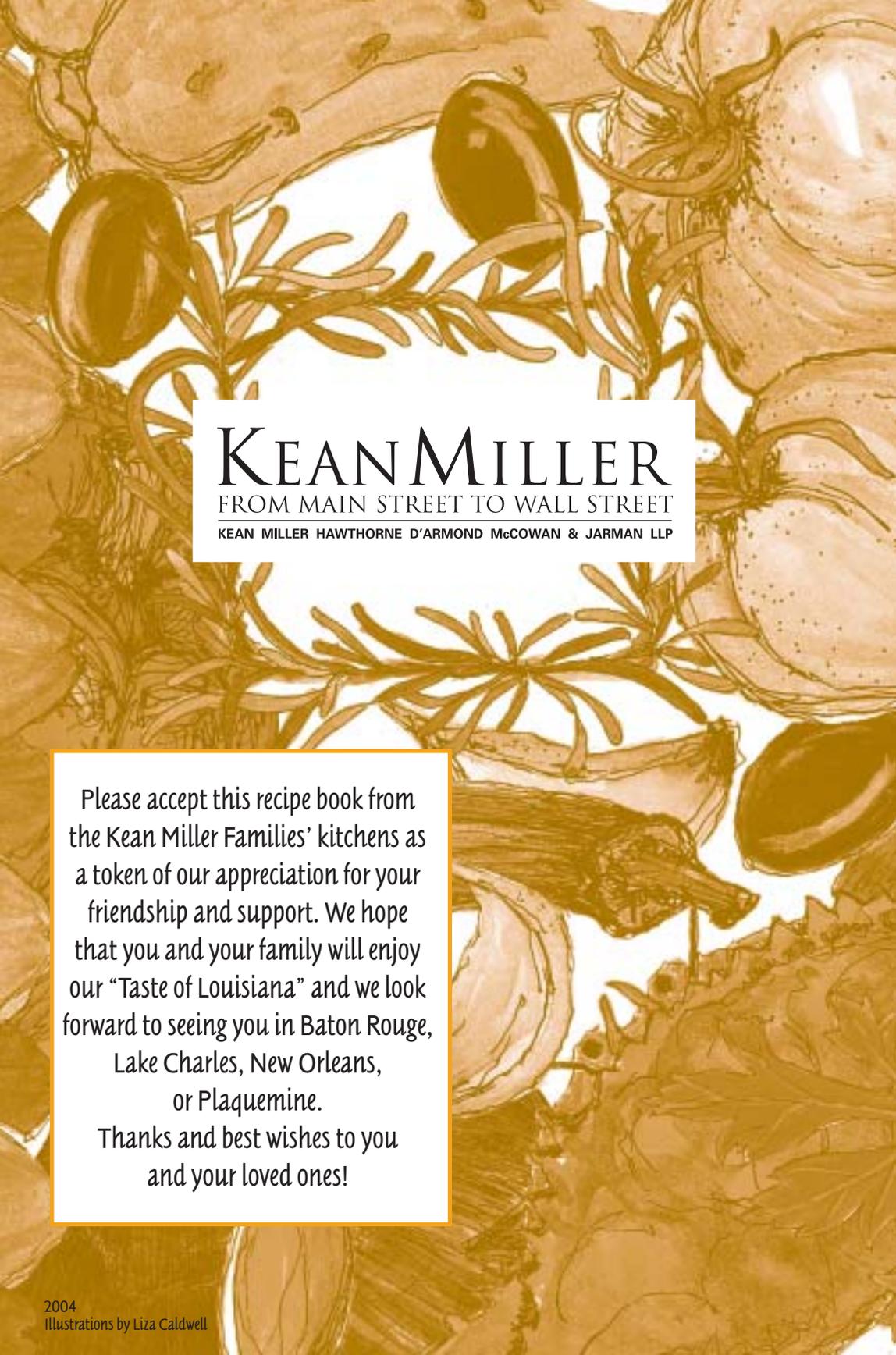
A vibrant watercolor illustration of various fresh ingredients. The composition includes several bright yellow lemons with green stems and leaves, dark purple olives, a sprig of green herbs, a red bell pepper, a purple eggplant, a green leafy vegetable, and a red chili pepper. The background is a mix of these colors, creating a rich, textured effect.

