



A BOOK OF  
FAVORITE  
RECIPES

Compiled By The  
Mississippi Fish and Wildlife Foundation

## Introduction

We at the Mississippi Fish and Wildlife Foundation are strong advocates of hunting and fishing. We also believe in proper utilization of the harvest.

Every concerned Mississippian knows what it's like to watch a beautiful sunset at the end of a long day afield or on the water. Those outings don't have to end at sunset. After the rods and guns have been put away, grilling a venison steak or frying up a batch of crappie is the perfect way to relive those wonderful days afield.

Preparing the bounty of our harvest should be a family affair. Sharing in the preparation and enjoyment of nature is an important part of the outdoor experience.

We encourage everyone to take at least one night per month to experiment with a new recipe. Open your favorite bottle of wine, try one of these recipes and develop a further appreciation of Mississippi's wonderful outdoors with family and friends. It's a great way to spend an evening.

## Expression of Appreciation

A great many people - too many to mention them all by name - contributed in one-way or another to the writing of this cookbook. A special thanks to our many members and friends across Mississippi who searched for recipes for us, many favorite family recipes, and provided their all-important encouragement and support for this publication. They started gathering recipes shortly after Wildlife Mississippi was founded.

Special thanks goes to Michelle Owens of the Mississippi Fish and Wildlife Foundation staff who compiled the recipes, put them into words and helped pull the whole cookbook project together.

This cookbook is dedicated to the thousands of anglers and hunters throughout Mississippi who understand that bagging a deer or catching a limit of crappie doesn't end at the end of the outing. It's only the beginning.

This cookbook is written for those wildlife enthusiasts who have discovered that transforming a bag of frozen venison into a gourmet meal can be every bit as challenging and rewarding as bagging a trophy buck.

Your Friends At  
Wildlife Mississippi

# Deer

## Chili

- 1½ lb. ground venison
- 1 onion (chopped & sautéed w/meat)
- 1 can tomato soup
- 1-8 oz. can tomato sauce
- 1 can red beans (optional)
- 1 tsp. chili powder
- 1 tsp. salt
- ½ tsp. cayenne pepper (1 tsp. will not make too hot if you desire more fire.)

Let slow cook in crock-pot for two hours (less on range top).  
You may want to add water while cooking for thinner chili.  
Yields 4 servings.

*Jerry Ainsworth  
Cleveland, Mississippi*

## Deer-N-Bacon

- (1) Cut deer tenderloin into strips
- (2) Wrap a slice of bacon around each strip and secure with a toothpick
- (3) Place strips into a container and pour enough Italian Dressing to cover meat. Let soak overnight.
- (4) Cook on barbecue grill until no longer pink.

*John Bariola  
Itta Bena, Mississippi*

## **Deer Sausage Balls In Cherry Sauce**

1 lb. deer sausage  
1 can cherry pie filling  
½ cup water  
2 T. Cornstarch  
½ cup chopped pecans

Make sausage from your next deer. Shape sausage into balls (1-lb. makes 22 balls). Brown in skillet until done through. Empty can of pie filling in blender and process until smooth. Put cherry puree in double boiler and add mixture of water and cornstarch to puree. Heat to just bubbly and add chopped pecans. Remove sausage balls from skillet and drain and pat dry with paper towels. Put cherry mixture and sausage balls in chafing dish. Serve hot with toothpicks.

*Lil Gant  
Merigold, Mississippi*

## **Spicy Venison Kabobs**

Marinade:

½ cup chopped onion  
¼ cup white wine (optional)  
3 T. soy sauce  
1 T. vegetable oil  
2 tsp. coriander  
2 tsp. chili powder  
½ tsp. cayenne pepper  
½ tsp. paprika  
1 lb. venison steak (cut in 1-inch cubes)  
1½ cups water  
20 mushrooms  
1 large onion (cut in 1-inch slices)  
2 bell peppers

In a pan, combine all marinade ingredients and heat until boiling, stirring occasionally. Cool to room temperature and add venison cubes. Cover and marinate in refrigerator for approximately 24 hours. For each kabob, alternate onion, venison, bell pepper and mushroom on kabob skewers. Grill kabobs 3 to 4 inches from coals until desired (10-15 minutes). Yields 4 servings.

*James Cummins  
Amory, Mississippi*

## Stuffed Venison Tenderloin w/Wild Mushroom Bordelaise

1 medium venison tenderloin  
½ cup feta cheese  
1 cup flour  
3 T. butter

1 cup fresh or frozen spinach  
Salt and coarse black pepper to taste  
3 T. olive oil

## Wild Mushroom Bordelaise

1 large Portabella mushroom (sliced)  
¼ lb. oyster mushrooms (sliced)  
¼ cup parsley chopped  
1 qt. beef stock  
2 T. cornstarch  
2 T. butter

¼ lb. Shitake mushrooms (sliced)  
1 fresh shallot chopped  
1 T. thyme  
2 cups red wine  
3 T. water

Make sure tenderloin is cleaned correctly, no silver skin or any fat left on it. Cut in half so you can have two pieces about 3 to 4 inches each. One at a time take tenderloin and butter fly it less than half way. Get medium size piece of film wrap and a meat tenderizer. Place the film wrap over the tenderloin and pound with the small size of the tenderizer until somewhat flattened. Then turn tenderizer to its side and continue pounding until it's like a scaloppini. Do not pound too far or it might tare the meat and the filling will fall out. Once the meat is flattened, season meat and add chopped spinach and feta cheese on the middle of loin. Fold in side and roll. Take the loin and place on a large piece of film wrap. Roll once again like rolling up candy. Twist the ends. Place in the cooler for about 20 minutes so it will be easy to work with. It should look like a sausage.

**Bordelaise sauce.** Mix cornstarch and water and set aside. Take your shallots, parsley and thyme and sauté with butter in a saucepot for about 2 minutes. Add your beef stock and red wine. Let reduce about a third. Once sauce has reduced, strain well and replace wine and stock to your pan. Add mushrooms and bring to a boil. Reduce heat, add mixed cornstarch and water to sauce and simmer for about 8 to 10 minutes.

Set oven at 350 degrees. Season flour with salt and pepper. Dredge loin into flour. Take sauté pan and place it on medium to high heat. Add butter and olive oil. Once the butter and oil are hot, place tenderloin into pan and brown off evenly on all sides. Once brown, place in oven for about 10 minutes or until temperature reaches 140 degrees. Place sauce on top and enjoy.

*Luis Bruno  
Jackson, Mississippi*

## **Venison Tenderloin**

12 venison medallions (2 oz. each, pounded to 1/4" thick)  
2 T. steak seasoning  
Clarified butter (as needed)  
2 cups shiitake mushrooms (chopped)  
4 oz. red wine  
1 cup roasted garlic bordelaise  
1/2 stick butter (1/8 lb., cut into chips)

Season venison with steak seasoning and sauté in clarified butter to medium (approximately 3 minutes). Remove venison and add mushrooms; cook over medium high, heat until soft. De-glaze with red wine. Add roasted garlic bordelaise and bring to a lower boil; lower heat. Incorporate butter one chip at a time and stirring vigorously. Place 3 venison medallions on serving plate and top with sauce; serve with Café potatoes and crescent vegetables. Yields four servings.

*Scott Duckworth  
Hattiesburg, Mississippi*

## **Smoked Peppercorn Venison Loin**

Desired amount of whole venison loin  
olive oil  
garlic powder  
cracked peppercorns

Trim loin of excess fat and silver skin. Rib and coat loin generously with olive oil. Sprinkle with garlic powder, then rub and coat loin generously with cracked peppercorns. Cook slowly on smoker or grill until inside is still pink (it will finish cooking, even when removed from heat). Serve either thickly sliced with your favorite steak sauce, or very thinly, delicious for sandwiches. This is a deliciously different and spicy venison dish.

*Dr. and Mrs. Eddie Hobbs  
Moorhead, Mississippi*

## **Becker Bottom Venison Stew**

2 lbs. venison stew meat  
2 T. vegetable oil  
3 large onions, chopped  
1 T. Worcestershire  
1 bay leaf  
1 T. oregano  
1 T. salt  
1 T. pepper  
3 cups water  
7 potatoes, peeled and quartered  
2 large carrots cut in 1" length

Brown meat in oil in a Dutch oven; add the ingredients (except the potatoes and carrots). Simmer 1½ to 2 hours until meat is tender. Add the potatoes and carrots. Cook until all vegetables are tender. Thicken with flour and ¼ cup cold water. Remove bay leaf. Serves 8 to 10 people.

*Ms. Lois F. Varnell  
Amory, Mississippi*

## **Crock Pot Venison With Vegetables**

1½ - 2 lbs. shoulder roast or butt cut on hindquarter  
1 pkg. Adolph's Meat Tenderizer  
1 medium bell pepper  
4 medium potatoes  
3 medium carrots  
2 stalks celery  
½ cup vinegar  
1 pkg. French's Beef Stew Mix  
3 T. Worcestershire sauce  
3 T. Salt  
Salt and Pepper to taste (can be salt-free)  
1 large onion

Place roast in a container and cover with tap water. Add vinegar, salt and Worcestershire sauce. Soak until the red is out of the roast, approximately 45 minutes. Drain the roast and add mixture of Adolph's Meat Tenderizer. Mix according to the directions plus ¼ of the onion, diced. Stir the roast to make sure it is covered with tenderizer. Let soak for 20 to 30 minutes, then pour powdered stew mix onto the roast and stir again. Do not add water to the mix. Let soak while cutting up vegetables into chunks. Reserve one potato. Place the vegetables in bottom of the crock-pot; do not add water. Salt and pepper to taste. Place the roast with tenderizer and stew mix on top of the vegetables. Cut potato logs from reserve potato and put on top of meat. Cook 12 hours on low setting.

*Carl L. Grubb  
Moorhead, Mississippi*

## **Boneless Venison Roast**

Prepare the hindquarter by removing the leg bone and pelvic bone. This is done by laying the leg outside down on a table and cutting the muscle away from the bone. Be sure to remove all fat and the musk gland. Slash the meat lengthwise to make it lay flat. Season liberally with Tony's seasoning. Cover the meat with a mixture of chopped celery, onions, bell pepper, garlic and bacon pieces. Roll the meat around the stuffing mixture. Tie the roast with cotton string. Season the outside of the roast. Place in a smoker away from direct heat. Use pecan or hickory chips to create good smoke. Cook to an internal temperature reaches 130-135 degrees. Allow to cool before slicing. Slice across the grain with a meat slicer for the thinnest cuts possible. Serve hot or cold with your favorite sauce. Even those who say they don't like wild meat will be asking for more!

*Jimmy Walker  
Yelleville, Arkansas*

## **Venison Pot Roast**

3 to 4 lb. venison roast  
8 oz. Kraft Catalina French dressing  
1 cup green stuffed olives  
8 small onions  
8 small potatoes  
½ cup vinegar  
2 T. flour

Soak roast in 1-quart water and ½ cup vinegar for one hour. Drain and dry. Brown roast on all sides in ¼ cup Catalina French Dressing. Add remaining dressing to which has been added ½ cup water. Cover. Simmer 2½ hours. Add onions, potatoes, olive slices. Continue to simmer 45 more minutes or until meat and vegetables are tender. Remove both to a warm serving platter. Thicken meat juices with ¼ cup water and 2 T. flour mixed together in small bowl. Stir until well blended. Gradually add flour mixture to hot liquid in roasting pan. Cool until mixture thickens, stir constantly. Serve meat and vegetables with the gravy. Optional: garlic slivers may be pressed into punctures made into the roast before browning.

*Norma Palasini  
Leland, Mississippi*

### **Baked Venison Stew**

2 lbs. Venison stew meat  
seasoned meat tenderizer  
¼ cup flour  
2 to 3 T. cooking oil  
½ tsp. garlic powder  
2-8 oz. cans tomato sauce  
1-8 oz. can water  
6 to 8 small boiling onions, peeled  
3 parsnips, scraped and sliced  
4 carrots, scraped and sliced  
1 cup whole mushrooms, washed  
1 tube (10 in a tube) baking powder biscuits

Remove fat from venison and discard. Cut meat into bite-size chunks. Sprinkle with tenderizer and dredge in flour. Melt margarine in a skillet, add garlic and stir to mix. Cook meat until well-browned and almost done. Place meat in a baking dish, add rest of ingredients, except the biscuits, cover and bake in a 350 degree oven for about one hour or until vegetables are tender. Stir and top with biscuits. Raise oven heat to 400 degrees and return to oven. Bake until biscuits are done (12 to 15 minutes). Serves 4. Variations: Although we have found this combination of vegetables to be particularly pleasing, other combinations of vegetables may be used with equal success.

*Mike Holman  
Hamilton, Mississippi*

### **Company Venison And Gravy**

2 lbs. venison (back strap or hind-quarter steaks best)  
¼ cup oil  
2 large onions, chopped  
½ bell pepper, chopped  
2 qts. water  
2 beef bouillon cubes  
4-6 garlic cloves, finely chopped  
1 tsp. garlic powder  
salt and pepper  
flour

Salt, pepper and flour venison. Brown in oil in a large heavy pan. While venison is browning, pour water into large Dutch oven and add all other ingredients. Add venison to mixture, and place into a 250-degree oven. Cook uncovered for approximately 2 hours or until the gravy thickens to your liking. Note: To make gravy thicker, add some more flour. Serve over rice or biscuits.

*Don Harris  
Madison, Mississippi*

## **Venison Deluxe**

Preheat oven to 350 degrees

Grease big roasting pan. Use enough venison slices, bone and fat removed, to cover bottom of pan. Meat shrinks, so be generous.

First beat to tenderize, sprinkle with unseasoned meat tenderizer, pepper and salt to taste. (May chip up several cloves of garlic)

Add a mixture of the following over the meat:

1 cup each of chopped: green onions, bell pepper, celery, carrots.

6 large potatoes sliced French fry style. Slice a stick of margarine over all. Dilute 2 cans of cream of mushroom soup with 2 cans of water and pour over vegetables. Cover with lid or foil. Bake 1½ to 2 hours according to age and tenderness of venison. Serve over rice or creamed potatoes.

Meat substitute. You may use 2 cut-up fryers, salted and peppered or several cup-up squirrels that have been pressure-cooked about 15 minutes. Use what is brought to camp in the way of meat or vegetables. Add salt as needed according to diet. You may want to add a few sliced jalapeno peppers.

*Mrs. J. C. (Nona) Herbert  
Shaw, Mississippi*

## **Chili Soup**

1½ lbs. ground beef or venison

1 large onion (diced)

2 cans Progress Minestrone soup or 3 cans Campbell's Minestrone soup

1-28 oz. can tomatoes, crushed

2 cans Rotel tomatoes

1 clove garlic, crushed

1 tsp. celery salt

1 T. parsley

a few shakes of Tabasco sauce

Brown meat and onion. Add remaining ingredients. Simmer 30 minutes. Freezes well.

*Lynne Moses  
Rolling Fork, Mississippi*

## **Venison Steak Roni**

Brown package of venison steak (after hacking and soaking in vinegar), with ½ cup chopped onion, green pepper and several cloves of chopped garlic, in large skillet, drain. Stir in 1 can (16 oz.) tomatoes, 1¾ cups water, 1 package chili seasoning and 1½ cups uncooked elbow macaroni. Cover; simmer 25-30 minutes or until macaroni is done. Top with 1 cup shredded cheddar cheese. Stir several times.

*Norma Palasini  
Leland, Mississippi*

## **Grilled Venison Tenderloin**

2-3 venison tenderloin  
1 T. lemon pepper  
3 cloves garlic minced  
2 T. fresh rosemary (1 tsp. dry)  
1 cup dry red wine  
3 T. soy sauce  
1 cup vegetable oil

Rub venison on all sides with black pepper, garlic, wine, and soy sauce, and thoroughly coat meat. Add cover and marinate 16-24 hours. Two hours before grilling take from refrigerator and let meat become room temperature. To grill, sear meat in both sides over hot coals then cook medium to medium-rare approximately 10-15 minutes. Allow meat to rest 10 minutes before slicing into 1/4" rounds. Serve warm or at room temperature. Can serve as main course, with rolls or pick up food.

May want to use following sauces:

### Horseradish Sauce

1 cup sour cream  
2 T. horseradish  
2 tsp. lemon juice, mix well

### Mustard Sauce

1 cup sour cream  
3 T. Dijon or Creole mustard, mix well.

*Karan Lott  
Greenwood, Mississippi*

## **Grilled Venison With Cabernet Glaze (Serves 6)**

2 cups of Cabernet Sauvignon plus ½ cup for glaze  
1 cup Raspberry Vinegar  
1 whole cinnamon stick  
1 bay leaf  
1 tsp. cracked black peppercorns  
1 large branch fresh rosemary  
½ tsp. crushed juniper berries  
12-3 oz. venison loin medallions (back strap)  
8 oz. can tomato paste  
1 tsp. sugar  
2 T. minced shallots  
1 cup veal stock (commercial chicken stock will suffice)  
1 oz. butter (room temperature)

To make the Cabernet Glaze, place tomato paste, sugar and shallots on a medium/low fire in a heavy saucepan. Stir constantly until heated throughout without scorching the bottom of saucepan; add ½ cup Cabernet and 1 cup veal stock. Reduce to sauce-like consistency and strain through a "tea-strainer" to remove solids (shallots) and then add butter to glaze and keep warm until service.

Combine the Cabernet Sauvignon, vinegar and spices into a marinade; this should be done 2 hours before using this mixture as a marinade. Next, marinate the venison medallions in this mixture for two hours. Pat dry and season. Grill meat pieces to medium rare. Pool Cabernet Glaze over venison and serve with garlic mashed potatoes and assorted vegetables such as grilled zucchini slices, grilled yellow squash and grilled red bell pepper quarters.

*Nick Apostle  
Jackson, Mississippi*

### **Venison Pot Roast**

3 to 4 lb. venison roast. Poke holes in all sides of roast and soak in cold vinegar (1/2 cup) to dish pan full of water for an hour. Add pieces of garlic to holes in roast before browning. Brown, drained and dried roast on 1/4 cup Kraft Catalina French dressing. Add balance of 1-8 oz. bottle and 1/2 cup water- cover; simmer 2 1/2 hours. Add 8 small onions, 8 small potatoes, and 1 cup green stuffed olive slices; continue simmering 45 minutes until meat and vegetables are tender. Remove meat and vegetables to warm serving platter. Gradually add 1/4 cup water to 2 T. flour, stirring until well blended. Gradually add flour mixture to hot liquid in pan. Cook- stirring constantly until mixture boils and thickens. Simmer 3 minutes, stirring constantly. Serve with meat and vegetables.

*Norma Palasini  
Leland, Mississippi*

### **Venison Shish-K-Bobs**

Venison, cubed  
Italian salad dressing  
Bacon

Alternate cubes of venison and bacon slices on skewers. Marinate skewers overnight in salad dressing. Grill skewers until meat reaches desired tenderness.

*Chris Zepponi  
Leland, Mississippi*

### **Venison Burgers**

1 lb. ground venison  
1/2 lb. pork sausage  
1 T. dehydrated onion  
1 tsp. garlic powder  
2 T. Worcestershire sauce  
1 tsp. liquid smoke  
1 egg  
1/2 cup condensed milk  
breadcrumbs  
salt and pepper to taste

Combine meat with seasonings and mix well, add egg and condensed milk. Add enough breadcrumbs to make mixture hold together without being sticky or dry. Shape into 6 medium patties and broil, fry or grill.

*Mrs. Betty Touchstone  
Greenville, Mississippi*

## **Venison Stir-Fry with Peanuts**

Marinade:

- 1 T. vegetable oil
- 3 T. soy sauce
- 1 T. cornstarch

Stir-fry sauce:

- ¼ cup chicken broth
- 4 T. soy sauce
- 2 tsp. cornstarch
- 1 tsp. sugar
- 1 lb. venison steak (cut in ½ inch cubes)
- 3 T. vegetable oil
- ½ tsp. cayenne pepper
- 3 tsp. ginger
- ¾ cup unsalted peanuts
- ½ cup onion, chopped
- 2 medium bell peppers, chopped
- 5 medium carrots, sliced
- 3 cups hot cooked rice

In a small bowl, combine all marinade ingredients. Add venison cubes and stir until coated. Marinate at room temperature for 1 hour. In a bowl, combine sauce ingredients and set aside. In a wok heat 3 T. of oil at medium heat. Add cayenne and ginger. Add venison and cook until firm. Add peanuts and cook for 1 minute. Add carrots and cook for 3 minute. Add bell peppers and onion and cook for 3 minutes. Add sauce and stir. Serve over rice. Makes 3 or 4 servings.

*James Cummins  
Amory, Mississippi*

## **Stir-Fry Deer or Pepper Steak**

2 lbs. deer round steak

¼ cup bourbon

1 T. California Garlic Pepper

Cut deer steak in strips and sprinkle ¼ cup bourbon for marinade over steak. Let set 10 minutes.

Heat oil in wok and stir-fry until changes color. Put in long Pyrex dish and sprinkle with Dales seasoning or soy sauce. Place in 350-degree oven for 35 to 40 minutes. Delicious with homemade biscuits,

You may stir fry bell peppers, onions, mushrooms, and tomatoes and thicken juice with 2 T. flour and return all veggies and meat back to wok and season with soy sauce. Serve over rice.

