's one for pepper bread, which is really good, tasty, great for ham sandwiches. But there's a hitch--relax, you knew there would be--the recipe calls for unsalted, no salt, seasoned pepper. Now maybe for those of you in close proximity to major well stocked supermarkets it's no big deal, but you can rest assured it is when you have to go to the big city, miles and miles away, to search their shelves. And then...

When you start reading the labels you find that salt is one of the ingredients. Hmmm..... If you found that to be the case at the general store, and you found it

a real needle-in-the-haystack search for unsalted, no salt, seasoned pepper at the "big" store, what's the answer? Read on...

Here's the answer to that rhetorical question: concoct your own seasoned pepper mix; play scientist, a little of this a little of that. And presto, you have no salt, seasoned pepper ready to go when called on. Now that's not all bad, the price is "right" too.

Again use the same measure for each (teaspoon, tablespoon, cup, etc.)

2 black pepper

2 cayenne pepper

1 garlic powder or granules

1/2 onion powder or granules

Have fun. Now...

Let's carry this "ATTITUDE" to it's logical conclusion. Which is? If you happen to be a creative, no-nonsense cook, which we all are given the chance, and you've created your own seasoned pepper, what about those other special seasonings? Like garlic pepper, garlic salt, seasoned salt, to name a few. Again, the answer's easy: you get out the spices, your measuring tools, and mix your own. True, you'll have to experiment some, but that's what makes it fun. Eventually, you'll get it right according to your taste. And that's all that really matters anyway, isn't it? Finally, don't forget these benefits: when you run out you mix another batch; you save money due to the lower cost of the spices you use; and, here's a biggie, there are no preservatives. Period. Uh oh, it's time for a detour.

**SEASON to TASTE.** Translation: Select one or more of the following spices: oregano, cilantro, crushed red pepper, garlic, salt, maybe some basil or thyme.

Then you have to experiment. Here's how:

First, taste each spice to determine flavor and strength.

Second, decide which spices you are going to use.

Third, take a small amount of your unseasoned salsa, then add a minimum amount of those spices you've selected. Mix. Taste. Now ask yourself, what's missing? what does it need more of?

Fourth, add "the more of," mix, taste.

Fifth, do it again if needed.

Sixth, write down the amount of each spice you used for your entire batch; and type of veggie and the number of cans or fresh you used.

Seventh, call it good and enjoy. Bon Appetit!

# Small Game

## **"Soul Food" Brother Willie**

*When Willie was about 14, his Grandma bought him a .22 rifle with money he had earned. His old bb-gun was relegated to the back of the closet, and fishing did not hold the lure it once had; after all, now he could hunt small wild game indigenous to the poor dirt tobacco farm where he lived. So, whenever he wasn't in school, doing chores at home, working for his neighbors, and his grandma would let him he went huntin'. Yes, he was a good shot. He had to be, ammunition was expensive, and if he didn't bring home the "goods" more often than naught, he'd lose his huntin' privileges. 'Nuff said.*

*The following recipes appear in **Soul Food Recipes**. . .**Learned On a North Carolina Tobacco Farm** by Willie Crawford, and are used with permission. FYI, you can find his cookbook at <http://chitterlings.com/>. Thanks, "Soul Food" Brother Willie.--Caj*

## **Venison Stew**

4 pounds venison (I prefer hind quarter meat)  
1 1/2 cups red wine vinegar  
1 cup fresh mushrooms  
2 tablespoons Lawry's Seasoned Salt  
3 cups cooking sherry  
2 cups beef stock  
3/4 cup pearl onions, trimmed  
Pinch ground allspice  
2 whole bay leaves  
3 cloves garlic, crushed  
1 cup celery  
2 cups carrots  
2 cups leeks  
1 pinches ground oregano, chopped  
1 pound fatback, diced  
2 tablespoons sugar  
1 small bottle cheap red wine  
2 tablespoons butter

Preparation:

1. Pour half bottle of red wine and half the wine vinegar into a non-aluminum pan. Add bay leaves, allspice and vegetables.
2. Bring to a boil for 30 minutes. Cool to room temperature. This can be done overnight in the refrigerator, BUT allow to return to room temperature before adding meat.
3. Strain the mixture through cheesecloth. Discard the vegetables and spices in the cheesecloth.