KEAN MILLER

FROM MAIN STREET TO WALL STREET

KEAN MILLER HAWTHORNE D'ARMOND McCOWAN & JARMAN LLP



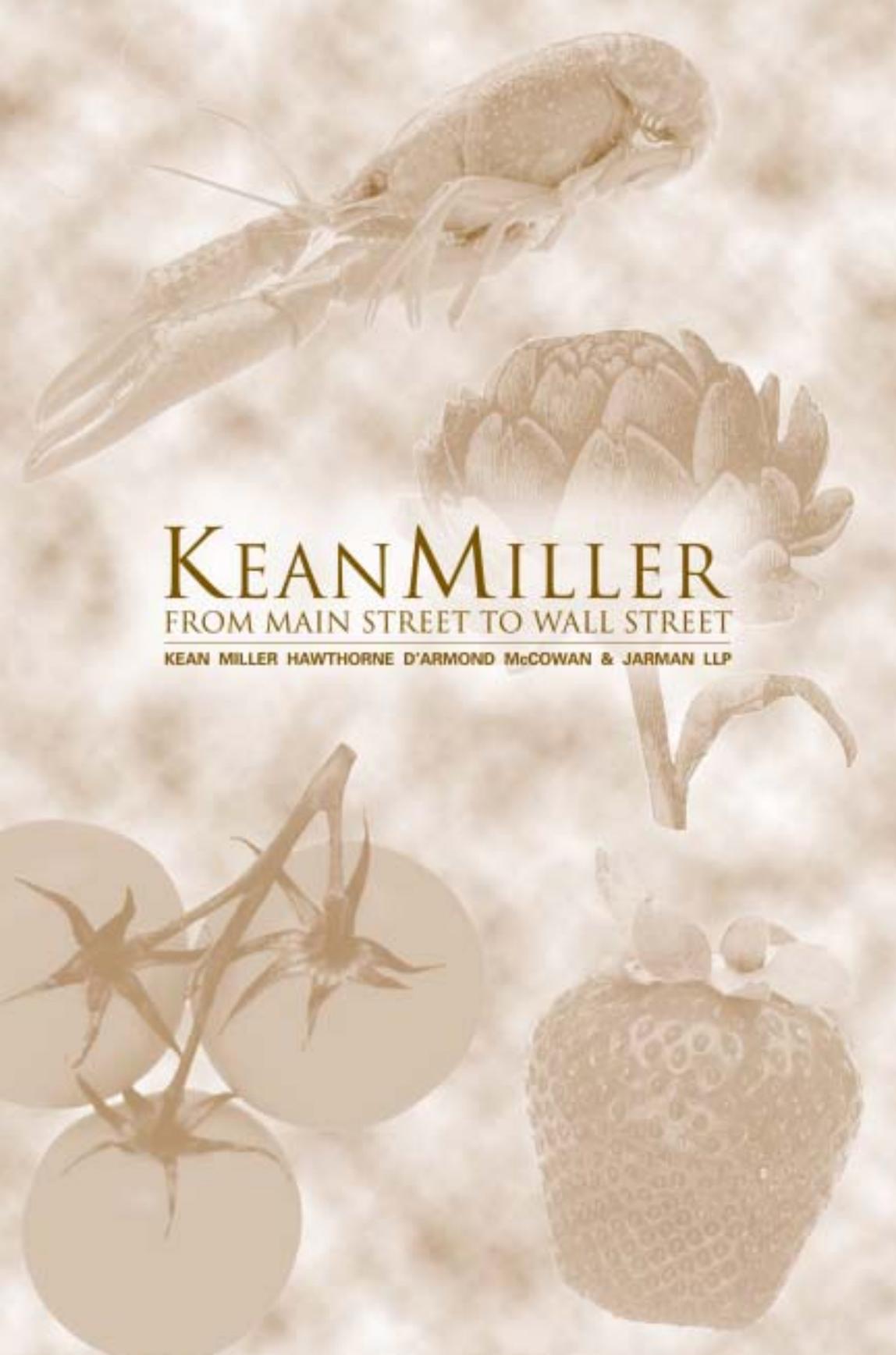
KEAN MILLER

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Please accept this recipe book from the Kean Miller Families' kitchens as a token of our appreciation for your friendship and support. We hope that you and your family will enjoy our "Taste of Louisiana" and we look forward to seeing you in Baton Rouge, Lake Charles, New Orleans, or Plaquemine.

Thanks and best wishes to you and your loved ones!



KEANMILLER

FROM MAIN STREET TO WALL STREET

KEAN MILLER HAWTHORNE D'ARMOND McCOWAN & JARMAN LLP

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Beverages



Kean Miller lawyers are very fond of beverages, as proven by Charles McCowan's (second from left) famous Bloody Mary recipe, which he shares with (left to right) Ed Hardin, Jr., Dean Cazenave and Randy Cangelosi in his toy collection room.

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Baton Rouge Bloody Mary Mix

Diet Sour

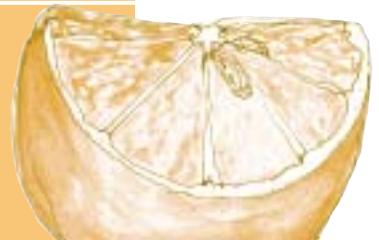
Old Fashioneds

My Grandmother's Egg Nog

Mocha Party Punch

Catherine's Whiskey Snowballs

Subpoena Coladas

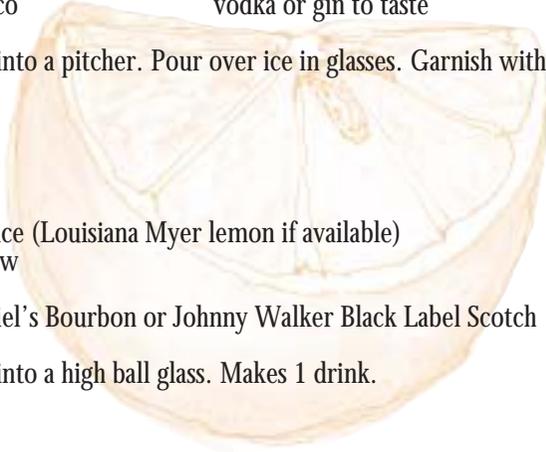


Baton Rouge Bloody Mary Mix

1 (46 oz.) can tomato juice
juice of 6 squeezed lemons
1 cup Heinz ketchup
5 to 6 dashes Tabasco

5 oz. Lea and Perrin's Worcestershire Sauce
1 tsp. black pepper
1 Tbsp. celery salt
vodka or gin to taste

Mix all ingredients into a pitcher. Pour over ice in glasses. Garnish with celery. Serves 8.