*Margaret Henderson  
Greenwood, Mississippi*

## **Culabrella Venison**

2 to 2½ lbs. venison (preferably tenderloins)  
2 to 3 eggs  
1 cup milk (maybe more)  
1 cup flour  
salt  
pepper  
1 can rotel  
1 pkg. onion soup mix  
cooking oil

If the venison is shot before the hounds, I usually soak it overnight in salt brine with a little vinegar. If the meat is taken by still-hunting, no soaking is required.

Cut the venison into little steaks about 3 to 4 inches long and ½ inch thick.

Season flour with salt and pepper and spread on wax paper. Get your big skillet out and put about ½ inch of oil in the bottom on medium-high to be getting hot.

Beat the eggs into milk in deep bowl, dip meat in the milk and egg mixture and drain excess back into bowl. Roll meat in flour and fry until crispy. Sit meat on a platter to drain.

When you get the little steaks all cooked, put them in the bottom of a big Dutch oven. Add rotel, onion soup mix and enough water to come up even with the meat. Simmer on low heat for 30 to 40 minutes.

Serve with rice, the gravy left from cooking, and cathead biscuits with butter.

*Dr. Hilton O'Neal  
Greenville, Mississippi*

## **Barbecued Deer Ribs Supreme**

In the morning: Put deer ribs in pan of cold water with a couple of caps full of vinegar and a pinch of salt.

That afternoon put water in pot to boil with crab boil seasoning, red pepper, one onion, a little celery and a clove or two of garlic. Let boil for at least 30 minutes before placing meat on broiling pan and brown in oven with a good barbecue sauce, brushing on sauce before and after browning.

Take out when done and serve with fresh Cole slaw, baked beans and French bread.

*Gus Johnson  
Greenville, Mississippi*

## **Chevreuil Bourguignon A La Anne (Venison Burgundy)**

1 lb. bacon, cooked crisp, reserve drippings

2½ - 3 lbs. venison (roast or steaks, cubed)

Combine the following and toss with meat before browning:

1½ tsp. Season All seasoning

1½ tsp. Nature's seasonings

salt and pepper to taste

½ cup flour

¾ cup flour

3 large carrots, peeled and sliced

1 large onion

½ cup celery, diced

1 clove garlic, minced

1 bay leaf

1 T. fresh parsley, chopped

¾ tsp. thyme, dried or fresh minced

1½ cups rich beef broth (or 1-10 oz.  
can condensed beef broth)

1 T. tomato paste

2 cups Burgundy

1 lb. fresh mushrooms

In a large Dutch oven, brown the venison in reserved bacon dripping.

Reserve venison and keep it warm. Brown ¾ cup flour in drippings, scraping pan and stirring while browning over a medium flame (do not burn flour). Add bacon, carrots, onions, celery, garlic, bay leaf parsley and thyme. Stir well into roux over medium flame for 2-3 minutes. Add broth, wine, paste, and venison. Reduce flame to simmer for 3 to 4 hours, covered. Stir occasionally. One half hour before serving, add fresh mushrooms. Serve over rice or your favorite pasta. Serves 8. Excellent hearty meal accompanied by salad, French bread, your favorite red wine and a light sorbet for dessert.

*Anne Callaway  
Greenville, Mississippi*

## **Venison Finger Steaks**

2 lbs. venison, fat and membranes removed

1 cup Worcestershire sauce

1 qt. peanut oil

2 cups all-purpose flour

salt to taste

ground cayenne pepper to taste

garlic powder to taste

onion powder to taste

Cut meat into 1 x 3 inch strips, making sure to cut across the grain (the meat will be more tender). Soak the strips in the Worcestershire sauce for about 30 minutes. Half fill a deep-frying pot with the oil and preheat to 350 degrees F. In a large mixing bowl, mix the flour with the seasonings. Dredge the venison on the spicy flour mixture. Deep fry in hot oil until the strips float and become golden brown, 2 to 3 minutes.

*Justin Wilson  
Gretna, Louisiana*

## **Venison Stew**

2 T. olive oil

1½ lbs. venison (from hind quarter), cut in stew-size pieces, seasoned with salt and white pepper

3 onions, cut into quarters

6 medium potatoes, cut into chunks

3 ribs (large) celery, cut into 2 inch lengths

6 carrots, cut into chunks

1 envelope dry onion soup mix

1-8 oz. can tomato sauce

1-2 oz. can sliced mushrooms

In a heavy bottomed stockpot with lid, brown meat in hot olive oil in small batches. Place all meat in pot and add tomato sauce, sliced mushrooms and onion soup mix. Add enough water to cover meat. Bring to a boil. Cover and reduce heat to bare simmer. After 30 minutes having elapsed add the potatoes to venison and cook covered for 15 to 20 minutes or until potatoes are just beginning to become done. Add the remaining ingredients and a little more water if needed. Cover with a lid and let cook until veggies are done but not mushy. Adjust seasoning and enjoy.

*Nick Apostle  
Jackson, Mississippi*

## **Venison Cutlets**

Venison (any cut)

1 egg

1-4 oz. pkg. soda crackers, crushed

½ cup flour

1 lemon

½ cup milk

oil, (vegetable)

salt and pepper

Cut venison into slices about ¼” thick and the diameter of a hamburger patty. Remove all fat or gristle from meat. Pound thoroughly with a tenderizing hammer (or put through a tenderizing machine). Mix egg and milk in bowl and dip venison slices into mixture. Remove and roll into crackers and flour mixture (combine the flour and crackers). Fry in hot cooking oil until golden brown, turning once. Remove and place on a paper towel to drain. Squeeze lemon juice on venison immediately after removing from skillet. Salt and pepper to taste and serve.

Tip: Make sure oil is hot so when you place breaded venison slice in it the breading won't come off.

*Heber Simmons, Jr.  
Jackson, Mississippi*

### **Country Beans**

1 large onion, chopped  
1 bell pepper, chopped  
1 cup celery, chopped  
2 lbs. ground venison  
few slices of bacon  
2 T. mustard

1½ cup brown sugar  
1 cup barbeque sauce with  
smoke flavor  
black pepper, to taste  
2 cans pork & beans

Simmer onion, celery, and bell pepper and add venison and brown. Pour off grease. Add other ingredients; top with bacon and bake at 350 degrees for an hour.

*Nola Ann Herring  
Brandon, Mississippi*

### **Chili Mac**

2 lbs. ground venison  
1 large onion  
1 large bell pepper  
minced garlic  
1 pkg. chili seasoning  
1 can tomato sauce

2 cans water  
2 cans Ranch Style beans  
1 can whole kernel corn, drained  
2 cups shredded cheddar cheese  
½ pkg. elbow macaroni  
salt and pepper to taste

Sauté ground venison, large chopped onion, bell pepper. Drain excess oil. Add chili seasoning mix, minced garlic and salt and pepper. Add tomato sauce, water, corn and beans. Simmer approximately 30 minutes. Add boiled macaroni and 2 cups cheddar cheese.

*Elizabeth Cummins  
Kilmichael, Mississippi*

### **Venison Stroganoff**

1 lb. ground venison  
1 medium onion, chopped  
1 can mushrooms  
2 cans tomato sauce

1 small package cream cheese  
1 cup sour cream  
1-5oz. pkg. medium egg noodles  
mozzarella cheese

Brown ground venison. Sauté onion and mushrooms, add tomato sauce and ground venison, simmer 10 minutes. Mix softened cream cheese and sour cream with cooked egg noodles. Layer egg noodles and meat mixture (I just mix mine together). Top with grated mozzarella and bake at 350 degrees for 30 minutes or until bubbly.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Grilled Venison**

Back strap or outside tenderloin of deer (one should feed 3 to 4 people).

Remove all connective tissue, fascia and membranes. Slice meat one-inch thick making 8 to 10 medallions.

Sprinkle with tenderizer, dried parsley, and lemon pepper, and pound 4 to 5 times with a meat hammer, but not enough to flatten.

Turn and repeat on other side. Marinate 1 to 3 days in the refrigerator after having put 1 tsp. honey and 2 tsp. allegro on each medallion. Second day turn meat and repeat. Cook over low charcoals and don't overcook.

*Dr. John Brooks  
Greenville, Mississippi*

## **Hamburger Steaks**

1 lb. ground beef or venison

½ cup plain yogurt

1 T. Worcestershire sauce

1 tsp. mustard

1 chopped onion or 1 envelope Dry Onion Soup mix

pepper to taste

Mix all together and shape into patties. Brown patties in oil. Place burgers in baking dish and top with 1 can mushroom soup mixed with the other half cup of yogurt. Bake (covered) at 350 degrees about 45 minutes.

*Nola Ann Herring  
Brandon, Mississippi*

## **Venison Stroganoff**

1 cup sour cream

½ cup fresh bacon drippings

1 can canned beef broth

1¾ cup red cooking wine

3 medium onions, peeled and sliced

1 lb. fresh mushrooms caps or

2-3 oz. cans sliced mushrooms

4 T. flour

¼ tsp. thyme

¼ tsp. marjoram

fresh ground pepper and salt to taste

1-12oz. pkg. Skinner egg noodles

Sauté onions in ¼ cup bacon drippings in a 4-quart Dutch oven. Remove onions and reserve. Brown meat in small batches, adding more drippings as needed. Return meat to pot. Stir in 4 tablespoons flour. Add wine, beef broth and seasonings. Cover and simmer gently for 3 hours, stirring occasionally. Add onions and mushrooms. Cook for 1 hour more over medium heat. At the end of cooking, stir in 1-cup room temperature sour cream. Do not allow to boil or it will curdle. Serve over hot buttered noodles. Serves 8-10.

*James Cummins  
Amory, Mississippi*

## **Venison and Beans**

6 slices bacon, chopped  
1½ lbs. deer  
1 medium onion, chopped  
1-16oz. can pork and beans  
1-16 oz. can kidney beans, drained  
1-16 oz. can butter beans or  
Great Northern beans, drained

1 cup Catsup  
2 T. vinegar  
1 T. Worcestershire sauce  
½ tsp. salt  
¼ tsp. prepared mustard  
1/3 cup packed brown sugar

Heat oven to 350 degrees. In Dutch oven, cook bacon over medium-low heat, stirring occasionally, until crisp. Remove with slotted spoon; set aside. Drain all but 1-tablespoon bacon fat from Dutch oven. Add meat and onion. Cook over medium heat, stirring occasionally, until meat is no longer pink and onion is tender. Add reserved bacon and remaining ingredients to Dutch oven; mix well. Cover and bake until bubbly around edges, about 45 minutes.

*Nola Ann Herring  
Brandon, Mississippi*

## **Sauerbraten**

3 to 4 lbs. venison- marinade in:  
1 qt. water vinegar to taste  
6 peppercorns  
3 whole cloves  
1 bay leave  
2-3 onions, sliced thick

Bring to boil and marinade meat in it for 3 days. Keep in refrigerator and then turn meat everyday. Roast in oven in a pan or bag. I usually throw away the marinade and make separate gravy, but you may want to use some of it to season the gravy.

*Eva Chesteen  
Fredericksburg, Virginia*

### **Salisbury Steak**

1 lb. ground venison  
1 small onion  
1 cup corn flakes  
dash of pepper  
1 egg  
½ cup milk  
1 tsp. salt  
1 can mushroom soup

Combine meat, egg, onion, milk, corn flakes, salt and pepper. Form six patties. Roll in flour, brown in a little shortening and place in baking pan; cover with mushroom soup. Bake at 350 degrees for 45 minutes.

*Elizabeth Cummins  
Kilmichael, Mississippi*

### **Venison Burgers**

1¼ lb. ground venison	2 T. mustard
1 large onion, chopped	1 T. vinegar
1 green pepper, chopped	1 tsp. salt
¾ cup catsup	2 T. sugar

Brown meat with onion and pepper. Add other ingredients. Simmer on low heat (covered) for about 30 minutes. Serve on buns.

*Nola Ann Herring  
Brandon, Mississippi*

### **Venison Meal-In-One Casserole**

1 lb. ground venison	1 can cream of mushroom soup
1 large chopped onion	1 can tomato soup
1- No. 2 can green beans, drained	¼ cup grated cheese
½ lb. noodles, cooked	

Sauté meat with onions in small amount of fat. Place in casserole. Add beans, noodles and soups in layers. Sprinkle with cheese. Bake at 350 degrees for 45 minutes. Yield: 8 servings.

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Clarksdale, Mississippi*

### **Venison Mincemeat**

4 lbs. venison “trim” meat with bones	1 T. ground ginger
2 lbs. seedless raisins	1 T. ground cloves
1-15oz. box currants	1 T. nutmeg
¾ lb. beef suet	1 tsp. allspice
3 lbs. apples, peeled and quartered	1 tsp. mace (optional)
1 T. salt	2 qts. cider, grape juice, or other fruit juice
1 T. cinnamon	1 lb. brown sugar

Trim fat from venison. Cover with water. Simmer until meat is tender. Refrigerate venison in cooking liquid and allow to cool overnight. Remove all fat from top of liquid. Separate meat from bones and put meat through grinder, using a coarse blade. (There should be enough ground venison to make at least 2 quarts of ground meat). Grind suet and apples. Combine all ingredients in a large kettle. Simmer for 2 hours to plump fruit and blend flavors. Stir often to prevent sticking. Use “as is” for cookie recipes. Add 1 cup chopped apple for every 2 cups mincemeat for pie.

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### **Mincemeat Oat Bars**

½ cup soft shortening	½ tsp. salt
1 cup brown sugar	1¾ cups oatmeal
1½ cups flour	1 cup mincemeat
1 tsp. soda	

Mix all ingredients except mincemeat until they resemble coarse cornmeal. Put half of the mixture into a 6”x 9” pan. Pat to firm. Spread with mincemeat. Sprinkle rest of crumbs on top. Bake at 350 degrees for 25-30 minutes. All to cool before cutting into bars or squares. Makes 36 cookies.

Note: A fairly dry mincemeat is best. Drain off extra juice before using.

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## **Venison Spaghetti**

1 lb. ground venison or sausage	2-6oz. cans tomato paste
¼ cup olive oil	2 T. Worcestershire sauce
2 T. minced parsley	salt and pepper
1 cup chopped onion	1-8oz. box spaghetti, cooked
2 cloves garlic, minced	Parmesan cheese
1-8 oz. can tomato puree	

Brown venison in hot oil; add parsley, onions and garlic. Cook until tender; add remaining ingredients except spaghetti and cheese. Simmer over low heat for 2 hours. Serve over spaghetti sprinkled with cheese. Yield: 6 servings

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## **Venison Chili**

½ lb. ground pork sausage	1 T. salt
2 lbs. venison, cubed	2-15oz. cans kidney beans
2 medium onions, chopped	1 qt. water
1 medium bell pepper, chopped	1/8 tsp. red pepper, if desired
2 cloves garlic, minced	1 tsp. paprika
3 T. chili powder	

In a large saucepan, set on simmer, brown pork sausage and venison. Remove sausage and venison from saucepan. Sauté onions and bell peppers. Add sausage and venison; then add remaining ingredients and enough water to cover the meat. Add remaining water as needed. Good served over rice. Yield: 8-10 servings.

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## **Venison Roast**

Venison Roast (rump or loin)

To remove gamey flavor, follow directions for basic marinade. When ready to cook wipe odd with cloth or paper towel. Use sharp knife. Punch holes deep into roast. Insert pieces of salt meat, onion, celery and garlic into each hole. Lay bacon strips across roast. Place on roasting rack. Cook in preheated oven set at 325 degrees. Cook 20 to 25 minutes per pound.

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## **Phil's Roast Leg of Venison**

1 hindquarter  
charcoal  
grill with rotisserie

Salt and pepper meat. Let meat turn over coals till cooked to perfection! During cooking time, baste with a vinegar and water solution every 15 minutes. Baste meat with your favorite sauce during the last hour or so of cooking.

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## **Hot Green Chili-Venison Stew Over Mexican Rice**

3 T. oil	1½ cans (3 oz. each) green chilies, chopped
1 clove garlic, minced	2 cups water
2 medium onions, chopped	dash chili power
4-6 large potatoes	2 jalapeno peppers, sliced in strips & seeded
½ pkg. chili seasoning mix	

Brown cubed venison with onion and garlic in oil. Add chili seasoning, jalapeno peppers, green chilies, water and cook until meat is tender. Add cubed potatoes and cook until tender. Serve over rice.

Note: Remove the jalapeno peppers before I put in potatoes.

### **Mexican Rice:**

2 cups rice (long grain)	½ tsp. cumin powder
3-4 T. oleo	½ tsp. oregano powder
1 onion, chopped	4 cups water
1 tomato, chopped	

Brown rice in oleo in large Dutch oven with onion. Add tomato, seasonings and then add water. Cook as directed for rice.

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### **Venison Sausage Balls**

1½ lbs. ground venison	¼ tsp. pepper
½ cup dry bread crumbs	¼ tsp. ground allspice
1 egg, beaten	1/8 tsp. ground cloves
1 tsp. salt	1/8 tsp. ginger
½ cup mashed potatoes	

Combine all ingredients; mix well. Shape into 1- inch balls. Brown well in oleo, stirring occasionally. Cover and cook over low heat for 15 minutes. Garnish with orange and lemon slices, if desired. Makes 5-6 dozen. Good for a brunch with scrambled eggs and wild rice.

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### **Venison Steak**

3 lbs. venison steak	2 pkgs. dry onion soup mix
1 cup grape jelly	½ tsp. salt
¼ cup steak sauce	1/3 tsp. pepper

Combine all ingredients (except steak) in large bowl. Place steak on foil in shallow baking pan. Pour three-fourth of the mixed ingredients on steak and seal foil tightly. Bake in a 350 degree oven for 2 hours or until tender. Open foil and baste with remaining sauce and cook five minutes.

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### **Venison and Noodles**

1½ lbs. sliced venison, cooked until tender  
salt and pepper to taste  
1-6oz. package noodles, cooked  
2 beef bouillon cubes  
Make gravy with liquid from meat and add bouillon cubes and cooked noodles.

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## **Venison Meat Loaf**

1½ lbs. ground venison  
¼ lb. ground beef  
1 cup medium bread crumbs  
1 pkg. onion soup mix  
2 eggs, well beaten  
1 T. sugar

½ tsp. black pepper  
¼ tsp. salt  
½ cup catsup  
¼ cup water  
½ cup evaporated milk  
1 tsp. Worcestershire sauce

Mix all ingredients in large bowl. Shape into loaf and place in foil-lined loaf pan or greased baking dish. Cover loosely with foil. Cover over pan of hot water about 1 hour. Remove foil and bake 15 minutes longer in a 350-degree oven.

Note: 2 strips of bacon may be placed on loaf during cooking time and removed before serving.

### **Sauce:**

1 can cream of mushroom soup  
1½ cups grated cheese

Heat mushroom soup and cheese until cheese is melted. Slice meat loaf. Just before serving pour cheese mixture over loaf. Serve hot.

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# Squirrel

## Squirrel Cacciatore

3 young squirrels  
6 slices bacon  
2 large cloves garlic, minced  
2 cups celery, chopped  
2 cups onion, chopped  
2 T. Rosemary, crushed  
¼ cup dry red wine  
1-8 oz. can mushrooms (stems & pieces)

Cut squirrels into frying size pieces and soak in milk over night or at least 6 hrs. Then pressure-cook them until tender. Fry bacon in large skillet or Dutch oven and remove and save. Add garlic, onions and celery to bacon grease and cook until celery and onions are clear and tender. Add squirrel, salt and pepper to taste and cook at slow boil, adding bacon and rosemary to suit your taste. Cook slowly until meat is tender. Stir often. Water may be added if necessary. Add mushrooms, wine and cook about 30 minutes more. Serve over long grain rice. Serves 6.

*Guido Palasini  
Leland, Mississippi*

## **Brunswick Stew**

10 lbs. deboned squirrel meat (20 to 25 squirrels)  
3 lbs. deboned chicken meat (2 large hens)  
2 lbs. of ham  
2 lbs. margarine  
10 large onions, chopped  
4-6 oz. cans of tomato sauce  
3 lbs. frozen okra  
4-16 oz. cans of whole peeled tomatoes  
7 lbs. diced tomatoes  
1 lb. diced carrots

4-15 oz. cans of lima beans, drained  
3-16 oz. cans of cream style corn  
3-16 oz. cans of whole corn, drained  
1½ T. thyme  
2 T. red pepper  
1 T. salt  
1-10 oz. bottle of Worcestershire sauce

Cook squirrels and chickens until tender, debone and set-aside until ready to add to the stew. Refrigerate if necessary. Strain and reserve broth. Melt margarine in pot, add chopped onions, and cook until onions are tender. Boil approximately 1 gallon of reserve broth in large pot, add diced carrots and cook for a few minutes. Then add diced potatoes and frozen okra and continue cooking until almost done but still slightly crunchy. Put carrots, potatoes, and okra into pot or roaster with onions, add broth in which vegetables were cooked and extra broth if necessary. Add tomato paste, tomatoes, black pepper, red pepper, thyme and salt. Cook over low heat until sticking. Add broth as necessary. When potatoes and carrots are done, add lima beans, cream style corn, whole corn, Worcestershire sauce, and meat. Stir continuously until stew bubbles lightly. Remove from heat and let cook, and then correct seasoning.

We are including this large quantity recipe for the camp cooks or those who host a party on the opening day of any hunting season.

