

Index

- Ahi tuna, 178
- Almond Roasted Red Snapper, 168
- almonds, 77, 100
- andouille, 83, 186
- appetizer, 54, 57-58, 60, 64, 66, 71, 76, 93, 104-5, 139-40, 142, 148, 152, 161, 203
- apricot, 264
- artichoke, 141
- Artichoke and Tomato Salad, 110
- artichoke hearts, 103, 110
- asparagus, 93
- au gratin, 143, 159, 161
- avocado, 61, 103, 112, 125

- Baked Breakfast Eggs, 130
- Baked Eggplant with Lump Crabmeat, 144
- Baked Eggplant with Oysters, 144
- Baked Eggplant with Shrimp, 144
- Baked Oysters Bourbon, 57
- baked potato, 240
- Baked Red Snapper Eloise, 169
- barbecue, 211
- barbecue sauce, 42
- base, 25
- basting sauce, 42
- bean, 247
- bean salad, 116
- Béarnaise Sauce, 24
- Bechamel Sauce, 26
- beef, 19, 43, 187-88, 227
- Beef Enchiladas du Lac Charles, 218
- beef flank steak, 193
- beef ribs, 86
- beef roast, 211
- Beef Seasoning Mix, 19
- beef stock, 86
- Beef Stroganoff, 188
- beef tenderloin, 196
- Black Bean Salad, 116
- black beans, 116
- blue cheese, 124
- Blue Cheese Salad Dressing, 124
- blueberries, 257, 260, 264
- Blueberry Delight, 257
- bologna, 205
- Bordelaise Sauce, 27
- Bouillabaisse, 90
- Bourbon Sauce, 45
- Brandied Eggnog Mousse, 263
- Brandy Sauce, 45
- bread pudding, 45, 270
- Breakfast Casserole, 131
- breakfast dish, 129-33
- Breakfast Egg Pie, 132
- Breast of Chicken Emilius, 222
- Brie Cheese Soup, 98
- broccoli, 95, 131, 216, 230, 237-38, 251
- Broccoli au Gratin, 238
- Broccoli Soup Divine, 95
- Broiled Catfish, 163
- Broiled Redfish Filets, 166
- Broiled Shrimp Cayenne, 142
- brown roux, 28
- brown sauce, 28
- brunch, 68, 71, 134-35
- brunches, 66
- Brussels Sprouts au Gratin, 238

buffet dish, 56, 69, 76, 110, 114-16,
 140-41, 203, 250

cabbage, 96, 111, 186, 207, 243-44
 Caesar Salad Dressing, 122
 Cajun Cannon Balls, 203
 Cajun Catfish, 164
 Cajun Coleslaw, 111
 Cajun Eggplant Dip, 65
 Cajun Jack Cake, 76
 Cajun Low-Carb Meuniere Sauce,
 29
 Cajun Low-Carb Sandwich,
 209
 Cajun Pepper Steak, 194
 Cajun Salmon Salad, 174
 Cajun Seasoning Mix, 20
 Cajun Spinach Dip, 63
 Cajun Tuna Salad, 174
 Campfire Bologna, 205
 Campfire Hot Dogs, 205
 Carrot and Celery Salad, 106
 cashews, 77
 casserole, 130
 catfish, 162-64
 Catfish Desire, 162
 cauliflower, 114, 237-39, 247
 Cauliflower au Gratin, 238
 Cauliflower Salad Acadie, 114
 celery, 106, 241
 Celery Bayou Vista, 241
 cheese, 31, 75, 244
 cheese ball, 75
 cheese sauce, 31
 Cheeseburger Steak, 201
 cheesecake, 76, 260, 266
 Cheesy Beef Melt, 195
 cherries, 259, 267
 cherry tomatoes, 56, 112, 253
 chicken, 83, 88, 215-16, 228
 Chicken and Andouille Gumbo,
 83
 Chicken and Okra Gumbo, 84
 chicken breast, 215, 217-18, 224,
 226, 230, 232
 chicken breasts, 83, 216, 220-23
 Chicken Conti, 216
 Chicken Enchilada Casserole,
 218
 Chicken Etienne, 223
 Chicken Etoufee, 228
 Chicken Fricasee, 229
 Chicken Lafayette, 215
 Chicken Lasagna, 226
 chicken legs, 231
 chicken livers, 74
 Chicken Quesadillas, 232
 Chicken Seasoning Mix 18
 Chicken Spicy Jack, 224
 chicken stock, 88
 chicken strips, 225
 chicken thighs, 83
 chilled jelled salad, 118
 Chilled Tomato Salad, 107
 chocolate, 46, 261
 Chocolate Mousse, 261
 Chocolate Sauce, 46
 Chopped Chicken Liver Dip, 74
 chops, 206
 chuck eye steaks, 192
 clams, 90
 Classic New York-Style
 Cheesecake, 260
 cocktail sauce, 40
 company dish, 212
 Cookie Sunday, 269
 covered dish, 56, 110, 114, 116,
 145
 crab, 85
 crab claw fingers, 49
 crab claws, 89, 145