4. Add two tablespoons sugar and 2 tablespoons seasoned salt to the liquid.
5. Cut venison into 2-inch cubes. Add to the strained mixture. Let mixture stand in the refrigerator for 24 hours.
6. Sauté mushrooms, onions and leeks in butter until limp. Add gravy, garlic, oregano and the remaining red wine.
7. Fry salt pork until crisp. Drain. Add salt pork to mushroom/gravy mixture.
8. Remove venison from marinade. Throw away marinade. Sauté venison until brown. Add to mushroom/gravy mixture. Place mixture in oven-proof casserole and cover.
9. Bake at 350°F for two hours or until venison checks done.

Serve stew over wild rice with cranberry sauce on the side.

### **Barbecue Young Goat**

*Don't laugh, but in this neck of the woods goats--pigs, too--escape from their pens in a flash. When they do, all too often they revert back to their undomesticated state. If captured by some neighbor down the road, attempts at domestication all too often fail, and that goat gets out of its pen to roam again--just ask Farmer John. And that's the truth.--Caj*

#### **Ingredients:**

10 to 12 pounds goat  
1--8 ounce can tomato sauce  
3 potatoes, quartered  
3 carrots, sliced  
6 whole cloves  
3 cups water  
1 tablespoon salt  
1 tablespoon black pepper  
3 tablespoons butter  
3 cloves garlic, minced  
1 tablespoon sugar  
3 tablespoons apple cider vinegar  
1/2 teaspoon cumin

1. Place cleaned pieces of goat in roasting pan.
2. Sprinkle with salt and pepper; bake at 350°F (uncovered) for 30 minutes.
3. Place carrots and potatoes in pan around goat.

4. Prepare a baste of remaining ingredients. Simmer these ingredients separately in a saucepan for 30 minutes.

5. Pour sauce over goat and continue cooking for roughly 2 hours. Every half-hour brush baste across top of cooking goat.

Serve with rice, cornbread, etc.

### **Fried Rabbit**

*Rabbit hunting was big near where I was raised. It was an inexpensive way to supplement our diets. I often grabbed my .22 as soon as I got home from school and headed for the woods. I'd sometimes get lucky and shoot a rabbit or squirrel. I never shot anything we couldn't eat. Here is my simple recipe for fried rabbit. It seems you can butter and fry just about anything. :) "Soul Food" Brother Willie.*

#### **Ingredients:**

Cut up rabbit

Flour

Salt

Pepper

Garlic powder

Cooking oil

1. Clean and cut the rabbit into pieces. Rinse thoroughly.
2. Sprinkle the seasoning on all pieces of the rabbit.
3. Dip the rabbit into the flour coating on all sides. If you want, just toss all of the pieces into a paper bag containing the flour.
4. Get the oil fairly hot.
5. Put in the rabbit and brown on 1-side.
6. Turn and brown the other side.
7. Turn heat down, and cook for another 20 to 30 minutes to ensure rabbit is thoroughly done. How long it takes depends on how old (tough) the rabbit is, and how high your flame is.

Serve with rice and your favorite vegetable.

### **Rocky Mountain Oysters**

*We raised pigs on our farm, and castrated most of the males as a way to encourage growth and good social behavior. Those who raised cattle did the same. Many people ate these testicles and considered them a delicacy. I never did but did watch a few*

*others prepare them. In my later years I tried **MUCH** more exotic dishes.--"Soul Food" Brother Willie.*

If you happen upon a supply of these mountain oysters, here's how you prepare them:

2 pounds mountain oysters (pork or beef)  
3 eggs  
2 cups crushed saltine cracker crumbs  
1 cup cooking oil  
1 tablespoon seasoned salt

1. Remove skin from "oysters." It's easier if they're partially frozen.
2. Beat eggs in a bowl.
3. Sprinkle "oysters" with seasoned salt.
4. Dip in eggs, then in crushed cracker crumbs.
5. Heat oil over medium heat in frying pan.
6. Gently drop into oil and allow to brown. Turn and brown other side.
7. Remove from heat, drain and serve with rice, creamed potatoes, etc.
8. Can also be cooked in a deep fat fryer. Use a fairly low heat setting to cook them slowly. They should float to the top when done.