*Alex Gates  
Sumner, Mississippi*

## **Broiled Squirrel**

3 squirrels with head removed  
¼ cup olive oil  
1 cup claret or sauterne wine  
salt  
vinegar and water  
red ground pepper

Marinate squirrel in mixture of vinegar and water, ¼ cup vinegar to ¾ cup water for a minimum of 3 hours, preferably longer, up to 24 hours. After marinating, wash squirrels with cold water. Salt and pepper. Grease pan with some of the olive oil; pour the rest over squirrels after they are placed in pan. Add wine. Baste often.

*Justin Wilson  
Gretna, Louisiana*

### **Baked Squirrels**

4 squirrels, cleaned and dressed	2 T. onion juice
flour	1 clove garlic, minced
1 can bouillon	1 small bay leaf
¼ tsp. Worcestershire sauce	salt, seasoned salt and pepper to taste
2 T. parsley, chopped	

Dredge squirrels in flour and brown in roasting pan. Add all ingredients and bake at 350 degrees for 45 minutes. Reduce temperature to 300 degrees and bake slowly for another 45 minutes or until tender. Serves 4.

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### **Squirrel Stew**

2 squirrels, cut in pieces	boiling water
2 T. butter	salt and freshly ground pepper
1 large onion, sliced thin	flour and water
4 very ripe tomatoes, cut up, or	
1 lb. can stewed tomatoes	

Melt butter in saucepan over medium flame. Add onion and cook until transparent. Add tomatoes; simmer five minutes with the onion. Add meat and enough boiling water to cover. Season with salt and pepper. Continue to cook until meat is tender. Thicken the broth with flour and water and again bring to a boil. Yield: 8 servings.

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### **Squirrel Fricassee**

2 squirrels, cut in serving pieces	1 tsp. salt
1½ cups flour	½ tsp. pepper
½ cup bacon fat	¾ cup onion, chopped
3 cups chicken broth	

Dust meat with flour. Brown in bacon fat in Dutch oven. Add chicken broth, salt, pepper and onion. Simmer for 1½ hours or until tender. Serve with biscuits or dumplings. Yield: 8 servings

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## Squirrel Mulligan

6 large squirrels, cut up

1 lb. butter or margarine

3 tsp. salt

6 medium potatoes, chopped

6 medium onions, chopped

1 cup celery, chopped

1 qt. tomatoes

1 can cream-style corn

1 tsp. red pepper

3 T. sugar

1 cup bread crumbs

Cook squirrels slowly in large pot with water. Add butter and salt. Cook until tender, cool. Remove meat from bones. Add potatoes, onions, and celery; cook slowly until tender. Add tomatoes, corn, pepper and sugar; bring to a boil. Simmer on low heat until mushy. Thicken with breadcrumbs. Yield: 3-4 quarts.

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Clarksdale, Mississippi*

# Rabbit

## Rabbit Ravioli with Basil Cream Sauce

1 lb. Semolina or bread flour  
6 whole eggs  
1 pinch salt  
water as needed

### Rabbit Filling

3 lbs. ground rabbit  
1 T. Cayenne pepper  
salt to taste  
3 T. parsley  
1 minced onion  
3 T. fresh Parmesan cheese  
½ T. hot sauce

### Basil Cream Sauce

1½ qts. heavy cream  
3 T. chicken base  
coarse black pepper to taste  
3 T. fresh basil

### Roux

4 oz. butter cream  
4 oz. flour

Combine all the rabbit mixture in one bowl and mix well with your hand. Set in cooler until ready to use. Take some rabbit mixture and cook some to see if you have enough seasoning. Combine all pasta ingredients in large bowl and knead the mixture until it is smooth. Cover the dough and allow to rest for 1 hour before rolling and shaping. Roll out pasta dough, cut in ravioli shape. Fill with rabbit mixture and seal with an egg wash.

To make roux, melt butter in a small saucepan. Add flour. Mix well, making sure there are no lumps. If you do have lumps, add more hot melted butter. Set this mixture aside.

Combine cream, chicken and pepper in a sauce on high heat. Let it come to a boil and reduce heat to low. Simmer and add roux. Thicken to thin to medium stage. If too thick, just add more cream. Add basil, let simmer for 5 to 8 minutes. If needed, add salt.

*Jimmy and Becky Walker  
Yellville, Arkansas*

### **Excellent Rabbit**

1 rabbit, cut into pieces  
4 whole cloves  
1 bay leaf  
1 cup dry red wine  
salt and black pepper

1 medium onion, sliced  
4 black peppercorns  
½ tsp. mace  
1 cup water  
½ cup butter

Place rabbit in a plastic or glass container. Combine next 7 ingredients and pour over rabbit. Let marinate in refrigerator for 2 – 2 ½ hours, turning several times, the longer it stands the better the flavor. Remove the rabbit from marinade and pat dry. Season with salt and pepper and dredge in flour. Brown on all sides in butter in a heavy skillet. Strain marinade and add to rabbit. Cover and simmer rabbit about 45 minutes until tender. It is good served over hot grits or rice.

*Mrs. James L. Enochs  
Orange Beach, Alabama*

### **Fried Rabbits**

2 wild rabbits, cut into serving pieces  
lemon juice  
salt and pepper  
¼ tsp. oregano

2 eggs, beaten  
½ cup flour  
½ cup bread crumbs  
oil

Cover pieces with water and add juice of small lemon. Parboil for ten minutes. Drain; pat dry and sprinkle with seasonings. Combine milk and eggs. Coat rabbit pieces in flour, then egg mixture, then breadcrumbs. Heat ½ inch oil in iron skillet. Cook rabbit until brown on all sides. Lower heat and cook until tender, about 20 minutes.

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Clarksdale, Mississippi*

### **Barbecued Rabbit**

1 rabbit, cut into pieces  
1½ tsp. salt  
4 tsp. sugar  
2/3 cup catsup  
½ cup vinegar  
1 T. pepper

1 clove garlic  
¼ cup salad oil  
1 T. paprika  
1 T. Worcestershire sauce  
1 medium onion, chopped  
1 cup water

Brown rabbit on hot fat and place in a heavy container. Combine all ingredients and blend well. Pour sauce over rabbit and bake uncovered at 325 degrees for 1 ½ to 2 hours. Baste every 15 to 20 minutes.

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Clarksdale, Mississippi*

## Wild Rabbit Supreme

1 or 2 wild rabbits, cut up  
flour  
salt to taste  
pepper to taste  
shortening  
¼ cup water  
¼ cup wine

2 cans cream of mushroom soup  
2 onions, sliced  
Tabasco sauce  
1 clove garlic  
1 bay leaf  
2-3 strips bacon

Boil rabbit pieces for 1 hour. Dry thoroughly; shake in bag with flour, salt and pepper. Braise rabbit in pressure cooker in small amount of shortening. Add water, wine, soup, onions, dash of Worcestershire sauce, dash of Tabasco sauce, garlic and bay leaf. Place strips of bacon over top. Close cooker, cook for 20-25 minutes according to cooker instructions for chicken. Yield: 4-6 servings.

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Clarksdale, Mississippi*

## Rabbit Roux

2 rabbits, cleaned and cut in  
serving pieces  
2 cups salad oil  
5 T. salad oil  
2 medium onions, chopped  
1½ cups celery, chopped  
1 cup green onions, chopped

2 -10.5 oz. cans cream of mushroom soup  
3 T. chopped parsley  
water  
salt and pepper  
1 bay leaf

Marinate rabbit (see basic marinade) and then prepare as follows: Heat salad oil in 10-inch skillet. Fry rabbit until brown. Sauté onions, celery and green onions in 5 T. salad oil until soft. Add soup and parsley. Simmer for 15 minutes. Add water to make heavy brown gravy. Salt and pepper to taste. Place rabbit in Dutch oven or large casserole. Cover with gravy. Add bay leaf. Cover and cook in a preheated oven at 325 degrees for 2 hours until rabbit is tender. Remove bay leaf before serving. Serve over rice. Yield: 4-6 servings.

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Clarksdale, Mississippi*

## Other Game

### Fruit Marinade For Game

1 papaya, peeled and seeded  
8 oz. pineapple juice  
3 oz. fresh carrot  
1 T. each of fresh basil, oregano and thyme  
1 T. garlic, chopped  
1½ tsp. salt  
1 tsp. white pepper  
1 oz. olive oil

Place the first three ingredients in a blender. Strain through a fine colander. Add herbs and oil to this juice. 2 T. molasses or maple syrup and 1 ½ to 2 T. brandy may be added for wild boar or other “gamey” meat.

*Jimmy and Becky Walker  
Yelleville, Arkansas*

### Smoked Antelope with Gravy

Cut hindquarter into roast-size pieces. Marinate overnight in Italian dressing. Pierce meat and add pieces of garlic. Pour in Worcestershire sauce. Sprinkle with seasoned salt, lemon pepper and garlic salt. Put in meat smoker for 2 hours. Put marinate sauce in saucepan of smoker with beer or wine and equal amount of water. Take out and slice and make gravy. Cook covered in oven in gravy for 1 hour at 350 degrees.

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Clarksdale, Mississippi*

## Coon

### Carol's Coon

Take one large coon, skin and clean being sure to remove musk glands from legs. Put coon in large roasting pan and cover with water. Put 4 large yellow onions, 2 complete stalks of celery, tops included and salt and pepper to taste. Boil the coon until very tender. Pour off all liquid and set aside. Discard onions and celery.

Prepare 1 quart of brown gravy and pour over coon in roasting pan. Place 8-10 large sweet potatoes (already cooked) around coon and cover. Bake at 350 degrees for 1 hour.

Prepare large pot of turnip greens and 3-4 black skilletts of cornbread. Place kitchen towel at each place amt and 2 pots of hot water on table because there will be grease from ear to ear on each guest when the bottom of the pan is licked. There is no better way to cook a coon!!

*Hank Burdine  
Greenville, Mississippi*

### Coon A' La Delta

1 coon

Cayenne pepper, black pepper and  
salt to taste

3 cloves garlic, chopped

1 large onion, chopped

1 cup celery, chopped

1 medium bell pepper, chopped  
flour for gravy

shortening for gravy and coon

6 medium potatoes

After coon has been dressed properly, soak for 1 hour in mild water-vinegar solution; drain. Cut up or cook whole with salt and pepper covered with water. Add cayenne pepper, garlic, onion, celery and bell pepper and par boil until partially tender. Remove from heat and drain. Brown coon in small amount of shortening then place in roasting pan. Make thin brown gravy; season as desired. Pour over coon and place peeled sweet potatoes around and bake until they are done at 350 degrees.

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Clarksdale, Mississippi*

# Ducks and Teal

## Ducks Bordelon

4 ducks  
3 cans Beef Consommé (Campbell's)  
1 cup orange juice  
1 cup cooking wine (red or white)  
1 stick margarine  
olive oil to cover bottom of Dutch oven  
Worcestershire Sauce  
slab bacon  
lemon pepper, coarse black pepper, season salt

In a heavy Dutch oven, cover the bottom with olive oil and add 1 stick margarine. Brown ducks on back first and sprinkle with liberal amount of lemon pepper, coarse black pepper and season salt. Turn ducks over breast down and sprinkle with lemon pepper, coarse black pepper and season salt on that side. Add 3 cans beef consommé (Campbell's Soup), 1 cup orange juice, 1 cup cooking wine (red or white), 2 T. Worcestershire Sauce per duck. Remember, ducks are now breast down. Lay a few pieces of slab bacon over back of each duck. Cook at 350 degrees in covered Dutch oven for 4 hours until tender. Gravy is great over rice dressing!

*Fred Bordelon  
Greenville, Mississippi*

## **Duck Gumbo**

3 ducks or approximately 12 breasts

Pan boil ducks; drain; cut in small pieces; put in stock

2 quarts chicken stock

Make a dark roux from 1 stick of oleo and 1 cup of flour

To stock and roux add:

1 plate onion, chopped

1 plate celery, chopped

1 plate bell pepper, chopped

3 cloves garlic

1 #2 can tomatoes

2 tsp. Accent

3 tsp. chili powder

2 tsp. dry mustard

1 T. parsley

1 T. oregano

1 T. thyme

2 T. salt

1 T. black pepper

1 bunch green onions, chopped

2 lbs. link sausage

Simmer 1 to 2 hours

*Carolyn M. Oglesby  
Chatham, Mississippi*

## **Lake Charles Duck**

2 whole ducks w/skin  
1 large onion  
salt & pepper  
bacon drippings  
1 cup of water

Rub ducks inside and outside liberally with salt and pepper. Place one-half onion in each duck cavity. Pour 1/4-inch bacon drippings into large Dutch oven over medium heat. Cook ducks on all four sides for approximately 15 to 20 minutes each. Spoon hot drippings into cavity frequently while browning ducks.

After ducks are browned, remove from pan and pour off one-half of the bacon drippings. Replace ducks in pan breast down and add one cup of water. Cover and cook for 30 minutes over low heat. Remove lid and cook for another 15 to 20 minutes or until rich "red-eye" gravy forms.

Slice breast, dip in "red-eye" gravy and serve with a little rice on the side.

This is an old family recipe. It is very rich, and like good gumbo, requires a lot of attention. But it is well worth the effort.

*Don Harris  
Madison, Mississippi*

## **Grilled Duck**

4 duck breasts  
Zesty Italian Salad Dressing  
garlic salt  
lemon pepper salt  
sliced bacon

Fillet duck breast and cut into 2-inch cubes. Season with garlic salt and lemon pepper salt. Place in dish and cover with Zesty Italian Dressing and let marinate for 2 to 3 hours. Remove from dish and wrap with bacon, attach with toothpick. Grill over coals until bacon is crispy. Serves 4.

*Mike Holman  
Hamilton, Mississippi*

## Grilled Marinated Duck Breast W/Apple Raisin Chutney

8 Lipton tea bags  
1½ T. fresh rosemary  
2 T. honey  
4 boneless duck breasts

½ cup sugar  
Juice of 2 whole fresh lemons  
3 cups boiling water

### Apple Raisin Chutney

½ lb. Granny Smith apples,  
peeled, cored and finely chopped  
1 tsp. salt  
¼ tsp. ground ginger  
¼ yellow bell pepper, finely chopped  
3 T. butter

1 cup dark brown sugar  
¼ cup apple cider vinegar  
¼ tsp. coarse black pepper  
¼ red bell pepper, finely chopped  
¼ cup raisins  
Juice of 1 whole fresh lemon

Combine the first 6 ingredients in a medium size bowl. Add 3 cups of boiling water to the 6 ingredients and mix well. Add duck breast to the mixture and cover. Let duck breast marinate over night.

Now for the chutney. Get butter hot, add yellow and red bell pepper and sauté for about 2 minutes. Add diced apples and sauté for about a minute. Now add remaining ingredients to sautéed items. Let simmer for about 45 minutes until thickened.

Once the duck breast have marinated over night have grill nice and hot, ready to go. Place duck breasts on the grill and cook, turning once for about 4 minutes on each side. That should bring it to medium rare. Place a small amount of chutney to a plate, and place sliced duck on top of chutney and enjoy.

*Luis Bruno  
Jackson, Mississippi*

## Grilled Duck Breasts

8 wild duck breasts, skinned  
8 bacon slices  
¾ cup olive oil  
½ cup dry white wine  
1 bay leaf  
2 cloves garlic, finely chopped  
2-3 green onions, chopped  
1/8 tsp. parsley  
4 drops Tabasco sauce  
¼ tsp. salt and freshly ground black pepper

Prepare ducks by wrapping each breast with a slice of bacon and secure with a toothpick. Combine next ten ingredients and pour over duck breasts. Cover and marinate 6-8 hours or overnight. Grill over hot coals 3-5 minutes on each side.

**Note:** Grilling 3-5 minutes per side will result in meat being medium rare. Duck is best this way.

*Dr. Fred Bordelon  
Greenville, Mississippi*

## **Shrimp Duck**

3 ducks, whole, skin on, place in boiling pot with 1 package of Zataran's shrimp boil. Boil for 45 minutes. Remove and drain. Wrap ducks with whole strips of bacon and pin with a toothpick. Sprinkle with garlic salt and lemon pepper. Place ducks neck down on 18" square heavy duty Reynolds wrap. Bring Reynolds wrap up around duck and form chimney at rear end. Place 1/3 stick of margarine inside duck. Pour 1/4 bottle of cooking Sherry into cavity. Place ducks in deep boiler rear up. Place in 375 degrees oven and bake for 55 minutes. Remove and enjoy.

*Dequency Townsend  
Morton, Mississippi*

## **Duck Gumbo**

3 ducks cooked and boned  
2 qts. broth  
1 bunch celery, chopped  
3 cloves garlic, chopped  
4 medium onions, chopped  
1 large bell pepper, chopped  
1 bunch green onions, chopped

Make a roux with 1½ sticks of margarine and 1 cup of flour. Brown slowly. Add roux to broth. Add other ingredients. Then add:

1 can tomato paste  
1 tsp. oregano  
2 T. salt  
1 T. black pepper  
¼ tsp. red pepper  
2-2 lb. cans of tomato  
2 T. dried parsley  
1 tsp. thyme

*Leila Clark Wynn  
Greenville, Mississippi*

## **Duck A La Wineglass**

### **Duck**

Rub salt and pepper inside cavity – rub a little salad oil on outside. Stuff with apple, celery or pieces of whatever you want. Put in plastic cooking bag. Follow directions. Put 2-turkey size bag if desired. Add concentrates orange juice (thaw frozen juice) or any kind of juice. Bake at 350 degrees for 3 hours. Use Reynolds turkey cooking bag.

### **Sauce**

1-cup orange juice concentrate and ¼ cup sugar. Bring to a boil. Stir in 1 T. cornstarch mixed well with 2 T. cold water. Simmer and stir until thickened.

*Dale Morrow  
Pickens, Mississippi*

## **Parker's Creole Ducks**

Place 6 ducks in cooker breast up and add the following seasonings to ducks, salt and pepper and red pepper to taste.

1 large can Chile powder

1 large bay leaf

enough bacon to cover ducks

3 onions, chopped

3 green peppers, chopped

1 bunch celery, chopped

4 cloves garlic, chopped

hot peppers to taste on top of the following:

3 bottles catsup

2 cans tomato paste

2 cans tomato sauce

1 bottle hot sauce

1 can beer (more if needs diluting)

2 sticks oleo or butter

Add all these ingredients together.

*Robert Mehrle  
Lambert, Mississippi*

## **Karan's Baked or Grilled Duck Fillets**

Duck breasts  
3 parts soy sauce  
3 parts orange juice  
1 part Worcestershire sauce  
bacon strips  
pineapple rings

Skin and fillet breast. Combine soy sauce, orange juice and Worcester sauce (enough to cover breast). Marinate 4-6 hours. Wrap each piece of meat with bacon bake in a 350-degree oven for 20-25 minutes. Baste several times.

Variation- Remove meat from marinade and sprinkle with lemon pepper. Place pineapple ring on duck breast. Wrap bacon around and secure with toothpick. Grill over low flame; baste often.

*Karan Lott  
Greenwood, Mississippi*

## **Duck Dressing**

2-3 qts. broth from boiled duck  
1 large skillet of cornbread, any recipe cooked  
½ cup butter  
1 bunch green onions, chopped  
1 pkg. herb seasoned dressing mix  
1 box chicken flavored dressing mix  
1 stick butter, sliced  
3 eggs  
salt and pepper  
duck meat, optional

Preheat oven to 450 degrees. Boil ducks in 2 to 5 quarts water; add salt and pepper. Cook until meat falls off the bone, strain broth. Crumble cornbread, sauté onions in butter and add to cornbread. Add dressing mixes, butter, eggs, salt and duck meat. Add broth to make a thin mixture. Pour into baking pan and bake until dressing is firm but not dry.

*Karan Lott  
Greenwood, Mississippi*

## **Duck Gumbo**

2 ducks (mallard size) or 3 small ducks  
1 large onion  
1 pt. clamato juice (Mott's)  
1 small can shrimp or shrimp pieces  
(including juice)  
1 pt. tomatoes (including juice)  
1 cup okra  
½ cup cut zucchini squash (or  
½ cup additional okra)  
1 small can mushroom steak sauce

½ small bell pepper, chopped  
4 stalks celery, chopped  
1 clove garlic, crushed  
4 green onions, chopped  
2 tsp. salt  
2 tsp. black pepper  
2 T. Lea & Perrin's sauce  
1 T. cornmeal (to thicken gumbo)  
1 tsp. lemon pepper  
hot pepper or Tabasco (if desired)

Cook ducks and onions in pressure cooker until meat can be picked off bone. Discard skin and bones. Save 1 cup of broth from ducks in pressure cooker. Add remaining ingredients. Cook in pressure cooker about 30 minutes. Remove lid. Using a potato mash all together. With lid off, simmer a while to thicken the gumbo, about 30 minutes. Eat over cooked rice.

General Notes:

For this amount of gumbo, I usually cook 1½ cups of long grain rice. I cook the rice, then rinse it and steam it to keep it warm until ready to serve.

If gumbo is too watery, add a little more corn meal. This should serve 4 or 5 adults as a main dish.

*Henry Williams  
Greenville, Mississippi*

## **Duck and Brown Rice**

2 mallards (drakes), or other suitable ducks  
4 medium onions  
4 stalks celery  
6-8 garlic cloves, crushed  
2-3 bay leaves  
2 tsp. chili pepper, crushed

In a large pot (6 to 8 quart) with a good lid place all of the above and cover the birds with water. You want to wind up with enough broth for two functions. One to make gravy and two to cook the brown rice.