Crab Claws Remoulade, 145
 Crab Dip Belle Amiee, 51
 Crab Fingers New Iberia, 49
 Crab Gumbo, 82
 Crab Salad Don Louis, 103
 crabmeat, 52, 103, 157, 166
 Crabmeat Lemoine, 157
 crawfish, 82, 105, 146, 156, 160
 Crawfish au Gratin, 160
 Crawfish Flambé Abbeville, 156
 Crawfish Gumbo, 82
 Crawfish Imperial, 146
 Crawfish Salad, 105
 Cream of Almond Soup, 100
 Creamy Crab Dish Iota, 50
 Creamy Green Onion Dip, 73
 Creamy Mock Potatoes, 239
 crock pot, 187
 Crockpot Beef Stew, 187
 Croque Monsieur, 210
 Cucumber Sandwiches, 59
 cucumbers, 59, 107

dark brown roux, 82
 dessert, 118, 257, 259, 261-68
 deviled eggs, 62
 Dijon Salad Dressing, 121
 dip, 51-52, 63, 65, 73, 195
 Dreamy Strawberries, 258

Easy Grand Marnier® Mousse, 262
 Easy Roast Beef, 190
 Easy Smothered Okra, 248
 Egg Cup Breakfast, 129
 eggplant, 65, 144, 180, 183, 226
 Eggplant Casserole Justin, 180
 eggs, 62, 129-35
 enchiladas, 219
 etouffee, 228

Fajita Enchiladas, 219
 Faux Baked Beans, 247
 File powder, 82
 Filet Mignon, 204
 Filet of Beef with Sauce "J.B.",
 198
 filets, 198
 fish, 135
 flambé, 156, 197, 212
 flank steak, 194
 French Salad Dressing, 119
 French Sauce, 32
 Fresh Apple Surprise, 267
 Fresh Apricot Ice Cream, 264
 Fresh Avocado Salad Dressing,
 125
 Fresh Blackberry Surprise, 267
 Fresh Blueberry Ice Cream, 264
 Fresh Cherry Cream Surprise,
 259
 Fresh Cherry Surprise, 267
 Fresh Mushroom Casserole, 133
 Fresh Okra and Tomato
 Marinate, 109
 Fresh Oyster Cocktail, 55
 Fresh Peach Ice Cream, 264
 Fresh Spinach Salad, 113
 Fresh Strawberry Surprise, 267
 Fresh Tuna a la Raspberry Sauce,
 176
 Fresh Tuna Bayou La Combe, 177
 Fricassee, 229
 Fried Cabbage, 243
 fried oysters, 152
 Frozen Lime Soufflé, 265
 Frozen Orange Soufflé, 265
 Fruit Salad Etienne, 117
 fryer, 228

gelatin molds, 118

general seasoning mix, 20
 Grand Marnier, 262
 Greek Ham Roll-Ups, 67
 Green Onion Ham Roll-Ups, 66
 Green Peppercorn Chicken, 221
 Grilled Beef Chuck Steak, 192
 Grilled Flank Steak, 193
 Grilled Salmon Steaks, 175
 Grilled Steak Marinade, 35
 Grilled Vegetables, 237
 ground beef, 195
 ground chuck, 195, 201
 ground meat, 247
 ground round, 202-3, 227
 guacamole, 61, 70
 Guacamole Cajun, 61, 70
 Guacamole Cajun Roll-Ups, 70
 gumbo, 81, 84, 85

ham, 60, 66-70, 85, 96, 116, 186,
 202, 209-10
 ham rolls, 66-67
 hamburger patties, 201
 Hollandaise Sauce, 23
 Horseradish Sauce for Beef, 43

ice cream, 264
 Individual Strawberry
 Cheesecakes, 266

jalapenos, 54, 63, 72
 jambalaya, 186
 Just Grilled Steak, 204
 Just Tomato Salad, 108

