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1. INGREDIENTS

• Pinto beans
• ⅓ block of brick chili or small can of Wolf brand chili
• Hamburger meat
• Sausage
• Smoked ham hock
• Chicken broth
• Chopped onions
• Tri-color bell peppers
• 1 cup white sugar
• Brown sugar
• Baking soda
• Chili powder
• Badia all-purpose seasonings
• Small pat of butter
1. I N G R E D I E N T S

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

- 4 tablespoons unsalted butter, at room temperature, divided
- ½ cup (2 ounces) shredded or grated Parmesan cheese
- ½ cup (2 ounces) shredded Monterey Jack cheese
- 1 cup (4 ounces) shredded sharp cheddar cheese
- 1 cup (4 ounces) shredded Muenster cheese
- 1 cup (8 ounces) Velveeta, cut into small cubes
- 2 teaspoons kosher salt, divided, or more to taste
- 1 pound elbow macaroni
- 3 tablespoons all-purpose flour
- 3 ¾ cups half-and-half, cold
- ⅛ teaspoon ground black pepper, or more to taste
- ⅛ teaspoon cayenne pepper or other ground red chile, or to taste (optional)
1. INGREDIENTS

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

• 12 oz bacon, diced raw
• 1 head cabbage, chopped
• 1 onion, diced
• ¼ tsp Lawry’s Seasoned Salt
• ¼ tsp ground black pepper; you may add more seasonings
• ¼ tsp red pepper flakes
• 2–3 Tabasco peppers
• ¼ tsp butter
• 3–4 cups chicken broth
• 1 tsp sugar
BIG MOMMA’S POUND CAKE

BY JACQUIE BELL

1. INGREDIENTS

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

- 1 pound butter unsalted, at room temperature
- 3 cups granulated sugar
- 2 teaspoons pure vanilla extract
- 6 large eggs at room temperature
- 1 teaspoon salt
- 3 cups cake flour sifted then measured
AUNT JIMMIE’S SALMON CROQUETTES

BY JACQUIE BELL

1. INGREDIENTS

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

- 1 can (15 1/2 ounce) pink or red salmon
- 1 medium onion, finely chopped
- 2 large eggs, beaten
- 2 sleeves Ritz crackers crushed
- salt and freshly ground pepper to taste
- 2 tablespoons butter or extra virgin olive oil
1. INGREDIENTS

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

- 2 servings cooked grits
- 2 tablespoons olive oil
- ⅛ cup diced ham or smoked sausage
- 2 tablespoons diced onion
- 2 tablespoons diced green pepper
- 20 medium to large peeled and de-veined, with tails on shrimp
- 1 tablespoon white wine
- 1 cup heavy cream
- tops, chopped green onion
- to taste salt
- to taste black pepper
Makes 1 Gallon. Freeze some for later.

- 1 ½ lb unsalted butter (1 lb would be sufficient)
- 1 ½ quarts yellow onions, chopped fine
- ½ c garlic, chopped
- 2 c celery, chopped fine
- 1 ½ c bell peppers, chopped fine
- 1 c Dark Roux (Gumbo Roux) (3 c oil, 3 c flour)
- 1 c Blond Roux (¼ c butter, ¼ c flour)
- ½ tbsp black pepper
- ½ tbsp cayenne pepper
- ½ tbsp red pepper
- ½ tbsp paprika
- 2 tbsp salt
- 6 c shrimp stock
- 1 ¼ c canned tomatoes
- 8 lb crawfish meat and/or shrimp
- Cooked white rice, or (better) see separate recipe for ‘dirty rice’

Shrimp stock:
- Shells from 2 ½ lb shrimp or 1 lb unpeeled raw shrimp and/or 1 lb frozen mussels
- 2 ¼ quarts plus 1 cup cold water
- 1 onion roughly chopped
- ¼ cup chopped carrots
- ¼ cup chopped celery
- 1 tablespoon garlic, roughly chopped
- ¼ cup mushroom trimmings
- 1 bay leaf, ¼ teaspoon dried thyme, ¼ teaspoon crushed black peppercorns and 4 parsley stems