*Can also be eaten as an hor d'ovre. Take to and office party as a conversation starter. :)*

*If you can't find mountain oysters in your local supermarkets, and insist on trying these delicacies, seek out local farmers, vets, or slaughter houses. Modern pig farming operations raise hundred, if not thousands of pigs. They want them to grow to market weight as soon as possible and castrate most of the males. They usually use very expensive "championship" boars as their breeding stock.--"Soul Food" Brother Willie.*

## **Squirrel with Rice**

### **Ingredients:**

Several young cut up squirrels  
1 cup uncooked rice  
3 tablespoons bacon drippings  
1 onion, diced  
1 bell pepper, chopped  
1 clove garlic, minced  
1 stalk celery, chopped  
1 teaspoon salt  
1/2 teaspoon black pepper

1. Brown squirrel in skillet with bacon fat.
2. Remove squirrel from skillet and sauté garlic, onion, bell pepper, and celery in drippings.
3. Return squirrel to skillet.
4. Add remaining ingredients to skillet. Add enough water to fully cook rice. Cover and cook until rice is done and water is absorbed.

**Note:** *If you have older squirrels, they will be tough! You will need to cook them for 15 to 20 minutes in a separate pot (with broth) before proceeding to Step 3. Young squirrels are best.*

### **Hot Water Cornbread**

*Can't leave out this vital staple for stews and other fine dishes. Farmer John would never let me hear the end of it!--Caj*

#### **Ingredients:**

- 3 cups white cornmeal
- 1/3 cup milk
- 1/3 teaspoon baking powder
- 1 1/2 teaspoons salt
- 1 teaspoon sugar
- 1 1/2 tablespoons vegetable oil
- 1 pinch black pepper
- 2 cups boiling water
- 1/2 cup cooking oil

1. Boil water in small pot.
2. Mix meal, salt, sugar and baking powder in a mixing bowl.
3. Add milk and mix thoroughly.
4. Add oil, sprinkle pepper, and mix thoroughly.
5. Slowly stir in boiling water, a little at a time. You want it the consistency of a thick pancake batter.
6. Heat 1/4 cup cooking oil in cast iron skillet (medium-high heat).
7. Pour 1/4 cup batter into hot grease for each piece of bread.
8. Fry 2 to 3 minutes on each side (or until golden brown).

9. Drain on paper towels.

10. Serve hot. . . topped with butter. Goes great with nearly everything, and even works as a snack.

***And finally, from Farmer John we have:***

*Hey Caj, listen up! Before your good Chief Cooks go scrambling down the trail through my recipes, they better pay strict attention to this **WARNING: I like my food spicy, real spicy.** So that being the case, and since this fact is reflected in my recipes, I'd suggest they go easy on the spices I use. Do a taste test, then add if desired. You can always add more, but it's pretty hard to get back an over-do.*

*"Thanks for the warning, Farmer John, always knew you were different, were one-of-a-kind. What's that? You're not finished? Well, excuse me, Farmer J. The floor is yours!"*

*You've been playin' around out in cyberspace too long, Caj. Every thing is rush, rush, rush. Click, click, click. Relax and pay 'tENCH.*

*Before we continue, which means before you get too far into my favorite foods, another explanation is in order.*

*Whether I'm cookin' raccoon ("coon") or opossum ("possum") certain basics apply. Everything I know about skinnin', cleanin' and fixin' I learned while growin' up. In this part of the country, when you live in the "real" country, huntin' is a part of life. But I was taught, as many of us were, to only hunt those birds or mammals that are good for food. Or to put it another way, ya don't kill somethin' just to kill it. And before you ask, this is the same trainin' we're givin' our kids today.*

*Now, if you happen to be given one of these potential feasts, you better hope the person giving it to you knew how to clean it, and did so. If not, you'll be spending some time skinnin', gettin' rid of glands, entrails and all that good stuff. Once you have this chore finished, you can get to cookin' it.*

*Most nearly all us "connoisseurs" use a lot of spices in our marinades, then again we season to taste during or after the cookin's done. We also know that the older--many times the bigger--the game, the longer ya got to marinate it.*

*Once marinated, and usually the next day, I'll boil a raccoon or opossum down. Cover it with water, simmer it for a couple hours. This little trick reduces the fat, and give you some good meat for the next step: roasting, broiling, smoking or barbecuing. That's right, you parboil (your fancy word), the finish cooking by whatever method strikes your fancy.*

*Squirrels and rabbits can be marinated, but it's not really that necessary; especially if ya got a case of the hongrys. I usually turn these delights into a stew, gumbo or fry 'em. Dang, I'm gettin' hongry. I'm outta here, Caj.*

"Thanks, Farmer J. Well, there you have it. Bon Appetit!" Caj.