Kidney Bean Salad, 116

lamb chops, 212
 Lamb Chops Port Royal, 212
 lasagna, 226
 Light Cream Sauce, 25
 light lunches, 66
 lima beans, 246
 Limas Manuel, 246
 Lime-Rosemary Broiled Chicken
 Breasts, 220
 lobster, 90
 Low-Carb Barbecue Sauce, 42
 Low-Carb Croque Monsieur, 210
 Low-Carb Homemade Catsup, 41
 Low-Carb Jambalaya, 186
 Low-Carb Lasagna, 227
 Low-Carb Lump Crabmeat au
 Gratin, 143
 Low-Carb Scallops au Gratin,
 143
 Low-Carb Seafood Gumbo, 81
 Low-Carb Shrimp au Gratin, 143
 lump crabmeat, 50-51, 53, 71,
 81-82, 92, 103, 141, 143-44,
 146-47, 158-59, 161
 Lump Crabmeat and Artichoke
 Quiche, 141
 Lump Crabmeat au Gratin, 159
 Lump Crabmeat Cocktail, 53
 Lump Crabmeat Imperial, 146
 Lump Crabmeat LeBlanc, 147
 Lump Crabmeat Roll-Ups, 71
 Lump Crabmeat Soup, 92
 Lump Crabmeat Vermouth, 161

Mahi Mahi, 179
 Mahi Mahi a la Raspberry Sauce,
 176
 Mahi Mahi Sauce Rouge, 179
 main dish, 54, 57, 116, 148, 183

Marchand de Vin Sauce, 30
 Mardi Gras Salad, 115
 marinade, 189, 220
 Marinated Grilled Steak, 189
 mashed potatoes, 239
 meatballs, 203
 meatloaf, 202
 Meatloaf Quesadillas, 202
 Meatloaf Sandwich, 202
 meats, 186
 Mock Loaded Baked Potato, 240
 Momma's Round Steak, 200
 Moss Bluff Meatloaf, 202
 mousse, 262
 mushrooms, 58, 103-4, 109, 113,
 133-34, 143, 153, 188, 217,
 230, 233, 245
 Mushrooms Baton Rouge, 245
 mussels, 90

okra, 84, 85, 109, 248
 omelet, 134
 Omelet Le Champignon, 134
 Oven-Baked Tomatoes, 254
 Oyster Cherries, 56
 Oyster Gumbo, 82
 Oyster Soup, 94
 oysters, 55, 57, 81, 94, 144, 152-
 53, 180
 Oysters Sidonia, 152

Pan Fried Cajun Turkey, 234
 Pan-Fried Broccoli Grate, 251
 Pan-Fried Tomatoes, 253
 Pan-Grilled Ahi Tuna, 178
 party food, 49, 58-59, 63, 73, 76,
 145
 pastrami, 68

paté, 74
 peach, 264
 pecans, 64, 77, 241, 260
 pepperoni, 226
 Pickled Mushrooms, 58
 pineapple, 117-18
 Pink Salad Dupuis, 118
 pistachios, 268
 Pistachio-Strawberry Treat, 268
 pizza, 185
 pork, 208, 215
 pork chops, 207-8
 Pork Chops Don Louis, 207
 Pork Lafayette, 215
 Potage au Choux, 96
 Poulet á La Calcasieu, 217
 Poulet Le Champignon, 230
 poultry, 18
 purple cabbage, 111-12

quesadillas, 195, 202, 211, 232
 quiche, 132, 141
 Quick Crab Dip, 52

rainbow trout, 165
 raspberries, 44, 118, 260
 Raspberry Sauce, 44
 red snapper, 168-71
 Red Snapper Christine Noelle,
 171
 Red Snapper Yolande, 170
 redfish, 90, 166-67
 Redfish Euphemie, 167
 Remoulade Sauce I, 38
 Remoulade Sauce II, 39
 ribeye steaks, 191, 199, 204
 Ribeye Steaks with Bordelaise
 Sauce, 199

roast, 190
 roast beef rolls, 66
 Roasted Pepper Ham Roll-Ups, 68
 Roasted Pepper Pastrami Roll-Ups, 68
 Roasted Pepper Turkey Roll-Ups, 68
 Rooster Gumbo, 84
 round steak, 189, 200
 roux, 82
 Rouxless Okra Gumbo, 85
 rum, 45, 231
 Rum Legs, 231
 Rum Sauce, 45
 rutabaga, 242
 Rutabaga a La Cajun, 242