Bring to boil, cover and cut back to simmer. Simmer the ducks until they are done. about 2 hours. Maybe less. Remove the ducks and separate enough of the liquid for gravy. I thicken it with cornstarch and add salt and pepper to taste. Cook brown rice in the remaining liquid, adding water if necessary. For variety, sometimes I add a couple teaspoons of tarragon flakes or basil flakes. Or make up your own variations.

*Bill Goudelock  
Clarksdale, Mississippi*

## **Wild Duck and Goose Gumbo**

### **Roux:**

2/3 cup oil  
2/3 cup flour  
2 cups onion, chopped  
1 cup celery, chopped  
½ cup green pepper, chopped  
3 cloves garlic, minced  
4 to 5 wild ducks or 2 geese

You may want to add 1 lb. hot smoked link sausage, sliced ¼ inch thick. Cook first pour off grease then blot with paper towel before adding to gumbo with the green onions and parsley.

### **Make a Roux:**

Mix 2/3 cups flour together in a 4-cup measuring cup. Microwave uncovered on high for 6 minutes. Stir, then microwave again for 1 minute. Mixture should be a rich, dark brown color. Add 2 cups onion, chopped, 1-cup celery, chopped, ½ cup green bell pepper, chopped, and 3 cloves garlic, minced. Return to microwave for 3 minutes on high.

Pour Roux with vegetables into a large gumbo pot. Add 5-6 quarts of water. Cut up 4 to 5 wild ducks or 2 wild geese into bite-size pieces. Leave leg bones with meat on them and place in pot. Add salt, black pepper and red pepper to taste. Cook together 3 to 4 hours until meat is tender. Add 1 cup green onions, chopped and 1-cup parsley, chopped. Cook 15 more minutes. Serve in bowls with a scoop of cooked rice and a sprinkle of fil'e to taste. Pass the Tabasco. Enjoy!

*Joyce Abraham Buttross  
Lake Charles, Louisiana*

## **Smoked Duck**

4-6 Duck breast

Soak in Italian dressing and water with garlic powder used to desire taste. Use ½ water and ½ Italian dressing in a water pan. Soak 4-6 hours or over night. On top of breast, salt lightly and cover with bacon strips. Smoke on low heat with green hickory 4-6 hours don't dry it out.

*Richard Wilkes  
Petal, Mississippi*

## **Duck McNuggets**

Cut 4-6 duck breasts into bite-size nuggets. Soak in salt water briefly 1-2 hours at the most. Flour in ½ cornmeal and ½ flour and 1 dash of salt. Add Cajun and/or garlic spices to taste. Fry until golden brown – don't over cook.

*Richard Wilkes  
Petal, Mississippi*

## **Duck Gumbo**

Ducks – well cooked and deboned (3 whole ducks and 4 breasts)

- 1 cup flour
- 4 medium onions, chopped
- 1 large bell pepper or 3 small, chopped
- 1 ½ sticks Oleo
- 2 qts. duck broth
- 1 small bunch celery, chopped
- 3 cloves garlic
- 1 bunch green onions, chopped

Brown flour slowly in oleo to make roux. Add broth and mix well. Add ingredients listed above. Add the following:

- 3 cans tomatoes
- 2 T. parsley
- 1 T. pepper (or more)
- 1 tsp. red pepper (or more)
- 1-5 oz. can tomato paste
- 2 tsp. accent
- 1 tsp. oregano
- 2 T. salt
- 2 T. gumbo file'

Mix all in large pot and simmer approximately 2 hours. Stirring often. Serve over rice.

*Debra Lorrens  
Cleveland, Mississippi*

## **Cinnamon Orange Roast Duck**

- 4 to 5 lbs. ready to cook duck
- 1 T. salt
- 1 tsp. cinnamon
- ½ tsp. onion powder
- ¼ tsp. ground black pepper
- ¼ tsp. ground ginger
- 1 cup orange juice

Rub surface and cavities of duck with a mixture of salt, cinnamon, onion powder, black pepper and ginger. Pierce surface of duck with tines of a fork. Place duck, breast side up on a rack-roasting pan. Roast in a preheated slow (325 degrees) oven for 2 hours, basting every 15 minutes with orange juice; pierce surface with fork tines occasionally. Turn oven temperature up to hot 450 degrees and bake 5 minutes longer or until skin is crisp. Serves 2 to 4 per duck.

*Mrs. H. L. Dewitt Hodnett  
Anguilla, Mississippi*

## Grilled Duck Breast

2 ducks

Fillet breasts from ducks. Marinade breasts for at least 2 hours in olive oil to cover, season with Worcestershire sauce, 2 pressed garlic cloves, ground black pepper, ½ small onion, chopped. Remove breast and pat dry. Wrap breast in bacon, secure with toothpick. Cook on hot grill, cover grill to prevent flame. Cook 4 minutes per side for rare, 6 minutes per side for medium rare. If you want well-done duck, don't waste a duck on this recipe. Duck should be served immediately upon removal from grill.

*Daniel Le Blond, Jr.  
Hernando, Mississippi*

## Doc's "Little Girl Duck Club" Gumbo

3 ducks

salt

garlic salt

red pepper

black pepper

½ cup flour

¾ cup oil

1½ cups onion

1 cup celery

1 cup bell pepper

3 cloves garlic

2 qts. water

¼ tsp. ground cloves

8 bay leaves

½ tsp. fil'e

1 lb. cooked sausage

Season ducks with salt, garlic salt, red pepper, black pepper and sprinkle with flour. Brown in pot with ¼ cup oil on all sides (or use just duck breast meat or legs). Make a roux in skillet, using ½ cup oil and ½ cup flour or make the roux in microwave- mix oil and flour, cook on high for 5 minutes, stir, then cook for 1 more minute, stir and repeat for total of 8 minutes. Mix roux, celery, bell pepper, onions, garlic and cook down. Add meat in a large pot. Add water, cover and add fil'e, cloves and bay leaves- simmer for at least 3 hours. Add coked, sliced sausage and cook for at least 1 hour. The longer it sets, the better it mixes and tastes!

*Bob Tarver  
Jackson, Mississippi*

## **Duck Blind Spice**

This recipe is great for hunters spending the weekend at the camp, because it requires little to no effort. For starters just breast the duck, it is quick and easy, especially when you have a limited to clean. Lay out all your breasts and salt and pepper both sides. Then pull out the jalapeno peppers and get to work. Wrap the duck breast around the pepper, for those who think it might be too hot cut the jalapeno in half and scrap out the seeds. You still get a good flavor. Next, wrap a piece of bacon around the duck breast and stick a toothpick through it to hold it all together. At this point you can soak the breasts if you want, in your desired marinade. But, to tell you the truth, I like them without. Now, throw them on the grill and kick back and wait, it won't be long. The juice of the pepper cooks through to the outside of the duck and the bacon holds the entire flavor in.

*James N. Ogden IV  
Mobile, Alabama*

## **“Charcoal Duck Breast Appetizers”**

Slice duck breast 1” or 2” in width. Marinade in Italian dressing for at least 28 hours, add Worcestershire sauce, A-1 steak sauce, 1 dash of garlic and beer or wine and let sit in refrigerator. Wrap in bacon and secure with toothpicks. Cook on grill for 15-20 minutes depending on fire (heat).

*Jeff Owen  
Collierville, Tennessee*

## **Duck Stroganoff with Pimento Rice**

1½ lb. duck breast cut in thin narrow strips  
2 T. shortening  
2 small bay leaves  
2 cloves garlic, crushed  
3 cups beef broth  
1½ tsp. salt  
¼ tsp. pepper  
2½ cups onions, chopped  
1/3 cup flour

½ cup sherry, optional  
½ cup sour cream  
½ cup green pepper, chopped  
1 T. butter  
¼ pimento, chopped  
3 cups cooked rice

Cook meat in shortening until brown; add bay leaves, garlic and 2 cups broth. Cover and simmer for 10 minutes or until tender. Add seasonings and 2 cups onions. Mix a little broth into the flour and blend to a smooth paste. Add rest broth and wine. Stir into meat mixture. Cook about 10 minutes longer. Remove from heat; discard bay leaves. Stir in sour cream. Meanwhile, sauté green peppers and remaining onions in butter until tender. Stir in rice season with additional salt and pepper. Heat thoroughly; add pimentos fluff lightly with fork. Serve stroganoff over rice.

*Jeannette K. McCaskill  
Leland, Mississippi*

## **Duck Legs**

24 duck legs	½ cup water
6 T. oil	½ cup pear juice*
3 medium onions, minced	½ cup pineapple juice
2 garlic cloves, minced	¼ tsp. thyme
1 cup celery, diced	salt to taste
2 T. flour	2-4 oz. cans mushrooms, pieces

Brown legs in Dutch oven simmer 1 hour, make sauce add to duck cook 1 hour more.

Sauce: sauté onions, garlic, celery; blend in flour add water, juices, salt, pepper, thyme and mushrooms including liquid.

\*If you cannot find pear juice in stores today, you may substitute with ½ cup orange juice or puree ½ cup canned pear in juice.

*Jeannette K. McCaskill  
Leland, Mississippi*

## **Dirty Duck**

Boil one large duck (with 2 celery sticks and 1 medium onion, salt and pepper) until meat leaves the bone. De-bone and break meat into small pieces.

In a small sauce pan put:

1 stick butter or margarine.  
1 cup water  
1 cup duck broth  
3 chicken bouillon cubes

Bring this to a boil and pour over:

1 cup of uncooked long grain rice  
1 bell pepper, chopped  
1 medium onion, chopped  
1 small or medium can of sliced mushrooms or 1-cup fresh sliced mushrooms  
1 tsp. salt  
dash of pepper or pepper to taste  
duck meat

Bake at 375 degrees in a covered dish for 45 minutes

*Trisha Havard  
Lucedale, Mississippi*

### **Sesame- Duck Kebobs**

6 duck breasts  
¼ cup and 2 T. Teriyaki sauce  
¼ cup soy sauce  
2 T. dark sesame oil  
2 T. sesame seeds  
3 T. vegetable oil

2 red onions, cut in wedges  
2 red bell peppers, cut in pieces  
2 yellow bell peppers, cut in pieces

Mix all ingredients except duck breasts, peppers and onions. Pour over duck breasts in a glass-baking dish. Refrigerate for 3-4 hours. Remove duck breasts from marinade and cut into cubes. Thread alternately with peppers and onions onto wooden skewers (6") that have been soaked in water to prevent burning. Cook over medium coals on grill, turning and basting with remaining marinade often. These are better slightly rare.

*Sallie Jackson  
Grenada, Mississippi*

### **Wild Duck a La Stefano**

Any numbers of ducks (must be fat) do not skin. Thoroughly coat ducks with garlic salt and poultry seasoning (you cannot use too much) Place duck on broiler back up, breast down. Cook until duck is brown on top on 325 or 350 degrees. Turn duck on side and cook until brown. Reverse this procedure for other side of duck. Finally, place duck breast up and cook until brown. The duck should be deep pink inside for best flavor. Do not over cook. Serve with long grain rice plus a salad or green vegetable and a good California Merlot or Cabernet sauvignon.

Addendum: If a good sauce is needed, use drippings from duck mixed with a fruit jam or jelly.

*Ellis M. Stephens  
Ross, California*

## **Duck Gumbo**

1 stick margarine  
1 cup flour  
2 qts. duck broth  
2-3 ducks (cooked well and boned)  
2 onions, chopped  
1 bunch celery, chopped  
1 large or 3 small bell peppers, chopped  
3 cloves garlic, chopped  
1 bunch green onions, chopped  
1-5 oz. can tomato paste  
2 #2 cans tomatoes  
½ tsp. red pepper  
2 tsp. accent  
2 T. dry parsley  
1 tsp. oregano  
2 T. salt  
1 T. black pepper  
2 T. gumbo file'

Brown margarine and flour and make roux. Add broth and roux and mix well. Combine with other ingredients in large pot. Simmer about two hours; stirring often. Serve over rice.

*Mrs. John P. George  
Cleveland, Mississippi*

## **Wild Duck Skewers**

1 T. curry powder  
1 T. chili powder  
1 tsp. freshly ground black pepper  
2/3 cup soy sauce  
1/3 cup fresh limejuice  
2 T. honey  
2/3 cup olive oil, divided  
1 cup onion, chopped  
3 cloves garlic, minced  
4 mallard ducks

Place curry powder, chili powder, black pepper, soy sauce, limejuice, honey and 1/3 cup olive oil in a jar; blend vigorously. Sauté onion and garlic in remaining olive oil; add to jar. Remove each duck breast half into 2 strips. Combine with marinade and refrigerate for 3 hours. Thread each duck strip on bamboo skewers, which have been soaked one hour in water. Grill over hot coals with grill top down. (If using a gas grill, preheat to high). Cook 3 to 4 minutes in each side. Do not overcook, as this is best rare to medium-rare. Heat remaining marinade and serve as dipping sauce.

*Mrs. Joseph L. Speed  
Jackson, Mississippi*

## Duck Gumbo

3 wild ducks  
3 qts. hot chicken stock  
1 cup flour  
½ cup bacon drippings  
3 yellow onions, chopped  
4 ribs celery, chopped (with leaves)  
¼ cup chopped parsley  
2 green peppers, chopped  
8 cloves garlic, pressed  
2-10 oz. pkgs. frozen cut okra  
½ bunch green onions, chopped (set aside tops)  
Hot cooked rice

Boil ducks in chicken stock, cool, pull meat off bones cut in small pieces and put back in stock. Make a dark brown roux with flour and drippings. Stir constantly with wooden paddle until dark glassy like chocolate. Add chopped vegetables to roux and cook until okra stops stringing. Add hot stock, 1 pint at first. Add duck meat and cover. Simmer slowly for 2 hours. Serve over rice; sprinkle with green onion tops. Note: Never add anything cold to roux, even if means placing ingredients in warm oven. Yield 2 gallons.

*James Cummins  
Amory, Mississippi*

## Creole Duck

½ can whole tomatoes	3 T. vinegar
2 medium onions, finely chopped	2 cloves garlic, chopped
1 green pepper, finely chopped	1 cup catsup
4 stalks celery, finely chopped	½ can mushrooms
1½ sticks oleo	

Above ingredients listed are for one duck. Rub each duck with oleo; salt and pepper. Combine ingredients and lay in roaster. Lay each duck breast down and cook 7 hours at 300 degrees uncovered. Debone duck and chop. Combine duck and tomato mixture and serve over rice.

*The Board of Levee Commissioners For The Yazoo-Mississippi Delta  
Clarksdale, Mississippi*

### **Duck Casserole**

2 ducks	1½ cups light cream
1 onion	1 T. chopped parsley
2 ribs celery	1½ tsp. salt
½ cup butter	¼ tsp. pepper
½ cup onion, chopped	1 pkg. wild rice and long grain rice
¼ cup flour	1 pkg. slivered almonds
1-6 oz. can mushrooms	

Boil ducks for 2 hours with sliced onion and celery. Cook rice according to package directions. In a deep skillet, melt butter. Sauté onion. Stir in flour. Add mushrooms and liquid. Add cream, parsley, salt, pepper and cooked rice. Debone ducks and add chunks of meat to other ingredients. Pour into 2-quart casserole and sprinkle with almonds. Bake at 350 degrees for 25 minutes.

*The Board of Levee Commissioners For The Yazoo-Mississippi Delta  
Clarksdale, Mississippi*

### **Duck Casserole**

3 cups cooked meat (about 2 ducks)	1½ cups half-n-half
½ cup oleo	1 T. chopped parsley
½ cup onion, chopped	6 oz. pkg. wild rice, cooked
¼ cup flour	sliced almonds
4 oz. sliced mushrooms	

Sauté onion in oleo. Stir in flour. Add drained mushrooms and 1½ cups of broth to make gravy. Add meat, cream, parsley and cooked rice, 1½ tsp. salt and ¼ tsp. pepper. Put into 2-quart casserole; sprinkle almonds on top. Bake at 350 degrees for 20 minutes covered or 10 minutes uncovered.

*The Board of Levee Commissioners For The Yazoo-Mississippi Delta  
Clarksdale, Mississippi*

### **Deep Dish Duck Pie**

3 ducks	1 cup chopped parsley
1 cup celery, sliced	3 T. flour
1 cup onions, chopped	pastry for one pie

Boil ducks until meat falls off bones in salted water. Remove ducks from broth. Cook onions, celery and parsley in broth. Strain vegetables from broth. Chop meat and put in deep pie plate. Put vegetables on top of meat. Thicken 2 cups of broth with flour. Pour on top of ducks and vegetables. Cover with pastry. Prick with fork. Cook at 350 degrees until crust is done.

*The Board of Levee Commissioners For The Yazoo-Mississippi Delta  
Clarksdale, Mississippi*

## Superb Wild Duck

salt to taste	2 stalks celery
1 wild duck	1 carrot
1 quartered apple, uncooked	2 strips bacon, uncooked
1 quartered onion, uncooked	1 cup orange juice

Salt duck lightly inside and out. Stuff apple, onion, celery and carrot into the cavity of the duck. Place bacon strips across the breast and legs of duck. Baste with orange juice. Bake at 350 degrees for 30 minutes to 1 hour depending on size and age of duck. Discard stuffed ingredients and bacon before serving. Yield: 2 servings.

*The Board of Levee Commissioners For The Yazoo-Mississippi Delta  
Clarksdale, Mississippi*

## Duck Jambalaya

1 4 lb. duck, quartered	¼ tsp. instant minced garlic
2 tsp. salt	¼ cup water
½ tsp. black pepper	½ lb. bulk pork sausage
½ cup shortening	1 bay leaf
2 cups chicken broth	½ tsp. chili powder
1 cup rice	½ tsp. thyme
1/3 cup onion flakes	1 tsp. parsley flakes
¼ cup bell pepper flakes	½ cup diced cooked ham
1 cup canned tomatoes	

Rub duck with salt and pepper. Brown in shortening slowly; pour off drippings; add broth. Cover and simmer over low flame for 1½ hours or until duck is better. Add onion, pepper and garlic to water with softened vegetables. Cook until rice begins to stick, stirring while it is cooking. Remove duck from pan. Add rice mixture into broth; add bay leaf, chili powder and parsley flakes. Toss lightly with fork to mix. Cover cook 10 minutes. Add ham and tomatoes, mix carefully not to mash rice. Place duck on top of mixture; cover and cook 10 minutes. Yield: 4 serving.

*The Board of Levee Commissioners For The Yazoo-Mississippi Delta  
Clarksdale, Mississippi*

## Duck Gumbo

3 ducks	1 large onion
2 ribs celery, chopped	3 qts. water
1 T. salt	1 tsp. black pepper

Simmer for 2 hours. Save stock, but throw away onion and celery. Remove meat from bones.

1 cup oil	1 cup flour
4 ribs celery, chopped	1 medium onion, chopped
1 bell pepper, chopped	4 cloves garlic
1 small can tomatoes	2 T. Worcestershire sauce
1 pkg. frozen okra	1 tsp. Tabasco sauce
1 tsp. black pepper	

Make a roux with oil and flour. Sauté onion, pepper, celery and garlic. Add stock, meat, and seasonings to the roux. Simmer for 2 or 3 hours. Add okra just before it is done. Serve over rice, and with file to taste.

*The Board of Levee Commissioners For The Yazoo-Mississippi Delta  
Clarksdale, Mississippi*

## Wild Duck

Soak duck 30 minutes to an hour in salt and soda water. Rinse duck. Put it in pan of fresh water with potato and half of onion. Boil for 30-45 minutes. Pour off water. Wash duck thoroughly and start all over again. Season cavity of duck with salt, black pepper and red pepper. Insert half of onion, apple and sprigs of celery leaves. Place duck in roaster in 1-inch water. Squeeze orange juice over duck; lay a strip of bacon over the breast and salt and pepper. Cover and cook at 275 degrees until tender about 2-2½ hours. Baste often. Remove cover the last 30 minutes to brown duck.

*The Board of Levee Commissioners For The Yazoo-Mississippi Delta  
Clarksdale, Mississippi*

## Duck & Wild Rice Casserole

2 large wild ducks, cleaned	1-4 oz. can sliced mushrooms
3 ribs celery, cut into 2-inch pieces	½ cup onion, chopped
1 onion, halved	½ cup melted oleo
1½ tsp. salt	¼ cup flour
¼ tsp. pepper	1½ cups half n half
1-6 oz. pkg. long grain rice & wild rice mix	1 T. chopped fresh parsley
	½ cup almonds

Combine first five ingredients in a large Dutch oven; cover with water, and bring to a boil. Reduce heat; cover and simmer 1 hour or until ducks are tender. Remove ducks from stock; strain stock and reserve. When ducks cool, remove meat from bones; cut into bite-size pieces and set aside. Drain mushrooms, reserving liquid. Add enough duck broth to mushrooms liquid to make 1½ cup. Sauté chopped onion in oleo until tender; add flour, stirring until smooth. Add mushrooms; cook 1 minute, stirring constantly. Gradually stir in mushroom liquid-broth mixture; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in duck, rice, half n half, and parsley, spoon into a greased 2 quart casserole. Sprinkle almonds over top. Cover and bake at 350 degrees for 15-20 minutes; uncover and bake 5-10 additional minutes or until thoroughly heated. Serves 6-8.