Dark Roux:
- 3 c oil
- 3 c flour
1. INGREDIENTS

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

- 2 tbsp. vegetable oil
- 5 lb. bone-in beef short ribs, cut crosswise into 2-inch pieces
- Kosher salt
- Freshly ground black pepper
- ¼ c. low-sodium soy sauce
- ¼ c. water
- ¼ c. packed light brown sugar
- ¼ c. rice vinegar
- 2 tsp. sesame oil
- 1 tsp. crush red pepper flakes (optional)
- 3 Carrots, medium, peeled and chopped into thirds
- 1 yellow onion, large, sliced into ¼ inch wedges
- 5 cloves garlic, crushed
- ¼ inch piece ginger, thinly sliced
- Cooked short grain white rice, for serving
1. INGREDIENTS

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

- 3 lbs collard greens, cleaned, de-stemmed, and chopped into bite-sized pieces
- ½ stick butter
- 1 large smoked ham hocks (or 2 lbs of alternate choice of meat)
- 1 large white onion, finely chopped
- 1 teaspoon red pepper flakes
- Salt and freshly ground black pepper, to taste
- 4 cups (32 ounces) chicken stock
- 4–6 Tabasco peppers
- 1 teaspoon hot sauce, plus more to taste
- 2 tablespoons sugar
1. INGREDIENTS

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

• 1 can Eagle Brand® Sweetened Condensed Milk (14 ounces)
• 1 ½ cups of cold water
• 1 package instant vanilla pudding mix
• 2 cups whipped topping or cream
• 36 vanilla wafers
• 3 sliced bananas (medium)
• Juice of half a lemon
1. INGREDIENTS

- 1 - 21 oz can of Cherry Pie Filling
- 1 - 14 oz can of Sweetened condensed milk
- 1 - 20 oz can of Pineapple Chunks (in juice) drained
- 1 - package 2.25 oz of peanuts
- 1 - container of Cool Whip
EASY BAKE PEASANT BREAD
BY LATALA

1. INGREDIENTS

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

• 4 cups of flour
• 2 tsp salt
• 2 tsp sugar
• 1 packet yeast
• 2–3 teaspoons of butter
• 2 cups of luke warm water
1. INGREDIENTS

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

- 2 ½ cups of flour
- 4 tsp baking powder
- 4 tsp sugar
- 2 tsp salt
- ½ cup butter (melted)
- 2 cups of buttermilk
1. INGREDIENTS

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

- ½ cup butter
- 2 cup sugar
- 1 tsp vanilla
- 4 eggs
- 1 tablespoon yellow cornmeal
- ¼ cup evaporated milk
- 1 tablespoon white distilled vinegar
- 1 9-inch unbaked pie shell
1. INGREDIENTS

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

- 3 tablespoons olive oil, divided
- 2 boneless skinless chicken breasts, cut into bite-sized pieces
- 1 pound andouille sausage, thinly sliced into rounds
- 3 small bell peppers, cored and diced (I used a yellow, red and green bell pepper)
- 2 ribs celery, diced
- 1 jalapeño pepper, seeded and finely chopped
- 1 white onion, diced
- 4 cloves garlic, peeled and minced
- 1 (14-ounce) can crushed tomatoes
- 3–4 cups chicken stock
- 1 ¼ cups uncooked long grain white rice
- 2 tablespoons Cajun seasoning or Creole seasoning
- 1 teaspoon dried thyme, crushed
- ¼ teaspoon cayenne pepper
- 1 bay leaf
- 1 pound raw large shrimp, peeled and deveined
- 1 cup thinly-sliced okra
- salt and freshly-cracked black pepper
1. INGREDIENTS

CLICK THE ARROWS ABOVE TO TOGGLE BETWEEN INGREDIENTS AND DIRECTIONS

- 3 tablespoons olive oil
- 3 small white onions, diced (about 1 cup)
- 1 small green pepper, seeded and finely diced
- 1 cup sausage meat, casings removed (spicy Italian or chorizo preferred)
- ½ pound chopped chicken livers
- ½ cup chicken gizzards, chopped
- 2 to 3 cloves chopped garlic
- 1 tablespoon ground dry oregano
- 1 tablespoon dry, ground thyme
- ¼ chopped parsley
- 2 cups cold, cooked white rice
- 4 12-ounce Cornish hens
- 3 tablespoons soft butter
- Salt and pepper to taste