salad, 61, 103-8, 110-18, 145, 174, 267
 Salad Avocado, 112
 salad dressing, 119-24
 salmon, 135, 172-76
 Salmon a la Raspberry Sauce, 176
 Salmon Eggs, 135
 Salmon Steaks with Hollandaise, 173
 sandwich, 202
 sauce, 23-26, 28-30, 32-34, 36-40, 42-44, 46
 Sauce "J.B.", 36, 198
 Sauce Espagnole, 32
 Sauce Lyonnaise, 33
 Sauce Rouge, 34
 sausage, 83, 85, 183-86, 211
 Sausage and Eggplant, 183
 Sausage on a Stick, 184
 Sautéed Chicken Tenders, 225
 Sautéed Lumb Crabmeat, 158, 166

Sautéed Oysters, 153
 Sautéed Salmon Steaks, 172
 scallops, 90, 143, 146, 154-55, 160
 Scallops au Gratin, 160
 Scallops Imperial, 146
 sea scallops, 143, 146, 154-55
 seafood, 38, 40, 139, 144, 149, 156, 174
 Seafood Seasoning Mix, 17
 seafood stock, 89
 Seared Prawns with Green Onion Cream, 154
 Seared Scallops Erath, 155
 Seared Sea Scallops with Green Onion Cream, 154
 seasoning mix, 17-19
 shish kabobs, 184
 shrimp, 34, 49, 54, 81, 85, 90, 93, 104, 139-51, 154, 160, 180
 Shrimp and Artichoke Quiche, 141
 Shrimp and Asparagus Bisque, 93
 Shrimp and Mushroom Salad, 104
 Shrimp Ashley, 149
 Shrimp au Gratin, 160
 Shrimp Bisque, 34
 Shrimp Bonin, 148
 Shrimp Chetanier, 151
 Shrimp Gumbo, 82
 Shrimp Imperial, 146
 Shrimp Leblanc, 147
 Shrimp Marie, 140
 Shrimp New Iberia, 49
 Shrimp Remoulade, 145
 Shrimp Scampi, 150
 Shrimp Sherry, 139
 Shrimp Yolande, 54
 side dish, 58, 133, 241, 245, 247, 250

sirloin, 188, 204
 slaw, 111
 smoked oysters, 56
 Smothered Cabbage with
 Cheese, 244
 snack, 69-71, 107, 115, 195
 soup, 88, 90, 93-96, 98-100
 soup meat, 86
 Spicy Ham Balls, 60
 Spicy Pecans, 64
 spinach, 63, 69, 97, 113, 123
 Spinach and Ham Roll-Ups, 69
 Spinach Salad Dressing
 Euphemie, 123
 Spinach Soup to Die For, 97
 spread, 65
 squash, 99, 249-50
 Squash Casserole Lannette, 250
 Squash Marie, 249
 steak, 188, 191-94, 196, 199, 200,
 204
 Steak Marie Louise, 191
 stew, 187, 243
 stew meat, 187
 stewing hen, 229
 stir fry, 230
 strawberries, 117, 258, 260, 266,
 268
 stroganoff, 188
 Stuffed Jalapenos, 72
 Stuffed Pork Chops Melancon,
 208
 Summer Pizza, 185
 summer soup, 99
 summer squash, 99
 Summer Squash Soup, 99

tartar sauce, 37
 tenderloin, 196

Tenderloin of Beef Cajun, 196
 Thousand Island Salad Dressing,
 120
 tomatoes, 103, 108-10, 171, 223,
 253, 254
 trail mix, 77
 treats, 59
 trout, 165
 Trout Lannette, 165
 tuna, 174, 176-78
 turkey, 68, 211
 turkey cutlets, 233-34
 Turkey Cutlets au White
 Zinfandel, 233
 turkey rolls, 66
 Turkey Roll-Ups, 68
 turnips, 252
 Turnips Gaston, 252

veal, 206
 Veal Chops Marchand de Vin,
 206
 veal rib chops, 206
 vegetable, 58, 183, 242, 249
 vegetables, 107, 237, 239, 241,
 251

Walnut Blue Cheese Ball, 75
 walnuts, 75
 whiskey, 45
 Whiskey Sauce for Bread
 Pudding, 45
 white chocolate, 262
 whole crabs, 82

yellow squash, 249-50