*The Board of Levee Commissioners For The Yazoo-Mississippi Delta  
Clarksdale, Mississippi*

## Game Stew

3 lbs. venison in cubes	2 ducks
2 rabbits	4 squirrels
3 cans whole kernel corn	2 bay leaves
2 cans English peas	1 large can tomatoes
4 carrots	2 large white onions, sliced
1 stalk celery	2 tsp. garlic salt
5 lbs. potatoes	2 cans beef bouillon
3 cans lima beans	1 large can chicken broth

Boil meat off bones and cut into cubes or small parts. Chop carrots, potatoes, and celery and combine all ingredients in large boiler. Cook slowly for 5 hours stirring very often with wooden spoon.

*The Board of Levee Commissioners For The Yazoo-Mississippi Delta  
Clarksdale, Mississippi*

# Goose

## Wild Duck and Goose Gumbo

### Roux:

2/3 cup oil  
2/3 cup flour  
2 cups onion, chopped  
1 cup celery, chopped  
1/2 cup green pepper, chopped  
3 cloves garlic, minced  
4 to 5 wild ducks or 2 geese

You may want to add 1 lb. hot smoked link sausage, sliced 1/4 inch thick. Cook first pour off grease then blot with paper towel before adding to gumbo with the green onions and parsley.

### Make a Roux:

Mix 2/3 cups flour together in a 4-cup measuring cup. Microwave uncovered on high for 6 minutes. Stir, then microwave again for 1 minute. Mixture should be a rich, dark brown color. Add 2 cups onion, chopped, 1-cup celery, chopped, 1/2 cup green bell pepper, chopped, and 3 cloves garlic, minced. Return to microwave for 3 minutes on high.

Pour Roux with vegetables into a large gumbo pot. Add 5-6 quarts of water. Cut up 4 to 5 wild ducks or 2 wild geese into bite-size pieces. Leave leg bones with meat on them and place in pot. Add salt, black pepper and red pepper to taste. Cook together 3 to 4 hours until meat is tender. Add 1 cup green onions, chopped and 1-cup parsley, chopped. Cook 15 more minutes. Serve in bowls with a scoop of cooked rice and a sprinkle of file' to taste. Pass the Tabasco. Enjoy!

*Joyce Abraham Buttross  
Lake Charles, Louisiana*

## Snow Goose En Orange Juice

1 snow goose, skinned, half breast, and quarter legs. Cook 30-40 minutes in pressure cooker with 1 small can frozen orange juice. Thicken sauce remaining with "Argo". Alternate method, same as above in crock-pot for 1 1/2-2 hours. Serve with rice and remaining sauce.

*Ken Sarason  
Greenville, Mississippi*

## **Roasted Goose**

Salt and pepper goose to taste. Into cavity of goose insert:

1 medium onion, quartered

1 medium potato, quartered

2 medium carrots, cut into and halved

1 small sweet potato, quartered

Note: you may insert more or less of the above according to the size of the goose.

Take the bacon drippings and rub onto the skin of the goose. Cover and bake at 350 degrees until done, approximately 1 to 2 hours, depending on the size.

*Trisha Havard  
Lucedale, Mississippi*

# Turkey

## **Baked Wild Turkey**

wild turkey

1 stick butter

1 T. all-purpose flour

1 turkey size baking bag

Rub the outside of the turkey with the stick of butter. Insert the stick of butter inside the turkey cavity. Put the flour into the baking bag. Shake the bag. Place the turkey in the bag (breast up). Secure with the twist tie provided with the bag. Place in a shallow roasting pan. Use a fork to poke holes in the top of the bag to allow steam to escape. The instructions with the baking bag will tell you how long to bake your turkey based on the weight of the turkey. I generally bake mine at 325 degrees for about 4 hours. When the turkey is done, a meat thermometer should register 185 degrees and the drumstick should move up and done easily in the socket. This is the way I prepare our Thanksgiving turkey every year. It is easy and delicious.

*Rhonda Fulton  
Louisville, Mississippi*

# Quail

## Marvin's Quail

12 Quail  
3 cloves garlic, mashed  
6 T. fresh mint  
½ cup Worcestershire  
2 T. Tabasco  
¼ cup olive oil  
Juice of 10 lemons  
1½ sticks butter

Place quail in roasting pan. Add small amount of water and cook in 300 degree oven for 20 minutes. Prepare remaining ingredients in saucepan. Stir. Cook over low heat. Pour sauce over birds. Continue cooking 30 more minutes. Baste frequently with sauce. Remove cover of roaster to brown for final five minutes.

*Iris Wynne  
Greenville, Mississippi*

## Smothered Quail

6-8 cleaned Quail  
½ cup butter  
salt & white pepper  
milk  
flour

Salt and pepper quail all over and roll in flour. Melt butter in a very large skillet with a lid and brown quail over medium/low heat. Remove quail from skillet and add 4 T. or more of flour. Salt and pepper to taste. Stir constantly until a light brown roux has developed, then slowly stir in enough milk to make gravy. Taste, adding more salt and pepper if needed. Return quail to skillet and roll in gravy; cover skillet. Simmer on lowest setting for 45 minutes to 1 hour, basting every 15 minutes. Serve over rice or grits finished with heavy cream, giving it great texture.

*Thomas E. Ward  
Jackson, Mississippi*

## **Quail in Wine Sauce**

6-8 quail  
2-3 T. margarine or butter  
1 bunch green onions  
1 small can of mushrooms with stem and pieces  
approximately 2 T. of flour  
salt and pepper

Lightly brown quail in margarine or butter in broiler or Dutch oven. Remove quail and set aside. Sauté chopped onions in remaining butter; add flour and stir. Add small can of mushrooms, stems and pieces (do not drain), stir, add wine, quail, salt and pepper to taste and let simmer for one hour with top on boiler or Dutch oven.

*John Garrard  
Isola, Mississippi*

## **Grilled Quail**

Clean whole quail. Rub quail with butter, salt and pepper. Place apple wedge, some celery and 2 T. of butter into quail cavity. Cook over low grill and cover. Turn occasionally until done, about 30 minutes. Remove apple and celery before serving.

*Daniel Le Blond  
Hernando, Mississippi*

## **Quail Breasts in Mushroom Gravy**

8-10 quail

Fillet breasts into two pieces. Roll in flour and brown in real butter until golden brown on both sides. Remove from pan. Add 1 medium chopped onion. Add 1 package of chopped mushrooms and brown. Return quail to onion and mushroom mixture. Add 1 cup of water mixed with one beef bouillon cube and 1 chicken bouillon cube. Add ¼ tsp. Louisiana hot sauce (optional). Cover and simmer for 20 minutes, stirring every few minutes. Note: Use lidded Dutch oven or other flat bottom pot with cover. This is also a great way to cook pheasant.

*Jeff Martin  
Yazoo City, Mississippi*

## **Sautéed Quail In Cream**

6-8 quail (1½ to 2 birds per serving)  
Flour, seasoned with salt and white pepper  
Clarified butter  
1 clove garlic, minced  
¼ cup minced shallots  
2 cups heavy cream  
½ lb. mushrooms, sliced  
¼ cup white wine  
salt and pepper to taste

Dredge birds in flour and brown in butter. Transfer to a warm oven. Add garlic, mushrooms and shallots in same pan over medium heat and sauté 3-5 minutes. Add wine, cook 2 minutes over high heat, then stir in heavy cream, reduce heat to slow simmer. Adjust seasoning with salt and pepper. Return birds to pan. Cover and cook 15 to 20 minutes. Remove lid and reduce sauce.

To serve: place quail over crostini bread, (toasted bread slices) fried potato nest, or crispy hash browned potatoes. Spoon sauce over and garnish with fresh thyme.

*Nick Apostle  
Jackson, Mississippi*

# Dove

## Smothered Dove

12 doves  
3 T. flour  
½ cup sherry wine  
6 T. butter  
2 cups chicken broth, hot  
salt and pepper to taste

Brown doves in a heavy skillet or Dutch oven in melted butter. Remove doves to a baking dish, breast down. Add flour to skillet and stir well (making a roux). Slowly add hot chicken broth and sherry, stirring til thickened then adjust seasoning with salt and white pepper to taste. Pour over doves. Cover baking dish and bake at 350 degrees for at least one hour. Serve over rice.

*Mrs. Frank M. Duke  
Jackson, Mississippi*

## Tiggy's Favorite Baked Doves

6 whole doves, picked  
1 stick butter  
1 can consommé  
1 cup white wine  
2 T. Worcestershire sauce  
4 slices bacon  
salt and pepper to taste  
olive oil

Butter each dove liberally. Brown with breast side down in 1¼ inch olive oil in Dutch oven. Add consommé, wine, Worcestershire sauce, salt and pepper. Top with bacon slices. Bake in oven for 2 hours at 350 degrees. Wonderful served with rice using gravy from birds! Serves 2 to 3.

I feel like the skin on a dove holds the juices in much better while cooking than breasted doves. Try it! It's worth the effort to pick them!

*Dr. Fred C. Bordelon  
Greenville, Mississippi*

## **Sausage, Dove, Duck Gumbo**

1½ lb. smoked sausage  
12 doves  
3 ducks  
2 onions  
1 bell pepper  
4 ribs celery  
1 large can mushrooms  
2 sticks margarine

Boil doves and ducks until tender. Debone meat and chop. Save broth for gravy. Sauté onions, bell pepper, celery and sausage in margarine. Make gravy using 1 stick margarine, flour for paste and duck broth. Add gravy to sautéed mixture. Simmer for 2 hours. Serve over rice. Will serve 12-18 and freezes well.

*Mrs. Jimmy F. Green  
Yazoo City, Mississippi*

## **Steamed Dove**

1 dozen doves  
3 strips bacon  
salt  
pepper  
¼ stick margarine  
water

Fry bacon in large frying pan. Remove bacon from pan. Salt and pepper doves and brown them in bacon grease. Add water, cover and steam doves over medium heat for 45 minutes or until done. Most of water should have boiled out. Add ¼ stick margarine and brown again. Remove doves and add enough water to boil down for gravy. Serve with grits and toast.

*Peter and Alice Virden  
Greenville, Mississippi*

## **Delta Dove**

8 doves  
flour  
salt and pepper  
½ cup vegetable oil  
1-10.5 oz. can beef consommé  
1 tsp. Worcestershire sauce  
1 tsp. onion juice  
½ cup sherry (optional)

Coat doves with seasoned flour. Brown in hot vegetable oil. Remove doves to roasting pan. Make gravy by adding consommé to pan drippings and stirring over low heat until brown. Add Worcestershire sauce and onion juice. Pour over doves. Add sherry, if desired. Bake at 250 degrees for 1 hour or until doves are tender. Baste often and add liquids as needed.

*Mrs. J. D. Nosef  
Clarksdale, Mississippi*

## **Baked Doves**

Marinate dove breasts in Italian dressing about 2 hours or overnight. Wrap each breast in a slice of bacon. Place close together in baking dish or pan. Cover tightly with foil. Bake at 325 degrees for 1 hour; uncover and bake another hour until bacon crisps and doves are tender. Enjoy!

Note: The doves may be grilled after marinating and wrapped with bacon. Serve with rice, salad and hot bread.

*Margaret Ann Smith  
Cleveland, Mississippi*

## **Crock-pot Doves and Rice**

12 dove breasts  
2 cup uncooked long grain and wild rice  
2 envelopes dry onion soup mix  
2 cans cream of mushroom soup  
3 cups water  
1 stick margarine  
2 tsp. Mrs. Dash seasoning

Melt margarine in crock-pot. Spread rice evenly over margarine. Place the dove breasts over the rice. Sprinkle Mrs. Dash seasoning over meat. Mix soup with water and add. Cook on low setting for 4 hours or on high for 2 hours. Cooking time will vary with different pots.

*Clint Johnson  
Leland, Mississippi*

### **Dove Delicious**

Dip each dove in olive oil. Place breast side up in covered roaster. Sprinkle generously with celery salt, curry powder and garlic salt. Not so generously with dry mustard and black pepper. Arrange 1-8 oz. can sliced mushrooms around (with juice) and add water so there is about ½ inch liquid in bottom of roaster. Cover and cook for 2½ hours at 250 degrees. Add juice from 1 lemon and 3 tsp. Worcestershire sauce. Cook for additional 15 minutes.

*Frankie Lawler  
Rosedale, Mississippi*

### **Fool's BBQ Dove Breast**

Marinate dove breast in plastic freezer container, completely emerging dove in Wickers Marinade sauce for at least 3 hours. Save marinade for cooking. Cook indirectly over medium to low grill and cover. Occasionally remove dove and emerge in marinade and place back on grill. Cook dove for 30-45 minutes.

*Daniel Le Blond  
Hernando, Mississippi*

### **Smothered Doves Acodienne**

8 or 10 doves	4 oz. can mushrooms
2 onions, chopped	1 stick margarine
1 bell pepper, chopped	1 T. Worcestershire sauce
2 stalks celery, chopped	1 cup Burgundy
1 T. parsley	1 T. flour
3 pods garlic, chopped fine	salt and pepper

Melt margarine in Dutch oven. Add doves and cook until brown, stirring constantly until they begin to stick. Add onions, celery, bell pepper, garlic and Worcestershire sauce. Cook until wilted. Add burgundy, cover and simmer for 2 or 3 hours until birds are tender. Add 4 ounces water if needed. When doves are tender, remove from the pan. Add mushrooms, mixture of flour blended with mushroom juice and parsley. Serve over rice.

*Mrs. William J. DuBard  
Drew, Mississippi*

## **Southern Dove Breast**

8 dove breasts  
½ tsp. salt  
¼ tsp. pepper  
½ cup flour  
½ cup margarine, melted  
½ cup mushrooms, chopped  
¼ cup onions, chopped  
1 T. fresh parsley  
½ cup white wine  
½ cup whipping cream

Sprinkle doves with salt and pepper, dredge in flour. Brown doves on both sides in butter in a large skillet. Remove doves and set aside. Sauté mushrooms, onions, and parsley in pan drippings add doves and wine, cover, cook 30 minutes on medium heat, basting frequently, add whipping cream, and cook until thoroughly heated.  
Serve over rice or mashed potatoes.

*Marjorie Viner  
Greenville, Mississippi*

## **Amnesty Bean Soup**

(So named because it produces lots of pardon me's)

2 cups mixed dry beans and peas  
1 lb. sliced smoked sausage  
3 qts. water  
1 lb. dove breasts (or chicken)  
2 cups celery, chopped  
ham hock  
2 cups onion, chopped  
1-28 oz. can stewed tomatoes, chopped  
2 garlic cloves, minced  
2 tsp. Mrs. Dash seasoning

Wash and soak bean mixture overnight. Put all ingredients in a crock-pot and cook on low for 4 to 6 hours or until larger beans are done. Delicious and even better when served with rice.

*Clint Johnson  
Leland, Mississippi*

## **Baked Doves**

12 doves  
salt and pepper to taste  
flour  
¾ stick oleo

1 cup celery, chopped  
1 cup onions, chopped  
1 can beef consommé  
½ cup red wine

Season doves with salt and pepper and roll in flour. Brown doves in oleo on both sides. Place in a casserole and sprinkle with onions and celery on top. Pour consommé over all. Cover casserole and cook at 350 degrees for 2 hours. Add wine last 30-45 minutes of cooking time. Serves 4-6.

*The Board of Levee Commissioners For The Yazoo-Mississippi Delta  
Clarksdale, Mississippi*

## Other Fowl

### Pheasants

#### Tuck's Kansas Pheasants

For 2 Pheasants

4 breasts, filleted

4 legs, separated from back

4 bay leaves

6 All spice (whole)

1-8 oz. can cream of mushroom soup

1 lemon

16 oz. sour cream

12-16 oz. whole fresh white mushrooms, quartered

Season legs with salt and pepper and poultry seasoning. Place legs in slow cooker with juice from lemon, cream of mushroom soup, bay leaves and all spice, cook on slow for 6-8 hours or until tender.

Add sour cream, stir and blend with sauce already in pot. Add quartered mushrooms and continue to cook.

In separate skillet sauté breasts in butter over medium heat until meat turns from pink to white. Pour sauce over breasts and legs. Serve over rice.

*Tucker Miller III  
Drew, Mississippi*

# Catfish

## Smoked Delta Catfish

fresh catfish fillets  
salt  
brown sugar

Place fillets in a glass dish and sprinkle heavily with salt. Cover with brown sugar. Next, cover dish with foil and refrigerate overnight. Place fillets on smoker and slow smoke 4-6 hours.

Note: This recipe is from the heart of the Mississippi Delta. It is neither salty nor too sweet.

*Dr. Fred Bordelon  
Greenville, Mississippi*

## Catfish Cicero

6 catfish fillets	1 cup pecans, chopped
1 cup bread crumbs	1 tsp. Oregano
1 cup parmesan cheese	1 T. seasoned salt
2/3 cup chopped parsley	1 beaten egg

Wash catfish fillets in mixture and pat dry. Set aside. In a bowl, mix breadcrumbs, cheese, parsley, pecans, oregano and salt. Dip fish into beaten egg and then into the bread crumb mixture. Coating fish thoroughly. Place the fillets in oiled ramekins or on an oiled baking sheet. Bake 20 to 25 minutes in a 400-450 degree oven. Serve immediately. Serves 6.

*Jimmy and Becky Walker  
Yelleville, Arkansas*

## Catfish Cheese Bake

Soak fillets in mixture of beaten eggs and evaporated milk. Dredge in mixture of 1-cup Parmesan cheese and ½ cup flour. Melt ½ to 1 stick butter and pour in baking dish. Lay fillets in dish and bake till done. 350 degrees.

*Jimmy and Becky Walker  
Yelleville, Arkansas*

### **Catfish Allison**

6 to 8 fillets  
1 cup grated Parmesan cheese  
½ cup butter  
½ T. Worcestershire sauce  
generous dash Tabasco  
6 onions, chopped  
6 T. mayonnaise

Mix cheese mixture and set aside. Poach fish in seasoned water 4 to 5 minutes – drain and cover with cheese mixture. Broil 5 to 7 minutes or till brown.

*Jimmy and Becky Walker  
Yelleville, Arkansas*

### **Fillet of Catfish Royal**

4 small catfish fillets  
2 T. fresh lemon juice  
2 T. Worcestershire sauce  
Tony's Creole seasoning

Sprinkle lemon juice and Worcestershire sauce on both sides of fillets, then season with Tony's Creole seasoning on both sides. Microwave on high for eight minutes. Let stand several minutes before serving. This dish is low fat, low-cal and very nutritious.

*Sarah McKee Royal  
Greenville, Mississippi*

## **Baked Fish**

1 cup bread crumbs- about 5 slices of dried bread out in the oven until it can be rolled into crumbs.

$\frac{3}{4}$  cup grated Parmesan cheese

$\frac{1}{4}$  cup chopped parsley (2 T. dried parsley)

1 T. paprika

2 tsp. oregano

1 tsp. basil

$\frac{1}{4}$  cup pecans, chopped (optional)

Mix all of the above and store in a closed jar or other container in the refrigerator until ready to use. It keeps indefinitely if all dried seasonings are used. Even tastes good on chicken. Catfish fillets are the best. Melt enough oleo in a Pyrex dish to coat the fillets. Turn fillets over to coat with oleo. Sprinkle with salt and pepper. Next, sprinkle crumb mixture over fillets to thoroughly cover. Place in a preheated 375-degree oven, and bake for 25 minutes. Serve immediately. The crumb mixture will cover many fillets so use, as needed each time and save the remainder for next time. Easy, fast and good!

*John Whitten, Jr.  
Sumner, Mississippi*

## **Pan Sautéed Catfish**

catfish fillets

lemon pepper

Cavender's Greek seasoning

Bearden Farms breading mix

black pepper

unsalted butter

lemons (fresh)

Wash fillets and pat dry with paper towel lightly. Sprinkle lemon pepper and Cavender's well on each side. Roll in Bearden's to coat each side. Let stand 10-15 minutes before cooking. Reapply Bearden's if needed. Melt 3-4 T. unsalted butter in heavy skillet over medium-high heat. Cook fish until brown on both sides turning carefully (fish flakes with a fork when done). Sprinkle lightly with black pepper and lemon juice.

*Susie Pepper  
Louise, Mississippi*

## **Baked Catfish**

4-5-7 oz. catfish fillets  
ground coriander or cilantro leaves  
celery salt  
sweet basil  
garlic powder  
chili powder  
1 stick butter, melted  
lemon juice

Spray cookie sheet with Pam or lightly grease with oil. Place skin side up and sprinkle with seasonings and herbs listed above. Brush with butter. Turn fish and repeat. Squeeze fresh lemon juice on top of each fillet. Bake at 400 degrees for 20 minutes covered, and uncover for 10-12 minutes or until fish flakes easily with a fork.

*Susie Pepper  
Louise, Mississippi*

## **Neely Plantation High Cholesterol Catfish**

As many large catfish fillets as you wish to cook. Salt, pepper, bacon and your favorite cheese (we like smoked cheese for this). Place the catfish fillets lightly salted and peppered on the grill or under the broiler. Flip them after about 5 minutes (depends on the heat) and let cook about half of that amount of time. Add a thick slab of cheese on the fillet and when it is about melted; add several strips of bacon (precooked). A great way to add some calories and cholesterol to a catfish fillet.