Diet Sour

1-1/2 oz. lemon juice (Louisiana Myer lemon if available)
1 pack Sweet 'N Low
1 oz. club soda
1-1/2 oz. Jack Daniel's Bourbon or Johnny Walker Black Label Scotch

Mix all ingredients into a high ball glass. Makes 1 drink.



by Charles McCowan, Jr., (Baton Rouge) a partner practicing in the litigation area

Old Fashioneds

1 fresh orange wedge
2 cherries
1 pkg. Sweet 'N Low

bitters (Peychaud and/or Angostura)
1 jigger Jack Daniel's Bourbon
water

In a double old fashioned glass (amateurs can substitute any kind of glass), place orange wedge and cherries. Add one Sweet 'n Low package to the glass. Then add a generous amount (at least 6 drops) of bitters to the glass (here is a disagreement between Bill and Gary: Bill insists that you need two kinds of bitters: Peychaud and Angostura. Gary believes you only need the Angostura. Either one is delicious.) Mash the fruit/Sweet 'n Low/bitters mixture until the Sweet n' Low dissolves (the handle of a wooden spoon will do nicely, although we professionals have special tools for the task). Add Jack Daniel's and a splash of water, then stir. Add ice and start the roux!!!

by Gary Bezet (Baton Rouge), the firm's managing partner also practicing in the toxic tort area, and Bill Jarman, (Baton Rouge) a partner practicing in the industrial, energy and environmental litigation areas



Gary



Bill

My Grandmother's Egg Nog

6 egg yolks
1 cup sugar
1 cup bourbon whiskey

1 pint whipping cream
1 cup whole milk (or more)
nutmeg

Beat egg yolks until light. Mix sugar with beaten egg yolks. Gradually and slowly add whiskey. In a separate bowl, whip whipping cream until fairly stiff. Mix the whipped cream into the egg and whiskey mixture. Add milk (approx. 1 cup or more until desired consistency is reached). For thicker, creamier egg nog, use less milk and for thinner egg nog, add more milk. Sprinkle nutmeg on top before serving.

by Lolly White (Covington), a partner practicing in the litigation area



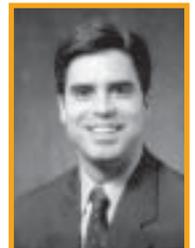
Mocha Party Punch

1/2 cup instant coffee
2 cups sugar
3 cups hot water
2 quarts whole milk
1 Tbsp. vanilla

1 (15-1/2 oz.) can Hershey's Chocolate Syrup
1/2 gallon vanilla ice cream
Cool Whip
nutmeg

In a large punch bowl, stir coffee, sugar and hot water together until dissolved; cool. Add milk, vanilla and chocolate syrup and stir. Refrigerate overnight. Stir well, as chocolate will settle to the bottom. When ready to serve, fold in ice cream. Top with Cool Whip and sprinkled nutmeg. Great for parties or showers.

by Stephanie Cazenave, wife of Dean Cazenave (Baton Rouge), a partner practicing in the commercial real estate and mergers and acquisitions areas



Catherine's Whiskey Snowballs

46 oz. pineapple juice
32 oz. 7-Up
6 oz. frozen orange juice concentrate
1 small jar of cherries with juice
2 cups Jack Daniel's Black Label
1/4 cup sugar

Mix sugar with whiskey. Pour all remaining ingredients into freezer container and cover. Freeze for at least 7-8 hours. Remove and stir to achieve a slush consistency. Cover any unused portion and return to freezer.

by Amy Berret, an attorney practicing in the litigation and medical malpractice areas



Subpoena Coladas

Each Fall, the Baton Rouge Bar Association hosts, "Belly Up With the Bar," an outdoor cooking and drink-making contest and festival. Recently, Kean, Miller's team won "Best Elixir" with the following:

Captain Morgan's Parrot Bay Coconut Rum
Bacardi 151 Proof Rum
pineapple juice
Coco Lopez Cream of Coconut
frozen strawberries
ice

Other than the ingredients, there is no recipe. Trial and error is half the fun. Fill a blender with ice and add the coconut rum to fill about a third of the blender. Add the same amount of pineapple juice and a couple of spoonfuls of cream of coconut. Give it a good shot of 151 rum for a little kick. Blend well. Add frozen strawberries if you like. As you blend, add additional juice and/or rum until the drink is smooth. The secret is to use a powerful blender and to blend until they are very smooth, with no ice chunks. For tailgate parties, make the drinks ahead of time and freeze in zip-lock bags. The alcohol keeps the contents from freezing hard. The contents will defrost to the perfect consistency.

by Kean, Miller's Belly Up with the Bar Team Members: Jay Jalenak, Karli Wilson, Melissa Cresson, Ed Hardin, Jr., Kyle Beall, Troy Charpentier and Clay Countryman

Appetizers



Ever the gracious host, Len Kilgore (second from left), serves Gordon Polozola, Linda Clark, Jay Jalenak and Jennifer Gary (left to right) appetizers he personally prepared.

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Frank's Artichoke Squares

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Stuffed Mushrooms

Black Bean and Corn Salsa

Jalapeño, Cheese & Sausage Dip

Mexican Corn Dip

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"Miss" Rae's Liver Paté

Crabmeat Mornay

Crawfish Dip

Shrimp Remoulade Hors d'oeuvres

Bruschetta di Pomodori

Bruschetta di Funghi

Crostini

John's Tex-Mex Salsa

New York Potato K'nishes



Frank's Artichoke Squares

2 (6 oz.) jars marinated artichoke hearts
5 to 7 anchovy fillets
1 small onion
1 (2-1/4 oz.) can sliced black olives
1 (4 oz.) can sliced mushrooms
(or 1/2 to 2/3 cup sliced fresh mushrooms)
4 large eggs
1/4 cup Progresso Italian Breadcrumbs

1/2 tsp. Tony's Creole Seasoning
1/8 tsp. onion salt
1/8 tsp. garlic powder
1/8 tsp. Tabasco Sauce
1/8 tsp. oregano
1 Tbsp. parsley
8 oz. sharp cheddar cheese

Drain marinade from one jar of artichoke hearts into frying pan. Dissolve the anchovies in the oil over low heat. Add chopped onions and sauté until onions are limp but not brown (5 minutes). Add black olives and mushrooms. Cook until olives and mushrooms are tender and liquid is reduced but not dry. (Mushrooms and olives may be coarsely chopped.)