### **Tough Squirrel Stew**

6 squirrels, cut up  
1 pound Cajun smoked sausage, cut into 1-inch slices  
1 bell pepper, chopped  
2 onions, chopped  
1 stalk celery, chopped  
1 quart chicken stock  
1 small can cream of mushroom soup  
Salt to taste  
Pepper to taste  
2 tablespoons oil  
1 tablespoon Tabasco sauce

- \* Heat oil; brown sausage. Season squirrel.
- \* Remove sausage; brown squirrel pieces well. Remove squirrel.
- \* Sauté onions, bell pepper and celery until soft; then remove.
- \* Place squirrel, sausage and veggies back into pot; add about 1-pint of chicken stock to pot.
- \* Bring to slow boil; lower heat to low-medium and simmer slowly.
- \* After 45 minutes, add cream of mushroom soup and amount of chicken stock to cover contents in pot. Stirring well, as soup will want to stick.
- \* Cook and additional 30 to 45 minutes, or until squirrel is tender.
- \* Serve over rice or mashed potatoes (white or sweet).

**Hold it! Caj.** *Before you get too carried away going through my recipes, let's get one thing straight, on the table. Recipes for raccoons can also be used for opossums. In other words, "possum" recipes work just as well for "coons." Just remember, sweet taters go with possum; white taters or spuds go with coon. You can just about swap squirrel for rabbit; nearly. All depends on whether ya got a wild hare or a domesticated rabbit. Got it? Good. Kinda thought you would. Now carry on.*

## **Raccoon Sauce Piquant**

5 or 6 pounds raccoon meat, cut into 1 1/2 inch cubes  
3 pints or so cold water  
32 ounces canned whole tomatoes  
1 teaspoon garlic, finely chopped  
6 ounces tomato sauce  
1/2 cup celery, finely chopped  
12 ounces mushrooms, including liquid  
1/2 cups shallots, finely chopped  
4 or 5 white onions, depending on size, finely chopped  
1/3 cup bell pepper, finely chopped  
1/4 cup fresh parsley, finely chopped  
Cayenne pepper to taste  
Salt to taste  
Pepper to taste

Parboil raccoon. Then fry in minimum oil until tender; about 30 minutes more or less. Remove; set aside. Make a roux of 6 tablespoons to equal amount flour. When deep (not dark) brown, add onion. Cook until transparent but don't burn. Add 3 pints cold water and bring to a boil. Add tomatoes, tomato sauce, celery, bell pepper, shallots, garlic, mushrooms. Let slow boil about 15 minutes. Add fried wild game meat, parsley, salt and pepper to taste. Let simmer over low heat for at least 1 hour. Great served over hot rice; noodles work fine, too.

## **Fried Rabbit in Breadcrumbs**

1--rabbit, cleaned and cut in serving pieces  
3 tablespoons milk  
2 tablespoons flour  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
6 tablespoons bread crumbs, seasoned work nicely  
1 egg  
1 teaspoon water  
Fresh parsley  
Oil for frying

Put milk in a bowl. Mix flour, salt and pepper together in another bowl or paper bag. Dip rabbit in milk, then in flour mixture; coat thoroughly. Set aside for 10 to 15 minutes to allow seasonings to penetrate.

Combine egg and water in one bowl; breadcrumbs in another. Dip rabbit first in egg mixture, then in breadcrumbs; coating thoroughly.

Put some oil in a large frying pan or cast iron skillet, enough to do some cookin'. Heat oil until it reaches about 360°F.

Fry rabbit for about 20 minutes, or until tender when pierced with a fork. Drain on paper towels. Garnish with parsley on serving dish. Consider serving with sautéed potatoes and a green salad.

### **Squirrel Jambalaya**

1 squirrel, cut into serving pieces  
Salt  
Cayenne pepper  
4 tablespoons oil  
2 large onions, chopped  
2 celery stalks, chopped  
1 clove garlic, chopped  
1/4 bell pepper, chopped  
4 tablespoons parsley, chopped  
2 cups uncooked rice  
1 1/2 cups water  
2 tablespoons salt

Season squirrel well; sauté in oil until brown; remove from skillet. Sauté onions, celery, garlic, bell pepper and parsley until tender. Replace squirrel in skillet; cover and cook on low heat for about 20 minutes or 'til tender. Add rice, water and salt; stir well. Cook on low heat for about 30 minutes, or 'til rice is done.