*Buck Neely  
Dundee, Mississippi*

## **Stir-Fried Catfish with Snow Peas**

1 lb. catfish  
25 snow peas  
7 fresh or canned water chestnuts  
3 T. oil  
¼ tsp. salt  
¼ tsp. sugar  
1 T. slivered ginger root

### **Seasoning:**

¼ cup chicken stock  
¼ tsp. salt  
¼ tsp. sugar  
1 tsp. thin soy sauce

### **Thickener:**

2 tsp. cornstarch, mixed well with 2 tsp. cold water  
2 tsp. dark soy sauce

Clean and cut catfish into ½” cubes. Remove tips of snow peas. Cut into 1” pieces on the diagonal.

If using fresh water chestnuts, peel and discard top and root ends. Cut fresh or canned water chestnuts into thin slices. Heat wok and add 1 T. oil. Add snow peas and water chestnuts and stir-fry for 2 minutes over high heat, sprinkling with salt and sugar. Remove and set aside. Heat wok and add 2 T. oil. Add ginger and catfish and stir-fry for 3 minutes over high heat. Add seasoning ingredients. Add cooked vegetables. Mix thoroughly. Stir in thickener. Cook for 30 seconds. Serve. Serve over rice.

*Advance preparations:* Steps 1-4 may be done a few hours in advance and kept at room temperature.

*Philip and Cheryl Hoyt  
Greenville, Mississippi*

## **Catfish Fillets Topped With a Mushroom and White Wine Sauce**

6 catfish fillets, skinless, (6 to 8 oz. each)

5 oz. unsalted butter

½ cup dry white wine

1 cup fresh bread crumbs mixed with 2 T. finely chopped parsley.

½ lb. button mushrooms, thinly sliced (about 2 cups)

2 T. minced green onions (using white part only)

salt to taste

freshly ground white pepper to taste

1 cup half n half

juice of ½ to 1 whole lemon to taste

2 rounded T. freshly grated Parmesan cheese (imported if possible)

Preheat oven to 400 degrees. Pat the catfish fillets dry. Melt 3 oz. of the unsalted butter. Arrange catfish fillets on a sheet pan that has been lightly greased with some of the 3 oz. of melted butter; brush the catfish fillets with the remaining portion of the melted butter. Sprinkle salt and pepper on the fillets to taste. Drizzle ¼ cup of white wine over the fillets and then press the breadcrumbs/parsley mixture on top of each fillet (don't make it too heavy, you want the fish to cook and the breadcrumb topping to be golden).

Melt the remaining 2 oz. butter in a heavy bottomed saucepan over medium heat. Add the 2 T. minced onions and mushrooms and sauté (water will "leech" out of the mushrooms- continue to cook stirring till bottom of sauce pan is almost dry); add the white wine and cook till almost dry then add the half n half and bring to a slow simmer and let reduce till sauce like in consistency (about 15 to 20 minutes will reduce in volume by a third). Remove from heat.

Put the prepped catfish fillets into the preheated oven for 10 minutes or till just white at the thickest part. (Any liquid from the sheet pan that the catfish was cooked on can be added to your sauce just before serving).

Meanwhile, bring the sauce back to a slow simmer, stirring in the parmesan cheese till thoroughly melted and add the lemon juice to taste. Adjust seasoning with salt and white pepper. To serve place one catfish fillet on a serving plate and ladle the sauce diagonally across the fish. Believe it or not this is very nice served over buttery grits finished with cream. Enjoy! "Catfish is probably the most southern of all fish- therefore, this is a "Southern" dish with "French" overtones.

*Craig Claiborne  
Mississippi*

### **Basic Southern Fried Catfish**

2 lbs. farm raised fresh catch catfish-pan dressed or fillets

1½ cups cornmeal

¼ tsp. pepper

2 tsp. salt

2 eggs beaten

2 tsp. milk

vegetable oil or shortening for frying (peanut oil is best)

Season fish with salt and pepper. Combine eggs and milk. Dip fish into egg mixture, then roll in cornmeal to coat. Fill frying pan half full of oil, and heat (370 degrees). Fry for 7-8 minutes or until first side is golden brown, then turn and cook 7-8 minutes more, until fish is brown and flakes easily with a fork. Drain on paper towels. Fish may be placed in a warm oven to keep crisp for serving.

*James Cummins  
Amory, Mississippi*

## **Bass, Bream and Crappie**

### **Melt In Your Mouth Fillet Crappie/Bream**

2-3 lbs. crappie or bream cut in fillets and patted dry

1 stick margarine

1 lemon

2-3 T. chives, chopped

1½ tsp. blackened seasoning or any kind of Cajun seasoning

Parsley Flakes (optional)

Worcestershire white wine sauce

Melt 1 stick of margarine in dish. Squeeze lemon juice over margarine. Place fish in margarine mixture, coating on both sides. Sprinkle with chives. Sprinkle blackened seasoning or Cajun seasoning over fish. Place in preheated oven of 325 degrees for 20-30 minutes. Pour Worcestershire white wine sauce over fish before serving. Sprinkle with parsley flakes. Serve hot. Yummy!

*Ed and Jan Weldon  
Tunica, Mississippi*

### **Grilled Fish and Vegetables**

Prepare a marinade to brush on the fish.

¼ cup olive oil

1 T. fresh oregano

1 T. basil

1 T. thyme

1½ tsp. salt and pepper

2 tsp. minced garlic

Corn-on-the-cob, zucchini, onions, peaches or pears rubbed with small amount of oil are excellent accompaniments. Cook directly on the grill for only 3 to 5 minutes for smokiness and just a little caramelization.

*Jimmy and Becky Walker  
Yelleville, Arkansas*

## **Crappie Fillet Crumbles**

Desired number of crappie fillets

olive oil

garlic powder

lemon pepper

crumbs left in the bottom of your potato chip, corn chip, or pork skin bags

use no salt; it's already in the crumbs

Crush and pulverize the bag of leftover crumbs with your hands. Lightly coat fillets with olive oil, then sprinkle on garlic powder and lemon pepper. Toss fillets in the bag of crushed crumbs, close top of bag, and shake to coat the fillets. Place fillets in black skillet, under broiler, until dark golden brown (no mess, either, just throw bag away). All are delicious, but the pork skin crumbs are our favorite.

*Dr. and Mrs. Eddie Hobbs  
Moorhead, Mississippi*

## **Smoked Crappie Fillets**

Prepare charcoal fire in smoker. When coals are glowing (if possible add a piece of water smoked hickory) add a water pan filled with HOT water. Cover smoker. Before the water steams, prepare crappie fillets. Liberally sprinkle on both sides with lemon pepper. Place in a single layer in a shallow, round pan or in a pan made with a heavy aluminum wrap. Dot each fillet liberally with oleo (or butter). Put pan on rack above water and cover smoker. Cook approximately 20-25 minutes or until fish flakes easily with a fork. Fish should be tender and juicy...do not overcook. DELICIOUS!

(Cooking times depends on the number of fillets, outdoor temperature, how hot the fire is and if the wind is blowing)!

*Ms. Ann Hays  
Dublin, Mississippi*

## **Fried Bream or White Perch Fillets with Sweet Onion Relish**

### **Sweet Onion Relish**

5 medium Vidalia onions, sliced paper thin  
2 cups water  
1 cup white wine vinegar or seasoned rice wine vinegar  
1 cup sugar  
½ to ¾ cup mayo, Hellmann's or other quality  
2 to 3 T. celery salt, to taste  
1 tsp. celery seed

Slice onions as thin as possible – place in a glass chafing dish or plastic container, cover with 2 cups water, 1 cup vinegar and 1 cup sugar; stirring until sugar is dissolved in mixture, cover and refrigerate overnight. Drain and by hand squeeze out all excess liquid from onion mixture; mix ½ to ¾ cup mayo, add celery seed and then season to taste with celery salt. Refrigerate in closed container and serve with crackers or to compliment fried bream, perch, catfish, etc.

### **Corn Oil for Deep Frying**

12 to 14 fish fillets – 2 to 3 oz.  
2/3 cup yellow corn flour  
1/3 cup flour  
salt to taste  
ground white pepper, to taste  
1 cup buttermilk  
1 egg, beaten

Heat the oil for deep-frying. Combine the beaten egg and buttermilk till thoroughly mixed; add 3 to 4 fillets at a time to mixture. Combine corn flour and regular flour and season to taste with salt and pepper. Drain excess liquid from fillets and dredge in the seasoned flour mixture. Drop fillets into hot corn oil to fry for 3 to 4 minutes depending on size of fillets – repeat procedure until complete. Serve fried fillets with fresh lemon wedges and sweet onion relish.

*Edna Howard  
Natchez, Mississippi*

## **Fish Chowder**

18 to 22 bream (depending on size)	2 carrots, cooked and chopped
1 can Campbell Cream of Potato soup	Sprig of parsley, minced
1 can Campbell Cream of Celery soup	salt and pepper
1 can New England Chowder soup	1 small can evaporated milk
1 can minced clams	1 pt. of Half and Half
1 can chicken stock	1 stick of butter or oleo
1 medium onion chopped, sautéed in part of butter	

Place fish in cold water, cover and bring slowly to simmering. Turn off heat for 30 minutes. Uncover and drain. When cool enough to handle, remove skin and bones. (Easier to do when fish is warm. I sometimes do this the day before.) Add soups and other ingredients (except fish) together in a large boiler. Add whole milk if needed. When hot, add fish. Do not boil.

*Mr. and Mrs. Charles Scott  
Jackson, Mississippi*

## Saltwater Fish

### Campfire Redfish

6 to 8 lbs., filleted with scales and skin intact on each fillet.

2 to 3 oz. extra virgin olive oil

2 to 3 whole lemons

Cavenders "Greek Seasoning"

Optional: pinch of dried thyme leaves and dried oregano leaves

All you need is a metal grid about 12" over a wood fire or a charcoal grill with the coals white hot large enough to lay the two sides of fish on (skin and scale down) on the grid. To prepare fish: After filleting off the two sides with skin and scale intact, pull the pin bones from each fillet and wash off with cold water, pat dry and pour about 1 to 1½ oz. of extra virgin olive oil over each fillet; sprinkle liberally both fillets (flesh side only) with Cavender's and add thyme and oregano. Place fillets on the cooking grids (skin and scale down) flames will flare a bit but not to worry skin and scales make an excellent insulator and conductor of the heat the fish will start to get white at the edges and cook inward; as the fish firms to touch and is cooked thru at its thickest portion- squeeze the fresh lemons over the flesh. With a wide blade knife or metal spatula cut the flesh to the skin and slide it off- you won't believe how moist and flaky the fish is- Enjoy!

(Cooking time depends on outside temperature and how hot your fire is – I've done this in Wyoming in 20-degree temps).

*Nick Apostle  
Jackson, Mississippi*

### Baked Red Fish

Salt and pepper fish and rub with olive oil inside and out. Place in 2" or 3" deep pan with 1" of water. Put peeled and washed potatoes, carrots, radishes, celery, lemon slices, onion, green olives, and black olives around fish. Sprinkle with parsley, lemon juice, salt and pepper. Baste with olive oil. Cover and bake at 350 degrees for 30 minutes. Baste again and bake till done.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

### **“Biloxi Butter”**

shrimp, any amount  
whipped margarine or butter  
cream of horseradish  
garlic salt or powder

Peel and boil shrimp. Chop small amounts of shrimp at a time in a blender until all shrimp are chopped. Put shrimp in a bowl and blend whipped margarine or butter until the chopped shrimp stick together. Add cream of horseradish and garlic salt or powder to taste. Refrigerate. Serve cold as a spread with crackers.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

### **Shrimp Gumbo**

1 lb. peeled, deveined shrimp (raw, frozen)	½ tsp. pepper
2 cups fresh okra or 1 pkg. (10 oz.) frozen, sliced	¼ tsp. file
1/3 cup shortening, melted	2 cups hot water
2/3 cup green onions, chopped and tops	1 cup canned tomatoes or
3 cloves garlic, finely chopped	8 oz. can tomato sauce
1½ tsp. salt	2 whole bay leaves
1 small can crabmeat (optional)	6 drops Tabasco sauce
	1½ cups cooked rice

Sauté okra in shortening about 10 minutes or until okra appears dry, stirring constantly. Add onions, garlic, salt, pepper, file’ and shrimp. Cook about 5 minutes. Add water, tomatoes (or tomato sauce) and bay leaves. Stir in crabmeat (optional). Add Tabasco. Place ¼ cup rice in the bottom of 6 soup bowls; fill with gumbo. Serves 6.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

### **Shrimp Orleans**

1 medium onion, chopped	¾ cup ketchup
1 toe garlic, minced	dash of Worcestershire sauce
1 can (small) sliced mushrooms or substitute fresh mushrooms	1 carton sour cream
1 can cream of celery or cream of mushroom soup	1 lb. deveined shrimp, boiled in seasonings and peeled

Sauté onion, garlic and mushrooms (fresh) in 2-quart saucepan using 2 T. butter or margarine. Add remaining ingredients (including canned mushrooms). Using LOW range setting, heat until steaming (20 to 30 minutes). Serve over hot, cooked rice.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## **Shrimp Victoria**

1½ lbs. fresh or frozen shrimp,  
peeled and deveined  
½ cup butter or margarine  
1 cup sliced fresh or canned  
mushrooms  
2 T. lemon juice

1 T. Worcestershire sauce  
1½ tsp. seasoned salt  
Dash of pepper  
1 can cream of mushroom soup  
1 T. chopped parsley  
½ cup half n half cream

Cooks shrimp and onion in hot butter in a large skillet or electric fry pan, stirring occasionally, for 5 minutes or until shrimp are almost tender. Add mushrooms, lemon juice, Worcestershire sauce and cook, stirring occasionally, for 5 minutes longer. Remove from heat or turn off heat on fry pan. Stir in seasoned salt and pepper; stir in soup and half n half. Cook over low heat, stirring occasionally, until hot but not boiling. Sprinkle with parsley; serve immediately over rice or buttered toast.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## **Stuffed Shrimp Pepper**

1-1½ lb. shrimp, deveined, raw  
4 large bell peppers  
2 large eggplants  
1 medium onion  
2 green onions

2 cloves garlic  
1 cup breadcrumbs  
4 tsp. butter  
1 tsp. parsley  
1 tsp. liquid crab boil

Peel, cut up and boil eggplant till soft. Dice shrimp, onions, green onions, and garlic. Mix together with eggplant, parsley, crab boil and ½ cup breadcrumbs. Cut top from bell pepper and remove core. Add mixture to each pepper, top with breadcrumbs and butter. Place in casserole dish with ½” of water. Cover and bake in 300-degree oven for 45 minutes. Uncover for last 15 minutes. Serves 4.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## **Broiled Shrimp**

2 buttons garlic  
2 T. margarine  
Fresh shrimp  
Lemon  
1 tsp. fresh, fine, chopped parsley

Parmesan cheese  
breadcrumbs  
Tabasco sauce or cayenne  
pepper (optional)

Rub the inside of small, individual ovenproof baking dish with two buttons of garlic. To each dish add one tablespoon of margarine and 10 to 12 medium or 6 to 8 large, peeled shrimp. Salt lightly. Squeeze fresh lemon juice over shrimp.

Mix Parmesan cheese and chopped parsley with shrimp. Top with breadcrumbs and margarine. Several dashes of Tabasco sauce or cayenne pepper can be added if desired. Broil for 15 minutes approximately eight inches from flame or element.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## **Wine Shrimp**

3 T. butter or margarine  
1 clove garlic, finely chopped  
5 T. dry white wine  
1 lb. shrimp, peeled and deveined  
parsley

Combine butter, chopped garlic, and wine in 1½ quarts glass casserole dish. Microwave on ROAST for 2 to 3 minutes or until butter melts. Add shrimp. Microwave on HIGH for 4 minutes. Stir and continue cooking for an additional 2 minutes or until shrimp turn pink. Let stand 5 minutes before serving. Garnish with parsley. Serves 3 or 4.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## **Hot Shrimp Dip**

1-8 oz. pkg. cream cheese  
1-10 oz. can frozen condensed  
cream of shrimp soup, thawed  
(a can of cream of shrimp soup-  
Campbell's- can be used)  
½ cup dairy sour cream  
1 tsp. prepared horseradish  
¼ tsp. Worcestershire sauce

Heat cream cheese till softened. Blend in cream of shrimp soup, sour cream, horseradish, and Worcestershire sauce. Transfer to fondue pot; place over fondue burner. If desired. Makes 2 cups.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## **Shrimp Curry**

3 tsp. ground coriander  
1 tsp. cayenne pepper  
¼ tsp. ground cloves  
pinch ground cinnamon  
2 tsp. ground ginger  
2 tsp. garlic powder

1 tsp. salt  
pinch turmeric  
2 to 3 T. water  
2 T. oil  
1 large onion, chopped  
2 lbs. shrimp, cleaned

Combine spices with water to make a paste. Heat oil in skillet or Dutch oven and sauté onions. Add spice paste and brown. Add shrimp. Cover and stir occasionally. Cook 20-25 minutes. Optional ingredients are 1 cup chopped eggplant added with the raw shrimp.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## **Simply Super Shrimp/Rice Salad**

2 cups cooked rice  
2 cups cooked shrimp, chopped  
2 cans tuna, drained  
5 hard-boiled eggs, chopped  
1 cup celery, chopped

1 T. Creole mustard  
dash Worcestershire sauce  
dash lemon pepper  
salt and pepper to taste  
mayonnaise to mix

Mix all ingredients together. (If you would like to have the “gang” in for supper during the holiday season, but the budget is busted, try this one. It feeds at least 10 to 12; half it for a family of 3 to 6 persons.)

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## Sweet 'N' Sour Shrimp

1 lb. shrimp (cooked)  
1½ cups apple juice  
½ cup vinegar  
½ cup bell pepper, chopped  
1/3 cup sugar  
½ cup diagonally sliced carrots  
2 cups hot cooked rice

½ cup catsup  
2 T. oil  
1 T. soy sauce  
¼ tsp. salt  
¼ cup sliced green onions & tops  
½ cup toasted slivered almonds

Combine 1½ cups apple juice, vinegar, sugar, catsup, oil, soy sauce and salt. Bring to a boil. Add carrots and simmer 15 minutes. Add green peppers and onion. Cook 5 minutes longer. Dissolve cornstarch in ¼ cup apple juice. Gradually add to hot sauce and cook til thickened, stirring constantly. Add shrimp. Heat. Add almonds to rice and serve shrimp sauce over rice.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## Easy Shrimp Etouffe (Microwave)

½ cup margarine or butter  
1 cup green onion, chopped  
¼ cup bell pepper, chopped  
1 cup onion, chopped  
1 cup celery, chopped  
1 can cream of shrimp soup

1 can-stewed tomatoes  
2 T. Worcestershire sauce  
¼ tsp. black pepper  
¼ tsp. garlic powder  
2 cups uncooked shrimp, peeled and deveined

Melt margarine or butter in 2½ or 3-quart dish. Stir in onions, celery, and green pepper. Sauté on HIGH for 10 minutes. Add green onions and sauté 5 minutes. Add cream of shrimp soup, stewed tomatoes, Worcestershire sauce, pepper and garlic powder. Add shrimp. Cover. Cook on HIGH for 10 minutes. Serve over rice. Can be made in electric skillet or in skillet on top of range. Four servings.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## **Skillet Shrimp Oriental**

½ lb. boiled peeled shrimp  
5 oz. can water chestnuts, thinly sliced  
3 oz. can real French fried onions  
2 cups cooked rice

1 pkg. frozen peas  
1 medium onion, finely chopped  
2 T. olive oil, oleo, or butter  
salt and pepper

Sauté onions in iron skillet to golden brown. Reduce heat and stir in cooked rice, chestnuts, ½ cup onion rings, and drained shrimp. Salt and pepper to taste. Mound mixture in center of skillet to form a moat; fill moat with a circle of peas. Cover tightly and simmer 20 minutes or until peas are done. Uncover, sprinkle top with remaining onion rings and serve directly from skillet. Add a bit of soy sauce. Fresh fruit salad compliments the flavor.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## **Oysters Victor Hugo**

olive oil (Spanish if available)  
oysters  
butter  
Tabasco sauce  
lemon

salt and pepper  
parmesan cheese  
toasted bread crumbs  
parsley

This dish can be prepared in individual casserole dishes but is especially attractive served in large (4-5 inch) scallop shells.