While the above is cooking, chop artichoke hearts and place in large bowl. Add onions, mushrooms and olives, and stir. Blend in beaten eggs. Be careful not to add eggs until hot ingredients have cooled. Add remaining ingredients and stir well. Place in 9 x 13 inch greased baking pan. Bake at 325° for 25-30 minutes. Cool and cut into squares. Serve warm or cool.

by Gordon Polozola (Baton Rouge), a partner practicing in the utilities regulation area



Baked Garlic-Stuffed Antipasto Bread

10 large cloves fresh garlic, chopped
1 large crusty loaf of French bread
1/2 cup butter
1/4 cup olive oil
1 (10 oz.) pkg. frozen chopped spinach
1 (14 oz.) can artichoke hearts
1/2 cup parsley, coarsely chopped

8 anchovy fillets, cut into large pieces
1 cup Swiss cheese, grated
1/2 cup mozzarella cheese, grated
2 Tbsp. capers
1 big pinch each dried tarragon and basil
1 tsp. each ground pepper and garlic salt

Cut top off French bread lengthwise. Carefully scoop out inside of loaf, tearing bread into small pieces and placing into large mixing bowl. In large skillet, melt butter in olive oil until slightly bubbling. Add garlic and stir for 30 seconds. Add thawed and squeezed spinach, drained and chopped artichoke hearts, parsley and anchovies. With wooden spoon, lightly stir all ingredients together. When thoroughly mixed, add to bread pieces. Toss until bread is well mixed with spinach mixture. Add cheeses, capers and seasonings, and toss well. Pack mixture into hollow bread crust. Replace top and wrap in aluminum foil. Bake for 30 minutes at 350°. Unwrap and drizzle some olive oil on top of crust. Bake uncovered for 5 minutes. Slice into 1" inch slices and serve warm.

by Ed Hardin, Jr., (Baton Rouge), a partner practicing in the labor and employment law area



Stuffed Mushrooms

Cheese Sauce:

4 Tbsp. butter
4 Tbsp. flour
1 tsp. salt
1/4 tsp. pepper
2 cups milk
2 cups cheddar cheese, grated

Stuffing:

24 large mushrooms
1 lb. crabmeat
1 stick butter
1/2 cup green onion, chopped
1/2 cup Italian style breadcrumbs
1 clove garlic, minced
Creole seasoning

Wash mushrooms; remove and chop stems and set aside.

Cheese Sauce: In medium sauce pan, melt butter over low heat. Add flour, salt and pepper, and stir until the flour and butter are well blended. Remove from heat and stir in milk. Return to heat and bring to a boil, stirring constantly until thick and smooth. Lower heat and gradually add cheese, stirring constantly until cheese is completely melted. Remove from heat.

Stuffing: In a separate pan, melt butter. Add garlic and green onions and sauté until done (about 5 minutes). Add crabmeat, mushroom stems and breadcrumbs. Mix well. Season to taste with Creole seasoning. Add cheese sauce gradually until mixture reaches desired consistency. Stuff mushrooms and place in large, buttered casserole dish. If you like, pour remaining cheese sauce over the mushrooms. Bake at 350° about 15 minutes. Optional: sprinkle more breadcrumbs on top and place under the broiler until browned.

by Linda Akchin (Baton Rouge), a partner practicing state and local tax law, land use, and litigation.



Black Bean and Corn Salsa

1 can shoepeg white corn, drained
1 can black beans with or without jalapeños,
rinsed and drained
1 or 2 Roma tomatoes, peeled and diced small
1 can diced Rotel tomatoes, drained
1/2 onion, chopped

juice of 1 lime
1/4 cup fresh cilantro, chopped
1 small can mild diced green chilies, drained
and chopped
Optional: 1 avocado, diced small
Pace's salsa, to taste

Combine corn, rinsed black beans, tomatoes, and onion in medium bowl. Stir gently and add lime juice, cilantro and diced green chilies. Add avocado, if desired. Add about 1/2 cup Pace's salsa or more, if needed. Serve as a dip with tortilla chips or as a relish with grilled chicken or fish.

by Shannan Rieger (Baton Rouge), a staff attorney practicing in the litigation area



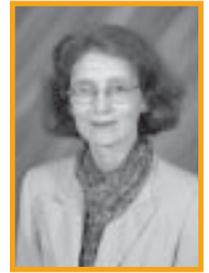
Jalapeño, Cheese & Sausage Dip

1 lb. Jimmy Dean Sausage
1 cup onions
bell pepper (as desired)
1 cup jalapeños (optional)
1 tsp. garlic

Velveeta and Monterrey Jack cheeses, cubed,
as desired
1/4 cup cream
2 cups mayonnaise
salt, pepper, parsley

Brown the sausage. Stir in the onions, bell pepper, jalapeños, and garlic. Sauté until onions are translucent. Add both cheeses and the cream. Allow cheeses to melt, stirring occasionally. Add mayonnaise, salt, pepper and parsley. Serve with chips or crackers.

by Theresa Hagen (Baton Rouge), a staff attorney practicing in the labor and employment law area



Mexican Corn Dip

2 cans of Mexi-corn, drained
1 jalapeño pepper, chopped
1 bunch green onions, chopped
1 can green chilies, chopped
1/2 cup mayonnaise