### **Roasted Possum**

1 dressed possum  
3 red pepper pods, or Cajun Seasoning  
1 teaspoon salt  
1 teaspoon black pepper  
1/4 teaspoon sage  
2 tablespoons lemon juice  
4 large yams (sweet taters), peeled and quartered  
1/4 cup brown sugar  
3/4 teaspoon cinnamon  
1/4 teaspoon ginger

Place possum in a large pot with pepper pods or Cajun Seasoning. Cover with cold water, bring to boil; simmer for at least 1-hour, maybe longer depending on fat content and age of possum. Remove and place on rack in cast iron Dutch oven. (Roasting pan will work, but it doesn't seem quite as well.) Add 1 cup water. Sprinkle possum with salt, pepper, sage and lemon juice.

Place yams around roast. Combine sugar, cinnamon and ginger; sprinkle on top of yams. Cover and cook over very low heat on top of stove; or, bake at 325°F for

2 hours--or until the meat is crisp and brown.

*Variation: Boil down whole possum; stuff with taters; prepare honey glaze; roast; use same spices.*

### **Barbecued Raccoon**

1 Coon  
1 bunch celery  
3 cloves garlic, chopped  
2 large red onions, quartered  
3 hot red peppers  
1 cup vinegar  
3 tablespoons salt

Separate and wash celery. Place all ingredients in pot with enough water to cover coon. Bring to slow boil; cook until tender, or until fork goes in easily--about 1 to 2 hours depending upon size and age of coon. Remove meat from pot, cut off front and back legs; cut remainder into four pieces. Place on rack, brush with your favorite barbeque sauce. Place in 400°F oven; turn and baste frequently with barbecue sauce until a golden brown--45 minutes to 1 hour.

**"Look what I found, Farmer John. Haven't had this tasty treat since I was in Germany 40 years ago. Give it a try, it's worth the effort," Caj.**

### **Hasen Pfeffer**

1 pound or so of rabbit, deboned  
Vinegar, garlic wine vinegar preferred  
Water  
1 large onion, sliced  
Salt to taste  
Pepper to taste  
1 whole clove  
1 bay leaf  
Butter  
1 cup thick sour cream

Place rabbit meat in jar, cover with equal parts of vinegar and water. Add one large sliced onion; salt and pepper to taste; clove and bay leaf. Place jar in refrigerator for 2 to 3 days. Remove meat; brown in hot butter, turning often. Gradually add some marinade. Let simmer until meat is tender. Just before serving, stir in 1 cup of thick sour cream. Bon Appetit!

***And now a final word from our sponsor...  
da ol' mon Caj***

Is your interest piqued? Good, you have just been introduced to a very few of the mouth watering dishes you'll find in his one-of-a-kind cookbook you can see at <http://www.cajunclarks.com>

To give you a fuller understanding of the scope of the recipes you'll find, here's another small sampling: There's skillet pizza, skillet pineapple upside-down cake, skillet peach cobbler, skillet you-name-it. Then there's Cajun gumbo, jambalaya, fried turkey; soul food, like chitterlings, collards, hot water cornbread; and everything you'll ever want or need to know about beef and pork ribs, including rubs and marinades. But don't forget to take a look at the hundred or more chicken and pork chop recipes. And if your sweet-tooth happens to be on a rampage, you'll find more cookies, cakes, pies, puddings, cobblers, tea cakes and candies than you'll have time to make in the next couple of years. Yep, you got it: recipes, recipes, and more recipes--some more than 100-years old; still others that came about only because of rationing during WW II. Whew!

***Finally, you should know: This is NOT your mother's cookbook, it never was intended to be. Nor is this cookbook for everyone, it never was intended to be.***

***Cajun Clark's Cookbook is for the select few who enjoy something unique, something different. Who enjoy humor, a good "read," and over 1,160+ mouthwatering, easy-to-prepare recipes. In other words, if you want to be entertained, this is YOUR cookbook. With that said...***

This one-of-a-kind cookbook is filled irrelevant and irreverent comments and commentary, good thing da ol' mon Caj has a recipe for humor. Check it out, it's also available in CDR. And as a print version that comes in a 1-1/2 inch 3-ring binder; which means it makes a good door stop, boat anchor or piece of exercise equipment--just don't drop it on your foot. :)

Well there you have it. Enjoy or better yet, Bon Appetit!

[Cajun Clark's Cookbook: One Inch From the Top](#)