Oil interior of dish with fine grade olive oil. Distribute fresh, washed oysters in single layer over surface of dish or shell. Dot each with butter and Tabasco sauce. Lightly salt and grind fresh pepper over each. Sprinkle with grated Parmesan cheese and toasted breadcrumbs. Place in broiler until cheese softens and butter melts (oysters will be sufficiently done.) Garnish with fresh parsley and lemon slices.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## Oyster Dressing

2 pints oysters & liquid  
½ cup water  
3 T. bacon drippings  
2 cloves garlic  
1 medium onion, chopped  
2 stems celery, chopped  
2 green onions and tops, chopped  
salt to taste

1 cup chicken broth  
1 bay leaf  
3 T. chopped parsley  
¾ tsp. poultry seasoning  
½ tsp. thyme  
½ tsp. black pepper  
6 oz. loaf French bread

Cook oysters in liquid and water until edges curl; cool, reserving liquid, and chop oysters. Sauté in bacon drippings the celery, onion, and green onion until transparent. Mix vegetables, oysters and liquid, chicken broth, bay leaf, parsley, poultry seasoning, thyme, and pepper. Pinch bread into small pieces and add to vegetable mixture. Salt to taste. Also add more broth if needed to make “raw” dressing very moist. Bake uncovered in a 1-quart dish at 350 degrees for approximately 50 minutes. Serves four; may be doubled, etc.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## Rich Oyster Stew

Sauté 1 chopped shallot, including green top, and one small, finely chopped onion, in 2 tablespoons margarine or butter until onions become translucent. Add 2-dozen oysters and their liquor to sauce pan with onions; add 1-teaspoon salt and fresh ground pepper, about 6 turns of peppermill. To this mixture, add 6 cups milk, bring milk to slow boil. Cut heat immediately. Serve with fresh saltine crackers.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## Oyster Spaghetti

Pint of quart of oysters  
bell pepper  
onion  
sherry

mushrooms  
celery  
butter

Chop bell pepper, onions, and celery into small morsels. Place them in the pan with the mushrooms and sauté them until onions are translucent. Add oysters and one cup of sherry and place lid on pan. Simmer in this fashion until oyster mantles begin to curl. Next, prepare a mass of spaghetti. Pour oysters and sauce over spaghetti.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## Oyster Loaf

1- 8 oz. pkg. cream cheese, room temp.	grated onion
1 can smoked oysters	Worcestershire sauce
2 tsp. mayonnaise	Tabasco sauce
parsley flakes	1 pressed garlic bulb

Mix all ingredients by hand. Shape into ball. Roll in parsley until completely covered. Refrigerate 24 hours before serving on snack crackers.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## Baked Crab Casserole

½ cup onions, finely chopped	2 whole eggs
½ cup bell pepper, finely chopped	3 T. Worcestershire sauce
2 pimiento pepper, chopped	2 to 3 cups white crab meat
1 clove garlic, minced	1 tsp. salt
1 can condense celery soup	pepper to taste
4 slices white bread	2 T. margarine
½ cup milk	

Sauté onions, green pepper, and garlic in margarine. *Do not brown.* Add white bread (which has been soaked in milk) to the soup, add eggs and mix until smooth. Combine all additional ingredients, mixing well. Spoon into buttered 2-quart casserole. Sprinkle with fine cracker crumbs and paprika. Bake at 350 degrees for 30 minutes.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## Fried Hard Shell Crab

1 dozen small crab bodies, fresh	1 cup cornmeal
2 T. liquid crab boil	1 cup cream
1 cup flour	

Break bodies in half, place each half in palm of hand and press together firmly till shell cracks. Mix liquid crab boil and cream together. Mix cornmeal and flour together. Dip crab halves in cream mixture then cornmeal/flour mixture and repeat. Place each half in hot deep fat til golden brown. Serve hot. Serves four.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## Deviled Crabs

4 cups cooked crabmeat  
1 cup milk  
1½ cups cracker crumbs  
1 stick butter  
3 T. parsley flakes  
1½ T. grated onions

¾ tsp. salt  
dash pepper  
3 T. Worcestershire sauce  
1 tsp. dry mustard  
1 green pepper, chopped fine

Cook all ingredients, except crabmeat and ½ cup cracker crumbs, in a boiler on medium heat for 10 minutes. Add crabmeat and cook 5 minutes more. (Time after it gets hot.) Cool and fill crab shells. Sprinkle cracker crumbs over top. Bake at 425 degrees until brown.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## Crab Quiche

½ cup mayonnaise  
2 beaten eggs  
1-2/3 cups crabmeat  
1/3 cup sliced green onions

2 T. flour  
½ cup milk  
8 oz. Swiss cheese (grated or sliced)  
9-inch pie shell

Combine mayonnaise, flour, eggs and milk; mix well until blended. Stir in drained, well boned crabmeat, cheese and green onions. Pour into pastry. Bake at 350 degrees for 40-45 minutes. Slice in small wedges.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

## Crabmeat Metropolis

2 cans artichoke hearts (not marinated)  
2 lbs. fresh, lump crabmeat (pick carefully  
to remove bits of shell)  
cheese sauce

15-20 raw shrimp tails, peeled  
turmeric  
butter

Sauté shrimp in 2 tablespoons butter and ½ teaspoon turmeric for 5 to 10 minutes. Set aside. To assemble: arrange artichoke halves in bottom of 9x12 inch baking dish, cut side up. Do not butter. Cover halves evenly with crabmeat. Prepare cheese sauce and ladle over crabmeat. Garnish with shrimp. Bake in 350 degree oven 20 to 40 minutes until all ingredients are hot. Serve over bed of rice or warm Holland rusks.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

### **Elegant Crab Casserole**

1 lb. crabmeat	½ cup mayonnaise
2-10 oz. can cut asparagus spears, drained	2 T. lemon juice
1 cup sliced almonds	¾ cup grated Cheddar cheese
½ cup chopped celery	paprika

Place asparagus into a well-greased baking dish, approximately 12x8x2". Combine crabmeat, almonds, celery, mayonnaise and lemon juice. Spread crab mixture over asparagus. Top with cheese. Sprinkle with paprika. Bake at 400 degrees for 15 to 20 minutes or until heated thoroughly and cheese is melted. Serves 6.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

### **Marinated Crab Claws**

5 lbs. crab claws	equal amounts of white cooking wine (sauterne) & vinegar
2 bunches fresh green onions	(1½ cups each)
1 box dehydrated, frozen chives	2 cups olive oil
4-5 cloves garlic	lemon pepper
3 medium white onions, chopped	salt and pepper to taste
Tabasco sauce	

Mix all ingredients in large plastic container with tight-fitting lid and refrigerate overnight or longer. Turn container over occasionally to coat ingredients with liquid.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

### **New Orleans Baked Fish**

2 T. butter	2 T. flour
2 cups milk	salt and pepper to taste
6 fish fillets	dried parsley
1 lb. cooked shrimp, chopped	½ lb. canned crabmeat, diced

Melt butter in saucepan; stir in flour until blended. Add milk gradually; cook, stirring constantly, until thickened. Add seasonings. Prepare 6 squares of heavy paper or aluminum foil, making French fold in centers. Place 1 fillet on each piece of paper. Sprinkle with parsley. Add shrimp and crabmeat to white sauce; spoon sauce over fillets. Wrap each fillet in paper, sealing ends tightly. Place fillets on cookie sheet. Bake at 450 degrees for 15 minutes. Unfold paper; Yield: 6 servings.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

### **Mullet Dip (Biloxi Bacon Spread)**

½ lb. mullet, boneless and skinless  
12 oz. cream cheese  
1 medium onion, chopped  
2 green onions, chopped  
2 garlic cloves, chopped  
1 medium bell pepper, chopped  
2 stalks celery, chopped

1 tsp. parsley flakes  
2 T. Worcestershire sauce  
10 drops Louisiana Hot sauce  
½ tsp. salt  
¼ tsp. pepper  
½ tsp. Morton All Seasons  
5 T. water

Sauté onions, green onions, garlic, bell pepper, parsley, Worcestershire sauce and celery until celery soft. Add water, All Seasons, hot sauce, salt, pepper, and mullet. Cook till mullet is flaky. With fork, mash mixture to a pulp, then add to cream cheese. Mix well. Cover and keep in refrigerator for 24 hours. Add cream to thin and serve with your favorite cracker or chip. Sour cream can be substituted for cream cheese for different flavor.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

### **Boiled Shrimp in Beer**

1 lb. headless, shell-on shrimp  
1 qt. water  
12 oz. beer  
1 lemon, cut up

1 stalk celery, diced  
1 small onion, chopped  
2 bay leaves  
Tabasco red pepper sauce to taste

Combine all ingredients except shrimp in large kettle. Bring to boil. Add shrimp and cover. Return to boil and simmer 3-4 minutes. Stir, then let stand covered off of the heat, 3-4 more minutes. Remove shrimp from liquid, cool promptly with cold running tap water, drain and chill (leave shell on). Serve with cocktail sauce and let everyone peel-and-eat.

*James L. Cummins  
Amory, Mississippi*

### Seafood or Fish Fettuccine

2 lbs. freshly boiled and de-veined shrimp	2½ cups fresh Parmesan cheese
2 lbs. fresh bay or sea scallops (half if using sea scallops)	(reduce to 1½ cups for dried cheese)
1 lb. fresh lump picked crabmeat	salt and white pepper to taste
1 lb. poached skinned de-veined catfish (optional)	½ tsp. crushed fresh basil
3 oz. butter (may substitute low-cholesterol margarine)	½ tsp. fresh parsley
4 cups whipping cream	2 T. Sauterne wine
	1 lb. Fettuccine

**Pasta:** Drop pasta into 5 quarts of slightly salted boiling water. Boil until tender and firm (al dente). Drain in colander. Rinse in cold water and drain several times.

**Fish:** Poach shrimp briefly until pink. Remove from hot water, rinse, shell, and de-vein. Poach scallops gently about two minutes. If using catfish, poach for 8 to 10 minutes, skin, de-vein, and break up.

In a large saucepan, melt butter; add whipping cream, Parmesan cheese, salt, white pepper, parsley and basil. When thickened add the fish of choice. Add the pasta saving only enough to make a nest for serving. After thoroughly saturating the pasta with the mixture add the sauterne. Then pour over the nest of pasta. (Be sure not to make this a thick nest). Top with dashes of Parmesan cheese and parsley. You may serve this meal with green salad on the side and hot bread served on breadboards.

*Mrs. Arthur B. Clark, Jr.  
Indianola, Mississippi*

## Other Fish

### Classic Trout (Speckled) Meniere

6 fillets of Trout, pin bones and skin removed (6 oz. fillets each)

1 cup plain flour more or less depending on size of trout, seasoned with salt and ground white pepper, to taste

1 cup half n half

2 eggs, beaten (combine with half n half to make a rich egg/cream wash)

1 cup clarified butter, unsalted

½ cup parsley, chopped

juice of 2 lemons

½ cup corn oil

Clarified butter- Take 1 lb. unsalted butter and melt over medium heat in a heavy bottomed saucepan till melted and almost boiling (will be frothy): remove from heat and let rest; it will separate and with a small ladle remove and reserve the butter fat from the saucepan (rises to the top) being careful not to get the milky, watery liquid at the bottom of the saucepan which can be discarded.

Dip the trout fillets in the “egg/cream wash”. Drain well, then dredge the fillets in the seasoned flour. Heat ½ cup clarified butter and ½ cup corn oil (this raises the “burning point” of clarified butter which allows you to cook at a higher temp to obtain a crispier golden brown crust) in a frying pan over medium to high heat till hot; then add trout fillets and without crowding cook on one side for 2 to 3 minutes then turn only once and cook other side 2 to 3 minutes. Transfer trout to a warm serving dish till all fillets have been cooked and arrange all on the serving dish. Sprinkle cooked fillets with chopped parsley; the remaining clarified butter (hot) and the fresh lemon juice and serve.

*Nick Apostle  
Jackson, Mississippi*

### **New Orleans Baked Fish**

2 T. butter

2 cups milk

6 fish fillets

1 lb. cooked shrimp, chopped

2 T. flour

salt and pepper to taste

dried parsley

½ lb. canned crabmeat, diced

Melt butter in saucepan; stir in flour until blended. Add milk gradually; cook, stirring constantly, until thickened. Add seasonings. Prepare 6 squares of heavy paper or aluminum foil, making French fold in centers. Place 1 fillet on each piece of paper. Sprinkle with parsley. Add shrimp and crabmeat to white sauce; spoon sauce over fillets. Wrap each fillet in paper, sealing ends tightly. Place fillets on cookie sheet. Bake at 450 degrees for 15 minutes. Unfold paper; Yield: 6 servings.

*Gulf Coast Research Laboratory  
Ocean Springs, Mississippi*

### **Buttered Basted Broiled Snapper**

1½ lbs. snapper fillets, fresh

¼ cup melted butter

¼ cup lemon juice

½ tsp. salt

¼ tsp. pepper

½ cup fresh breadcrumbs

Cut snapper into serving pieces. Brush flesh with a mixture of butter and lemon juice. Sprinkle with salt and pepper. Roll in breadcrumbs. Place fish, flesh side up, on a greased broiler pan. Broil 4-6 inches from heat for 5-8 minutes or until fish flakes at thickest part. Makes 6 servings.

*Randy Browning  
Hattiesburg, Mississippi*

## Frogs and Other Aquatic Animals

### Boiled Crawfish

Per 45 lb. sack of live crawfish

4 bags crab boil

½ large bottle lemon juice

1/3 bottle garlic juice

6 lemons (halved)

garlic (halved)

¼ large (7¾ oz.) bottle cayenne pepper

onions (halved)

small red potatoes (whole)

corn

carrots

1 box salt

1-6 oz. bottle Louisiana hot sauce

Put crab boil in water and bring to a rapid boil. Let boil for 10-15 minutes. Put lemon juice and garlic juice in boiling water, just before adding the crawfish. Put crawfish in cooking basket. Put lemons, garlic, onions, potatoes, corn and carrots on top of crawfish in the basket. Lower the basket into the boiling water and bring back to a boil. Let boil for 5-7 minutes, depending on the size of the crawfish (boil small crawfish for 5 minutes and large one for 7 minutes). After 5 minutes of boiling, sample crawfish for consistency of meat and for ease of peeling.

Remove from water immediately. Layer crawfish in ice chest. Sprinkle salt, hot sauce, and cayenne pepper over each layer, mixing very well after each layer. Must use long, thick rubber gloves because the crawfish will be very hot. This work must be done quickly so as not to let much heat escape. Cover ice chest and allow crawfish to steam for 20-30 minutes. Taste crawfish occasionally for seasoning. Remove crawfish from ice chest and ENJOY!!!

\*\* Tabasco sauce can be substituted for Louisiana hot sauce (but remember, Tabasco is more peppery than Louisiana hot sauce). Amounts of seasoning, especially hot sauce and cayenne pepper, can be adjusted to suit individual taste.

*Robert Lemann  
Donaldsonville, Louisiana*

## Side Items

### “Eat Your Heart Out” Artichoke Salad

- 1 can artichoke hearts
- 1 purple onion
- 2 large, very ripe tomatoes

#### Dressing:

- $\frac{3}{4}$  cup wine vinegar
- $\frac{1}{2}$  cup olive oil
- salt and pepper to taste (the more the better)

Cut artichoke hearts into quarters. Slice purple onions and cut slices to desired size. Cut tomatoes to desired size allowing juice to accumulate to be mixed with the dressing. Mix all dressing ingredients and pour over salad mixture. Refrigerate until salad is very cold. Keeps well for several days. Your craving for this salad may make you do weird and strange things!

*Barbara and Fred Bordelon  
Greenville, Mississippi*

### The Best Baked Beans

- 1 lb. ground beef (or sausage)
- 1 large can pork and beans (or 4 small cans), drained
- 5 T. Worcestershire sauce
- 4 T. mustard
- $\frac{3}{4}$  cup dark brown sugar
- 1 cup bell peppers, chopped
- 1 cup onion, chopped
- 2 cups Kraft barbeque sauce

Brown ground beef and sauté bell pepper and onion until soft. Add other ingredients in a large casserole dish and cook at 350 degrees for 1½ hours. These are absolutely wonderful after sitting in the refrigerator for 24 hours!

*Barbara Bordelon  
Greenville, Mississippi*

## **Zesty Zucchini Rice Supper**

3 cups cooked rice  
approximately 2 cups cooked zucchini (peel before cooking, mash)  
½ to 1 lb. sausage  
black pepper  
1 cup grated sharp cheddar cheese  
Parmesan cheese

Separate sausage into small pieces and brown in skillet. Add zucchini, dash of black pepper and simmer 20 minutes. Stir in rice and pour into generously buttered 1½-quart casserole dish. Spread with grated cheddar and sprinkle with Parmesan. Bake uncovered in moderate oven 350 degrees about 20 minutes or until bubbly.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Marinated Vegetable Salad**

2-16 oz. cans French-style green beans  
1-17 oz. can early green peas  
1-14 oz. can artichoke hearts, diced  
1-14 oz. can lima beans  
1-7 oz. jar pimentos, chopped  
1 jar baby corn ears, sliced  
1 large onion, diced  
1- 8oz. can water chestnuts, sliced

### **Marinade:**

¾ cup sugar  
1 cup red wine vinegar  
1 cup water  
1 cup Wesson Oil  
1 clove garlic, minced

Combine drained vegetables. Blend all MARINADE ingredients and pour over vegetables. Marinate overnight. May be prepared several days ahead. Serves 20.

*Mrs. Lynne Moses  
Rolling Fork, Mississippi*

## **Rice Salad**

3 cups cooked rice  
½ cup onion, chopped  
½ cup sweet pickle relish  
¼ cup diced pimentos  
1 tsp. salt  
¼ tsp. black pepper  
1 cup mayonnaise  
2 T. prepared mustard  
4 hard boiled eggs, chopped

Blend all ingredients. Chill. Serve on lettuce leaves if desired.

*Lester Stephens  
Benoit, Mississippi*

## **Fried Green Tomatoes**

2 green tomatoes  
¾ cup flour  
2 T. Creole seasoning  
1 cup egg wash (1 egg + 1 cup milk)  
1 cup breadcrumbs (seasoned)  
Peanut oil  
4 T. clarified butter  
2 T. shallots, minced  
1 T. garlic, minced  
1 cup mushrooms, chopped (use your favorite variety – fresh only)  
½ cup tomato concasse  
1 cup crawfish tail meat or jumbo crabmeat...or both!  
2 oz. dry white wine  
3 T. green onion, chopped  
¾ cup Beurre Blanc\*\*

Slice the tomatoes into 12 slices ¼ inch thick. Mix Creole seasoning and flour. Place the green tomato slices into the flour and then the egg wash then the breadcrumbs. Heat peanut oil in a cast iron skillet to 340 degrees. Fry breaded tomato slices, turning once until lightly browned and crisp. Drain on paper towels. In a sauté pan cook the shallot in the clarified butter for 3 minutes over medium high heat then add the garlic. Add the mushrooms and sauté until they are soft. If the pan becomes too dry too quickly add the tomato concasse. Once you have added the tomatoes continue cooking for 2 minutes then add the seafood. Deglaze with white wine and add green onions and beurre blanc. Fan 3-fried green tomato slices on each plate and spoon the seafood mixture over each. Garnish with fresh lemon and parsley.

\*\*Beurre Blanc is a French butter sauce made by reducing 3 oz. shallot, ½ cup white wine and ½ cup vinegar until all liquid is reduced. Then reducing ¼ cup heavy cream by half and adding ¾ lb. butter and straining.

*Scott Duckworth  
Hattiesburg, Mississippi*

## **Delta Mushrooms**

1 lb. mushrooms  
½ cup butter  
salt  
sour cream  
flour  
grated Parmesan cheese

Wash and dry mushrooms. Cut into four and five parts. Sprinkle with salt. Sift flour over dried pieces until well covered (or shake in bag). Heat butter in frying pan and sauté mushrooms. Place in baking dish, cover with sour cream, sprinkle with cheese. Bake at 350 degrees until brown or about 20-25 minutes. Great side dish with game, steak or grilled meats. Serves 4.

*Mrs. Karan Lott  
Greenwood, Mississippi*

## **Chinese Salad**

1 cup mixed Chinese vegetables  
1 cup chopped water chestnuts  
1 cup French cut green beans  
1 cup cooked tiny green peas

Mix; then add following:

¾ cup sugar  
¾ cup rice vinegar  
1 T. soy sauce

Refrigerate 24 hours, drain and serve.

*Louise Mayhall (Deceased)  
Greenville, Mississippi*

## **Summer Fruit Salad**

2 cups cooked rice  
½ cup each – strawberries, grape halves, pineapple tidbits, banana slices  
¼ cup pineapple juice  
2 T. plain yogurt  
1 T. honey

Combine rice and fruits in a large bowl. Blend pineapple juice, yogurt, and honey with a whisk in a small bowl; toss over rice mixture. Toss lightly. Serve on a bed of lettuce.

*USA Rice Federation*

### **Brown Rice**

- 1 cup rice (uncooked)
- 2 cans beef consume soup
- 1 stick oleo
- 1 small onion
- 1 small can mushrooms, drained

Put all of the above in a deep casserole dish. Do not stir. Cook at 350 degrees uncovered for 45 minutes. Cover and cook for 15 more minutes.

*Nola Ann Herring  
Brandon, Mississippi*

### **Heart Healthy Mixed Greens**

- Fill a large (3 gallons approximately) stovetop pot 1/3 full of water.
- Add three chicken bouillon cubes, 1 T. of salt, 1 tsp. crushed red pepper and 1 tsp. black pepper.
- Add 3 T. vinegar pepper sauce. Heat until cubes are fully dissolved.
- Add 5 medium turnips, chopped, not diced. Add 1 bunch green onions, and add mixed greens, (turnips, mustard and collard preferred).
- Cook in medium high for maximum of 2 hours.
- Add vinegar pepper sauce on serving to taste.