1/2 cup sour cream
2 cups shredded Mexi-cheese
1 tsp. sugar
salt and pepper to taste

Mix ingredients together and chill for two hours. Serve with corn chips.

by Scott Johnson (Baton Rouge), a staff attorney practicing in the commercial litigation area



Holiday Cheese Ball

- 1/2 cup ground pecans
- 1 (10 oz.) pkg. Cracker Barrel Extra Sharp Cheddar Cheese
- 1 (8 oz.) pkg. Philadelphia Cream Cheese
- 3 Tbsp. frozen "Chef's Seasoning"
- 2 Tbsp. dried parsley

In food processor, chop the pecans finely. Remove from bowl. Using food processor, grate the cheese and set aside in a bowl. Put cream cheese and drained Chef's Seasoning in food processor and blend together. Add cheddar cheese to mixture and blend together well. Mix parsley and pecans together on a sheet of wax paper. Scoop out mixture, divide into 2 cheese balls and roll the tops and sides in the pecan and parsley mixture. Wrap in plastic wrap and let sit overnight. Great when it sits on a Ritz !!!!

Note: "Chef's Seasoning" is sold in the frozen vegetable section. It is pureed celery, onion, garlic, bell pepper, and parsley and is great to use in cooking.

by Mary Gay Johnson, wife of Dwayne Johnson (Baton Rouge), a partner practicing in the environmental law area



"Miss" Rae's Liver Paté

(Chopped Chicken Liver with a Cajun Twist)

- 1 lb. chicken livers
- 1 stick oleo
- 3 medium-sized yellow onions

- 3 hard boiled eggs
- juice of 1/2 lemon
- 1 Tbsp. Hellman's mayonnaise

Fry chicken livers in oleo, not too crisp. (Or, you can use chicken grease if available.) Cut onions in fourths and eggs in fourths. Process the onions, livers and eggs in food processor. Be careful not to overprocess. Then season with salt and red pepper to taste (the red pepper gives it a "BAM"). Add the lemon juice and mayonnaise. Put in round containers and refrigerate overnight. Run a knife around the edge for it to come out. This will feed 6 people easily.

by Mathile Abramson (Baton Rouge), a partner practicing in the litigation and mediation areas



Crabmeat Mornay

1 stick butter
1 small bunch green onions, chopped
1/2 cup parsley, finely chopped
2 Tbsp. flour
1 pint half and half cream

1/2 lb. Swiss cheese, grated
salt to taste
red pepper to taste (or Cajun seasoning, like Tony Chachere's Creole Seasoning)
1 lb. white lump crab meat, cleaned to remove shell

Melt butter and sauté green onions and parsley. Blend in flour. Add cream and cheese. Once cheese is melted, add remaining ingredients, gently folding in crab. Keep warm in a chafing dish or crockpot. Delicious over melba toast rounds or in mini pastry shells. Can also cut recipe by one-half, and use as a decadent topping for steaks for four.

by Linda Perez Clark (Baton Rouge), a partner practicing in the business, corporate and banking law areas



Crawfish Dip

1/4 cup butter
1 medium onion, chopped
2 bunches shallots, chopped
1/2 green pepper, chopped
1 to 2 stalks celery, chopped

2 (10-oz.) cans cream of mushroom soup
1 lb. crawfish tails, peeled and chopped
red pepper to taste
minced garlic to taste (optional)
1 whole pimiento, chopped

Melt butter and cook onions, shallots, green pepper and celery over low heat until soft. Add soup and heat. Add crawfish, red pepper and garlic. Heat for 20 minutes or until crawfish are cooked. Add pimiento just before removing from heat. Serve with crackers or chips.

by Brad Myers (Baton Rouge), a partner practicing in the litigation area



Shrimp Remoulade Hors d'oeuvres

- 5 lbs. shrimp
- 6 cloves garlic, minced
- 4 Tbsp. Zatarain's Creole Mustard
- 2 Tbsp. ketchup
- 1 tsp. salt
- 1/2 cup tarragon vinegar
- 1 tsp. cayenne pepper
- 1 Tbsp. paprika
- 1 cup oil
- 1/2 cup celery, diced
- 1/2 cup green onions, diced
- horseradish to taste

Boil 5 lbs. shrimp in crab boil, cool and peel. Mix garlic, mustard, ketchup, salt, vinegar, pepper and paprika. Add oil in thin stream while stirring with fork. Add celery, shrimp and onion. Add horseradish to taste. Mix well. Chill. Serves 20.

by Vance Gibbs (Baton Rouge), a partner practicing in the medical malpractice defense and litigation areas



Bruschetta con Pomodori

- 2 tomatoes, finely chopped
- 3 Tbsp. fresh basil, chopped
- 1-1/2 Tbsp. olive oil
- 2 tsp. balsamic vinegar
- 1/2 tsp. coarse salt (or to taste)
- 1 Tbsp. garlic, chopped
- 1/2 cup fresh mozzarella cheese, diced (optional)

Mix together all ingredients and refrigerate overnight, or at least 4 hours. Serve on crostini. Serves 2-4. (See Crostini recipe, page 33.)

Bruschetta con Funghi

- 5 Tbsp. olive oil
- 10 whole cloves garlic
- 1 Tbsp. garlic, minced
- 8 oz. fresh mushrooms, chopped (porcini or portabello if available)
- 1/2 red bell pepper, diced
- 2 Tbsp. fresh rosemary, finely chopped (optional)
- 4 Tbsp. fresh basil, chopped
- 1 Tbsp. balsamic vinegar
- 1/8 cup Chianti wine
- 1/2 tsp. salt (or to taste)

Heat the olive oil and garlic in a large skillet on medium heat. Add mushrooms, pepper, rosemary, and basil. When warm, add balsamic vinegar. Cover and simmer over low heat for about 5 minutes, until mushrooms are tender. Add wine. Continue cooking on low heat, uncovered, for about 10 minutes, until liquids are reduced. Add salt to taste. Serve hot or cold on crostini. Serves 4-6. (See Crostini recipe, page 33.)

by Len Kilgore (Baton Rouge), a partner practicing in the environmental and litigation areas



Crostini

- 1 loaf Italian or French bread
- olive oil
- 2 cloves garlic, halved (or garlic powder)

Cut bread in 1/2 - 3/4 inch slices and place on cookie sheet. Broil until lightly browned. Turn slices over and toast other side. Remove from broiler and drizzle with olive oil and rub with garlic. Serve with bowls of pomodori and funghi, (shown on page 32), or top slices with the toppings and serve on a platter.

by Len Kilgore (Baton Rouge), a partner practicing in the environmental and litigation areas



John's Tex-Mex Salsa

- 1 medium white onion, quartered
- 2 cloves garlic
- 2 Serrano chilies or fresh jalapeño peppers
- 8 Roma tomatoes (about 1 pound)
- 2 Tbsp. fresh cilantro leaves, finely chopped
- 1 tsp. honey
- 1 tsp. salt
- 1 Tbsp. fresh lime juice

Place onion, garlic and peppers (whole) in food processor and chop until fine. Add tomatoes and lightly chop in food processor. (Do not overdo it.) Remove contents from food processor and strain, saving juice. Chop cilantro by hand or cut with kitchen scissors until fine. Add honey, salt, lime, cilantro and mix in non-metallic bowl. Add back tomato juice to desired consistency. Chill in refrigerator for at least 30 minutes to allow the flavors to mingle. (Better if it is allowed to chill overnight.)

Serving suggestions: Great by itself with chips, as a topping for tacos, dressing for taco salad, or as a garnish with grilled meats.

by John Heinrich (Baton Rouge), a partner practicing in the litigation area



New York Potato K'nishes

Crust:

2 cups flour
1/2 tsp. baking powder
1/4 tsp. salt
1 egg
1/4 cup warm water
1/4 cup vegetable oil

Filling:

6 potatoes, cooked and mashed
1 onion, minced
1 Tbsp. oil
2 eggs, beaten
3 tsp. salt
Pepper to taste

Crust: Sift flour, baking powder, and salt into a bowl. Beat egg, oil, and water and add to the flour mixture. Knead lightly until dough is soft; it will be slightly oily but not sticky. Cover and set in a warm place for 1 hour.

Filling: Boil unpeeled potatoes in a pot of salted water until tender (about 20-25 minutes). Mash potatoes while still warm. Sauté onion in oil until golden or soft. Combine mashed potatoes, sautéed onion, two eggs, salt and pepper. Mix well.

Constructing the K'nish: Preheat oven to 375°. Divide dough in half and roll into a rectangle as thin as possible. Spread the filling along the long side of the dough, but not in the center, and roll the dough like a jelly roll. Cut the roll into one inch slices. Pull ends of the dough over the filling and tuck into the k'nish to form small cakes. Place on a well-greased baking sheet. Bake at 375° until brown (about 45 minutes). Best if eaten piping hot with some yellow mustard. Makes 1 dozen.

by John Jakuback (Baton Rouge), a partner practicing in the litigation area



Soups, Stews & Gumbos



After fixing the perfect Old Fashioned, Bill Jarman (l) and Gary Bezet (r) begin their elaborate gumbo preparation for the Kean Miller Party by jointly fussing over the roux.

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Bezet's and Jarman's Smoked Turkey and Andouille Sausage Gumbo

Shrimp and Corn Soup

Aunt Carole's Crab and Broccoli Soup

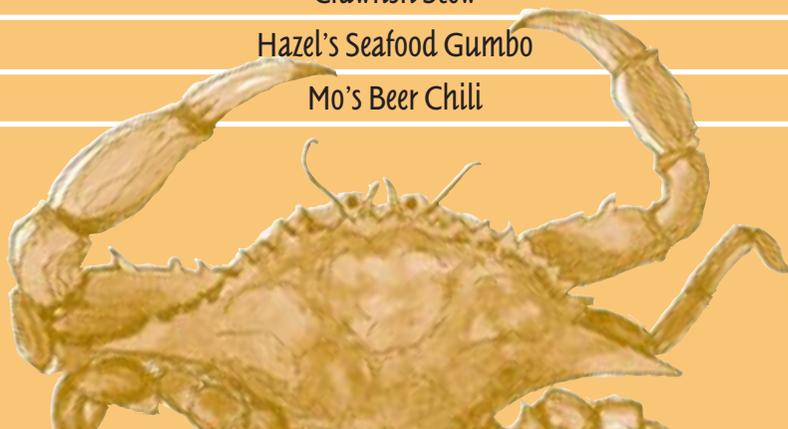
Ron & Melissa's Crawfish and Corn Soup

Duck and Andouille Sausage Gumbo

Crawfish Stew

Hazel's Seafood Gumbo

Mo's Beer Chili



Smoked Turkey and Andouille Sausage Gumbo

Most gumbo recipes begin with the instruction, "First, you make a roux." Our version begins with the following instruction: "First, you make an Old Fashioned." For this gumbo, always start off by making and slowly sipping a Jack Daniel's Old Fashioned (see recipe, page 11). By the time you have two, usually the gumbo is finished. It works for us, anyway.