*Ed Brunini, Jr.  
Jackson, Mississippi*

### **Romaine Salad**

- 1 head romaine lettuce, washed, drained and torn into bite-sized pieces
- 1 can mandarin oranges, drained (save the liquid)
- 1 small red onion, cut into thin rings
- 1 bag toasted almonds

#### **Salad Dressing:**

- ¼ cup cider vinegar
- 1/8 cup orange's liquid
- 1½ cups salad oil
- 2 tsp. salt
- ½ tsp. white pepper

Mix until blended. Toss with salad ingredients for a delicious treat.

*Becky Walker  
Yelleville, Arkansas*

## **Red Beans & Sausage**

1½ lb. smoked sausage  
1 lb. dried beans  
1 T. oil  
1 large onion  
salt and pepper  
8 cups water

In a large skillet, put oil and soften onion for 1 minute. Pour water into kettle then beans. Cook over low flame for 1 hour. Remove 3 T. beans, mash and back in pot. Cook until gravy becomes thick. Cut sausage 1½ inch long and add. Cook 15 minutes and then add 1 tsp. salt and pepper. Serves 4.

*Jimmy and Becky Walker  
Yelleville, Arkansas*

## **Red Beans & Rice**

1 lb. dried beans  
½ lb. cooked, chopped bacon  
½ lb. cooked, cubed ham  
1 lb. beef sausage  
½ cup each celery, bell pepper and onion  
2 bay leaves  
3 cloves garlic, chopped  
½ tsp. black pepper  
½ tsp. cayenne pepper  
1 tsp. salt  
1/8 tsp. chili powder  
1/8 tsp. ground coriander  
dash of liquid smoke

Soak beans in 1-gallon boiling water overnight. Drain. Put beans in crock-pot and add 3 quarts of hot, not boiling water. Dump everything else in. Cover and bring to a rolling boil. Reduce heat to moderate simmer or 1¾ -2½ hours. Slow simmer to make beans stay whole. Thicken with bacon drippings and flour ½ cup each and stir to make roux.

*Jimmy and Becky Walker  
Yelleville, Arkansas*

## **Gazpacho-Cold Soup**

3 cups V-8 juice  
3 ribs celery, chopped  
1 T. lemon juice  
½ cup bell pepper, diced  
2 packets “Sweet ‘N’ Low”  
1 cup cucumber, diced  
1½ T. Worcestershire sauce  
½ cup onion, chopped  
½ T. chopped parsley  
1 T. olive oil  
1 tomato, chopped

Heat first five ingredients and chill. Add remaining ingredients. Serve very cold.

*The Late Louise Mayhall  
Greenville, Mississippi*

## **Crawfish Fettuccine**

1 lb. crawfish tails  
1 small onion, diced  
2 medium mushrooms, sliced  
8 oz. Philadelphia cream cheese  
1 cup milk  
3 oz. butter  
12 oz. fettuccine  
Parmesan cheese to taste  
salt and pepper  
parsley (optional)

Boil fettuccine and set aside. Rinse crawfish under running water to remove fat. In a saucepan, combine Philadelphia cream cheese and milk. (You may want to thicken the mixture by adding a blond roux made with one tablespoon melted non-fat butter and one tablespoon flour.) Cook over low heat until blended. Add a little Parmesan cheese. In a separate saucepan, sauté onions and mushrooms in non-fat butter until they are tender. Add the crawfish and seasonings. Cook for 15 minutes over low heat. Combine crawfish and cream sauce to mix well. Pour over fettuccine. Garnish with parsley, if desired.

*James Cummins  
Amory, Mississippi*

## **Golden Onion Rings**

6 medium Bermuda or mild white onions  
1 cup plus 2 T. sifted all-purpose flour.  
½ tsp. salt  
1 slightly beaten egg  
1 cup milk  
3 T. cooking oil

Cut onions into slices ¼ inch thick, separate into rings. Combine remaining ingredients, beating together just til all ingredients are well moistened. Coat onion rings well with batter. Fry, a few at a time, in deep hot fat (375 degrees), stirring once with fork to separate rings. When onions are golden, drain on paper towels. Just before serving sprinkle with salt.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Dip**

½ lb. of Velveeta  
1 can of no bean chili

Mix in crock-pot. Heat on high, turn down to low. A good dip for nacho chips.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Hot Onion Soufflé**

1 pkg. frozen onions  
24 oz. cream cheese (3- 8 oz. pkgs.)  
1 large Parmesan cheese (2 cups)  
½ cup mayonnaise

Drain onions of all water. Mix with cheeses and mayonnaise. Put in shallow dish. Bake for 20 minutes at 375 degrees until top browns. Eat with wheat thins or Fritos.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Hot Mustard**

4 oz. Coleman's dry mustard  
1-cup white distilled vinegar  
3 whole eggs  
1-cup sugar

Mix vinegar and dry mustard. Stir until smooth. Leave at room temperature overnight or 12 hours. Beat 3 eggs; add sugar; stir until smooth. Add egg mixture to mustard and vinegar and stir until smooth. Heat in double boiler. Stir until thick. (Use a French whip- no need for electric mixer.)

*Edwin Burford  
Greenville, Mississippi*

## **Roasted Garlic Bordelaise**

2 T. minced shallots  
2 T. roasted garlic  
2 T. Creole seasoning  
1 cup red wine  
1 tsp. salt  
1 tsp. fresh ground black pepper  
3 cups veal demiglace  
½ stick unsalted butter at room temperature  
2 T. green onions, chopped

Combine shallots, garlic and Creole seasoning in a saucepot over high heat for 30 seconds. Watch carefully, not to burn. Add wine and bring to a boil. Add salt and pepper. Add veal demiglace and bring to a boil. Reduce heat and simmer about 15 minutes. Turn up the heat to high; cook for 1-2 minutes. Whisk in butter and continue to whisk until thoroughly incorporated, for about 30 seconds. Add green onions, and remove from heat.

*Scott Ducksworth  
Hattiesburg, Mississippi*

## Desserts

### Lemonade Pie

- 1 small can frozen lemonade
- 1 can condensed milk
- 12 oz. carton Cool Whip
- 1 can crushed pineapple, drain

Mix and pour in graham cracker crust. You can also make this in the little tart shells. You can freeze or just keep in refrigerator.

*Elizabeth Cummins  
Kilmichael, Mississippi*

### Peanut Butter Cookies

- ½ cup shortening
- ½ tsp. salt
- ½ cup peanut butter
- ½ cup sugar
- ½ cup brown sugar, firmly packed
- 1 egg, well beaten
- ½ T. milk
- 1 cup sifted flour
- ¼ tsp. baking soda

Combine shortening, salt and peanut butter and mix well. Gradually add sugar and brown sugar. Cream thoroughly after each addition. Add eggs and milk, mixing well. Sift together the flour and baking soda. Blend with first mixture. Drop the dough by teaspoonfuls onto greased baking sheets. Or roll the dough into balls  $\frac{3}{4}$  to 1 inch in diameter. Place on baking sheets; press lightly with a fork to flatten. Bake at 325 degrees (slow oven) 15 to 20 minutes. Makes 5-6 dozen cookies.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Strawberry Supreme**

1- 3 oz. pkg. strawberry jello  
1 cup hot water  
10 oz. pkg. frozen strawberries  
1 pint vanilla ice cream  
10 oz. angel food cake (bought)

Break angel food cake in bite size pieces. Place in 9x9 inch pan. Dissolve jello in the hot water. Add strawberries and ice cream. Stir until melted and pour over cake. Refrigerate. To serve, cut in squares and put cool whip on top.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Vanilla Nut Cookies**

4 cups flour	2 cups sugar
3 tsp. baking powder	½ cup brown sugar
¼ tsp. salt	1 cup pecans
1 cup oleo	2 tsp. vanilla
2 eggs	

Cream oleo and sugars; add eggs, nuts and vanilla. Add flour, baking powder and salt. Shape into rolls. Chill. Bake on ungreased baking sheets at 350 degrees.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Fig Cake**

2 cups all-purpose flour  
1 tsp. cinnamon  
1 tsp. cloves  
1 tsp. nutmeg  
1 tsp. salt  
1 tsp. baking soda  
1 tsp. vanilla  
1½ cups sugar  
1 cup cooking oil  
1 cup buttermilk  
3 eggs  
1 cup fig preserves, juices and all chopped  
1 cup pecans, chopped

Mix all dry ingredients. Add oil; beat well. Add eggs one at a time alternately with the milk. Then add figs and vanilla. Bake in tube pan at 350 degrees for one hour, or until done.

### **Sauce:**

1 cup sugar  
½ cup buttermilk  
1 tsp. vanilla  
1 T. white corn syrup  
½ tsp. baking soda  
½ to 1 stick butter

Boil all ingredients three minutes, stirring constantly. Pour over hot cake. Let cake cool in pan.

*Leona Herring  
Winona, Mississippi*

## **Hello Dolly**

1 stick of butter, melted  
1 cup graham crackers  
1 cup chocolate chips  
1 cup pecans  
1 cup coconut  
1 can Eagle brand milk

Do not mix. Layer each ingredient as listed. Bake at 350 degrees until done. You can bake this in a 9x9, 9x12 or dome pan.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Blueberry Salad**

1-1-lb. can blueberries  
2-3 oz. pkgs. black cherry gelatin  
1½ cups cold water  
1-8½ oz. can crushed pineapple (not drained)  
1 pkg. whipped topping mix  
1-3 oz. pkg. cream cheese, softened  
½ cup nuts, chopped

Drain blueberries; add enough water to blueberry juice to make 2 cups. Bring to boil and stir in gelatin until dissolved. Add 1½ cups cold water, pineapple and blueberries. Pour into 13x9x1½ inch pan and refrigerate until firm. Prepare whipped topping mix as directed on package. Blend with softened cream cheese and nuts. Spread over congealed salad and chill for 2 hours.

\*\* You can use 2- 3 oz. packages of cherry jello prepared as directed except 1½-cup cold water instead of 2. Use the crushed pineapple and follow above directions.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Colonial Gingerbread**

2 cups all-purpose flour  
1 cup molasses  
¾ cup buttermilk  
½ cup sugar  
½ cup butter or margarine, softened  
1 tsp. baking soda  
1 tsp. ground ginger  
1 tsp. ground cinnamon  
½ tsp. salt  
1 egg  
Confectioners sugar

Preheat oven to 325 degrees. Grease and flour 9x9x2 baking pan. Into a large bowl, measure all ingredients except confectioners sugar with mixer at low speed, until blended, constantly scraping bowl with rubber spatula. Increase speed to medium and continue beating 3 minutes; occasionally scraping bowl. Pour batter into pan and bake 1 hour or until toothpick inserted in center comes out clean. Cool Gingerbread in pan on wire rack.

To serve: sprinkle top with confectioners sugar. Makes about 12 servings.

\*\* My oven 45 minutes at 325 degrees perfect. Use smallest long Pyrex pan.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Pudding**

2 boxes instant banana cream pudding and pie filling

3 cups milk

Mix until well blended.

Add:

1 can condense milk

1-8 oz. carton cool whip

Mix until well blended.

Prepare a layer of vanilla wafers; add a layer of bananas, then a layer of above mixture. Continue until all filling is used.

\*\*Coconut cream pie filling with 1 can drained pineapple plus extra coconut may be used.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **No Crust Coconut Pie**

4 eggs, well beaten

½ cup self-rising flour

1¾ cups sugar

½ stick melted oleo

1 tsp. vanilla

2 cups milk

1 to 1½ cups coconut

Combine all ingredients. Mix well and pour into two nine-inch pans. Bake at 325 degrees for 35 minutes.

\*\* You may use the coconut in the plastic bag. Store what's left in the refrigerator.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Cream Pound Cake**

Cream Well:

½ cup shortening

1 stick oleo

2½ cups sugar

add 4 eggs, one at a time

Sift:

½ tsp. baking soda

3 cups plain flour

Add dry ingredients alternately with half-cup sweet milk and half-cup Pet milk. Add 1 tsp. almond extract, 1 tsp. coconut extract and 1 tsp. rum extract. Bake in tube pan at 325 degrees for 1½ hours.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Chocolate Rum Cake**

1 box yellow cake mix

4 eggs

¾ cup cooking oil

4 oz. bar German chocolate

1 cup milk

1 pkg. instant Vanilla pudding

6 oz. semi-sweet chocolate chips

Mix all ingredients for 3 minutes. Grate chocolate bar and add to mix. Add 1 package 6 oz. chocolate bits. Mix and add 2 tsp. rum extract (or almost 3 tsp.) Bake for 30 minutes at 350 degrees, then 30 minutes at 300 degrees.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## **Aunt Maurine's Fudge Sauce**

2 cups sugar

1 small can Pet milk

4 squares bitter chocolate

1 stick butter

1 tsp. cream of tartar

1 tsp. vanilla

pinch of salt

16 large marshmallows

1 cup broken pecans

Mix all except pecans in top of double boiler. Cook 6 minutes after all is melted add pecans.

*Lynne Moses  
Rolling Fork, Mississippi*

## **Spiced Apple Rings**

2 large red cooking apples

4 T. butter or margarine (1/2 stick)

2 T. brown sugar

½ tsp. ground cinnamon

¼ tsp. ground ginger

About 15 minutes before serving:

Core apples but do not peel. Cut apples into ½ inch thick rings. In 12-inch skillet over medium heat, heat butter or margarine, brown sugar, cinnamon, and ginger until butter melts. Add apples; cook 3 to 5 minutes until apples are golden and fork-tender. Makes 6 servings. 110 calories per serving.

*Elizabeth Cummins  
Kilmichael, Mississippi*

## Worth Remembering

Keep a toothbrush around the kitchen sink – you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.

Use paper cups as handy containers for your “drippings” in the refrigerator as they take up little room and can be thrown away when empty.

Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

To whiten laces, wash them in sour milk.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide the iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Marigolds will prevent rodents.

Spray garbage sacks with ammonia to prevent dogs from tearing the bags before picked up.

You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.

Fresh lemon juice will take away onion scent from hands.

Wash old powder puffs in soapy water, rinse well and dry thoroughly. Then use them for polishing silverware, copper and brass.

Soak colored cottons overnight in strong salt water and they will not fade.

To drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.



If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

## Freezing Prepared Foods

### PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture – vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a *size* that will hold enough vegetables or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reusable, or not. If they are reusable, a high initial cost may be justified.

**Rigid** containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

**Non-Rigid** containers – as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

**Bags** are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0 degrees Fahrenheit or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ tsp. ascorbic acid for each quart syrup. When freezing fruit in dry syrup, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ tsp. ascorbic acid in ¼ cup cold water to each quart of fruit.

***Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.***

## GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pans of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool – 60 degree Fahrenheit or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the container in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0 degrees Fahrenheit or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

## How To Convert To Metric System

### Length

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When You Know:	Multiply by:	To Find:
millimeters	0.04	inches
centimeters	0.4	inches
meters	3.3	feet
kilometers	0.6	miles
inches	2.54	centimeters
feet	30	centimeters
yards	0.9	meters
miles	1.6	kilometers

### Weight

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When You Know:	Multiply by:	To Find:
grams	0.035	ounces
kilograms	2.2	pounds
ounces	28	grams
pounds	0.45	kilograms

### Volume

---

When You Know:	Multiply by:	To Find:
milliliters	0.2	teaspoons
milliliters	0.07	tablespoons
milliliters	0.03	fluid ounces
liters	4.23	cups
liters	2.1	pints
liters	1.06	quarts
liters	0.26	gallons
teaspoons	5	milliliters
tablespoons	15	milliliters
fluid ounces	30	milliliters
cups	0.24	liters
pints	0.47	liters

quarts  
gallons

0.95  
3.8

liters  
liters

## Temperature

---

When You Know:

degrees Celsius  
degrees Fahrenheit

Multiply by:

$\frac{9}{5}$ , and add 32  
 $\frac{5}{9}$  (after subtracting 32)

To Find:

degrees Fahrenheit  
degrees Celsius

## Measurements and Weight

### Equipment

3 teaspoons	15 ml	= 1 tablespoon	15 ml
4 tablespoons	60 ml	= ¼ cup	60 ml
5-1/3 tablespoons	79 ml	= 1/3 cup	79 ml
8 tablespoons	118 ml	= ½ cup	118 ml
16 tablespoons	237 ml	= 1 cup	237 ml
1 fluid ounce	30 ml	= 2 tablespoons	30 ml
8 fluid ounces	237 ml	= 1 cup	237 ml
16 fluid ounces	473 ml	= 2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	= 4 cups or 1 quart	946 ml

### Food

1 cup butter or margarine	237 ml	= ½ pound	227 g
1 cup Cheddar cheese grated	237 ml	= ¼ pound	114 g
1 cup eggs	237 ml	= 4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	= ¼ pound	114 g
1 envelope of gelatin (unflavored)		= 1/4 ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	= ½ pound	227 g
1 medium lemon (juice)		= 1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	= ¼ pound	114 g

### Dry Measure

0.035 ounces.....	1 gram g
1 ounce .....	28.35 grams g
1 pound .....	453.59 grams or 0.45 kilograms kg
2.21 pounds .....	1 kilogram kg

### Liquid Measure

1 teaspoon .....	4.9 milliliters ml
1 tablespoon .....	14.8 milliliters ml
½ cup .....	118.3 milliliters ml
1 cup .....	237 milliliters ml
1.06 quarts .....	1000 milliliters or 1 liter l

## To Remove Stains From Washables

### **Milk, Cream, Ice Cream**

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

### **Nail Polish**

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

### **Paint**

- oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

- water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

### **Perspiration**

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

### **Rust**

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

**CAUTION:** HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

### **Scorch**

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

**CAUTION:** Severe scorching cannot be removed because of fabric damage.

### **Soft Drinks**

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

### **Tea**

Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

## First Aid For Poisoning

In ALL cases it is important to get the poison out or dilute the poison. REMEMBER – If anyone swallows poison it is an emergency. (Any non-food substance is a potential poison). Always call for help promptly.

### CALL YOUR PHYSICIAN OR POISON CENTER PROMPTLY

#### Swallowed Poisons

1. Make patient vomit, if so directed, BUT NOT IF:
  - Patient is unconscious or is having fits
  - Swallowed poison is a strong corrosive such as acid or lye. Give liquids.
  - Swallowed poison contains kerosene, gasoline, lighter fluid, furniture polish or other petroleum distillates (unless it contains dangerous insecticides as well, which must be removed). Give liquids.
2. Directions for making patient vomit (if physician orders):
  - Give one tablespoonful (one-half ounce) of Syrup of Ipecac for child one (1) year of age, plus at least one cup of water. If no vomiting occurs after 20 minutes, this dose may be repeated one time only.
  - If no Syrup of Ipecac is available, give water and then try to make patient vomit by gently tickling back of throat with spoon or similar blunt object. Place patient in spanking position when vomiting begins.
3. Do not waste time waiting for vomiting, but transport patient, if indicated, to a medical facility. Bring package or container with intact label and any vomited material.

EYE OR SKIN CONTACT – Wash thoroughly with tap water.

INHALATION – Remove from exposure to fumes.

### CALL FOR HELP PROMPTLY

\_\_\_\_\_  
Doctor's Home Phone

\_\_\_\_\_  
Doctor's Office Phone

### IF YOUR DOCTOR IS NOT AVAILABLE

Poison Control Center \_\_\_\_\_ Hospital \_\_\_\_\_

Police \_\_\_\_\_ Rescue Squad \_\_\_\_\_

**Be sure to have 1-oz. Syrup of Ipecac in your home.**

## First Aid in Household Emergencies

**Poisoning:** When a poison has been taken internally, start first aid at once. Call doctor immediately.

- *Dilute* poison with large amount of liquids – milk, or water.
- Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.
- For acid poisons do not induce vomiting, but neutralize with milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
- For alkali poisons such as lye or ammonia, do not induce vomiting.
- Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.
- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
- If breathing stops, give artificial respiration.

**Shock:** Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call ambulance immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down, preferably with head lower than body.
- Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk, or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person. Patient must be alert.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.
- Fainting is most common and last form of shock. Patients will respond in 30-60 seconds by merely allowing patient to lie head down if possible on floor.

**Fractures:** Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

**Burns:** Apply or submerge the burned area in cold water. Apply a protective dry sterile cloth or gauze dry dressing if necessary. Do not apply grease or an antiseptic ointment or spray. Call doctor and keep patient warm (not hot) with severe burns.

- If burn case must be transported any distance, cover burns with clean cloth.
- Don't dress extensive facial burns. (It may hinder early plastic surgery.)

**Wounds: Minor cuts** – Apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor.

**Puncture Wounds** – Cover with sterile gauze and consult doctor immediately. Serious infections can arise unless properly treated.

**Animal Bites:** Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an antiseptic approved by your doctor and cover with sterile gauze compress. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

**Heat Exhaustion:** Caused by exposure to heat and sun. Symptoms: Pale face, moist and clammy skin, weak pulse, subnormal temperature, and victim usually conscious. Treatment: Keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (1 tsp. salt to 1 glass water) ½ glass every 15 minutes. Call doctor.

### **General Directions For First Aid**

1. Effect a prompt rescue
2. Maintain an open airway.
3. Control severe bleeding by direct pressure over bleeding site. No tourniquet.
4. Give First Aid for poisoning.
5. Do not move victim unless it is necessary for safety reasons.
6. Protect the victim from unnecessary manipulation and disturbance.
7. Avoid or overcome chilling by using blankets or covers, if available.
8. Determine the injuries or cause for sudden illness.
9. Examine the victim methodically but be guided by the kind of accident or sudden illness and the need of the situation.
10. Carry out the indicated First Aid.