1 cup green onions, chopped
1 cup white onions, chopped
1 cup green bell peppers, chopped
3/4 cup celery, chopped
Canola oil for frying
1 lb. andouille smoked sausage, cut up
1-1/4 to 1-3/4 cups all-purpose flour
1/2 tsp. salt
1/2 tsp. garlic powder

1/4 tsp. ground red pepper
1/8 tsp. ground white pepper
7 cups of chicken stock (homemade or Swanson's Chicken Broth, low sodium). Use 1 cup of water for each cup of Swanson's)
2 tsp. minced garlic
2 to 3 lbs. smoked turkey breast, cut up
hot cooked rice

Combine onions, bell pepper and celery in a bowl and set aside. In a black iron pot, add enough oil to coat the bottom of the pot and heat it to about medium high. Add the sausage and brown thoroughly. This will impart the seasonings and smoky flavor of the sausage to your roux. Remove the sausage pieces with a slotted strainer spoon and set aside. Add about 1-1/4 cup oil and turn the heat up to high. Slowly start stirring in the flour a little at a time, constantly stirring the flour and hot oil with a wooden spoon. We like a thick roux, so add enough flour until your roux is the consistency of Elmer's Glue (you can always thin it later, but you can't thicken it).

Begin adding the seasoning mix when you start the roux. Generally, one third should be added at that point, then another third when you add the vegetables. Reserve the final third until your gumbo is near complete.

We like to get the roux to the color of Baker's dark chocolate. (This is the only time we argue over the gumbo – Gary likes it a little lighter – Bill likes it darker; Gary's wife, Sandy, separates the boys and is the final arbiter.) When the roux gets about the color of a Hershey's bar, lower the heat and continue cooking cautiously. Take the pot off the heat immediately when the roux is the right color and add the vegetables and stir them in. After a couple of minutes we start adding some stock and put the pot back on the fire.

Cook the vegetables on low heat with a little of the stock for about 5 minutes. In a separate pot, heat the stock, then add the roux a large spoonful at a time into the stock pot and stir until dissolved. Return the stock to a boil, reduce to a simmer and then add the andouille and the minced garlic. Simmer uncovered for 45 minutes, stirring every 10 minutes or so. When it is cooked and you are ready to serve, add the smoked turkey pieces so that they can soak up some of the seasonings for awhile before you serve the gumbo over hot rice. Serves 6.

by Gary Bezet (Baton Rouge), the firm's managing partner also practicing in the toxic tort area, and Bill Jarman (Baton Rouge), a partner practicing in energy and environmental litigation



Gary



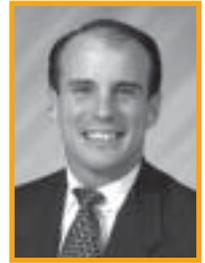
Bill

Shrimp & Corn Soup

1/4 cup butter	1/2 can tomato sauce
2 Tbsp. flour	1 tsp. salt
1 medium yellow onion, chopped	1 tsp. white pepper
1 bell pepper, chopped	1 bay leaf
1 can whole kernel corn	1/2 tsp. basil
1/2 can Rotel diced tomatoes (mild)	1 cup water
1/2 can whole tomatoes	1/2 cup green onion, chopped
1 lb. raw shrimp, peeled	1 Tbsp. parsley
1/2 tsp. thyme	

Heat butter and add flour over medium heat. Make a light brown roux. Add yellow onions and bell pepper and sauté. Add remaining ingredients except green onions and parsley. Let simmer for one hour. Add water, using more or less water for desired consistency. Add green onions and parsley. Simmer for 15 minutes and serve. Serves 8.

by Russel Primeaux (Baton Rouge), a partner practicing in the intellectual property area

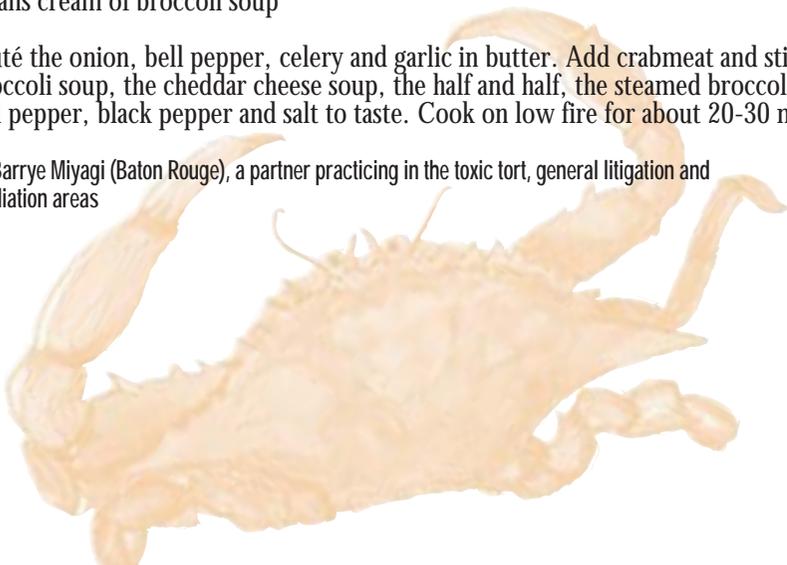


Aunt Carole's Crab and Broccoli Soup

1 stick butter	1 can cheddar cheese soup
1 medium onion	1 pint half and half
1/2 small bell pepper	1 lb. steamed broccoli
1 rib celery	1 cup milk
2 toes garlic	red and black pepper to taste
1 lb. lump crabmeat	salt to taste
2 cans cream of broccoli soup	

Sauté the onion, bell pepper, celery and garlic in butter. Add crabmeat and stir. Add the cream of broccoli soup, the cheddar cheese soup, the half and half, the steamed broccoli and the milk. Add red pepper, black pepper and salt to taste. Cook on low fire for about 20-30 minutes. Serves 6.

by Barrye Miyagi (Baton Rouge), a partner practicing in the toxic tort, general litigation and mediation areas



Ron & Melissa's Crawfish and Corn Soup

1 Tbsp. vegetable oil
1 yellow onion, chopped coarsely
1 green bell pepper, chopped coarsely
4 toes of garlic, minced
2 cups warm water (separated)
1 can cream of mushroom soup
1/2 can cream of shrimp soup
1 Tbsp. margarine
1 small can fat free cream (condensed milk)
1 bag super sweet corn

1 lb. crawfish tails, cleaned
2 stalks green onion, chopped coarsely

Seasonings:

1 Tbsp. Zatarain's Cajun Spice
1/2 tsp. Accent
1 tsp. red pepper
1 pinch black pepper
1 tsp. McCormick Broiled Steak Seasoning
1 tsp. garlic powder

In a medium-sized stockpot, heat vegetable oil. Add onion and bell pepper. Cook until the onion is translucent, then add the garlic, stirring frequently until brown. (Be sure not to burn the garlic.) Add 1/3 cup of the water, the soups and the margarine. Add the cream and stir until all of the ingredients are mixed well. Then add corn and the rest of the water. Let simmer for about 2 to 3 minutes; add seasonings to taste. Add crawfish and let simmer 10 minutes on low setting. Add the green onion and turn off heat source. You must stir this soup frequently while it is cooking. Set the heat on medium to start. Be careful not to scorch the soup.

by Melissa Hemmans (Baton Rouge), a staff attorney practicing in the civil litigation area



Duck and Andouille Sausage Gumbo

olive oil
2-1/2 to 3 lb. duck, cut up
1/2 lb. andouille sausage, cut up
2 onions, chopped
3 Tbsp. garlic, minced
1 tomato, chopped

1/2 cup okra, chopped (optional)
5 Tbsp. flour
water
salt, pepper and parsley to taste
2 bay leaves
cooked white rice

Brown duck and sausage in olive oil in a 4-quart black pot. Remove from oil and set aside. In the same oil, stir chopped onions, garlic and tomato until onions are brown. (If you want a thicker gumbo, add okra at this point.) Remove the onion, garlic and tomato mix and place on the side. Using the same olive oil, add flour to make a roux. Add more oil, if needed.

When roux is dark brown, begin adding warm water slowly to the roux, stirring constantly. Add about 2-1/2 to 3 quarts of water. Bring mix to a boil. Reduce heat and stir in browned duck, sausage, cooked onions, garlic and tomato. Add salt, pepper, parsley to taste. Add bay leaves. Cook mixture uncovered on low for 1 to 2 hours. Serve with a few spoonfuls of rice in a bowl.

by Mark Mese (Baton Rouge), an associate practicing in the commercial litigation, bankruptcy and insurance coverage litigation areas



Crawfish Stew

1 cup roux
1-1/2 cups onions, chopped
1 bell pepper, chopped
2 cloves garlic, chopped
2 lbs. crawfish, cooked and peeled

3 drops Tabasco Sauce
1 tsp. Worcestershire Sauce
pinch of salt
pinch red pepper
pinch black pepper

Stir onion, bell pepper and garlic into roux; add two cups warm water and bring to a boil, stirring constantly. Lower heat and cook approximately 2 hours, stirring occasionally. Add peeled crawfish, Tabasco, Worcestershire, salt and peppers. Cook on medium heat approximately 30 minutes, stirring occasionally. Serve over steamed rice. Serves 6.

by Terry McCay (Lake Charles), an associate practicing in the litigation and labor and employment law areas



Hazel's Seafood Gumbo

One of the Clark family treasures (to be honest, the only Clark family treasure) is this recipe from my mother, Hazel Corcoran Clark. WARNING—if properly prepared, no other seafood gumbo will ever be acceptable.

1 lb. smoked sausage (Manda's mild)
1-1/2 lbs. okra, cooked and chopped
2 cups oil
2 cups brown flour
2 cups celery, chopped
2 cups onions, chopped
1 cup bell pepper, chopped
1 (16 oz.) can tomato sauce
8 qts. homemade chicken stock, boiled
10 lbs. leg quarters to make stock

2 to 3 lbs. crab meat
2 lbs. raw shrimp small
3 lbs. raw shrimp medium
2 tsp. salt
2 tsp. garlic powder
2 tbsp. crab boil
2 tsp. thyme
8 bay leaves
1/2 cup parsley, finely chopped

Brown sausage and grind in food processor. Sauté cooked okra with a little oil and grind in food processor. (If using frozen okra, follow package directions for cooking, first.) Brown your roux, which is the oil and flour, until it is the color of brown sugar. Add celery, onions and bell peppers. Sauté until onions are clear. Add tomato sauce and cook for 20 minutes on medium until the tomato sauce turns a little brown. If the roux begins to stick, add some chicken stock. Add okra and sausage. Sauté until the ingredients are well mixed (about 10 minutes). Add chicken stock, crab meat, shrimp and remaining ingredients. Cook 30 minutes on low or until shrimp are cooked.

by G. Blane Clark, Jr., (Baton Rouge), a partner practicing in the business, corporate and banking areas



Mo's Beer Chili

- 2 lbs. ground round (can substitute all or half ground turkey)
- 1 large onion
- 2 Ancho chili peppers (or 2 jalapeños for a little hotter)
- 2 tablespoons cumin
- 2 tsp. salt
- 1 tsp. pepper
- 1/3 cup flour
- 2/3 bottle of beer (best is Corona, use a darker beer if you like a sweeter taste)
- 2 (28 oz.) cans of crushed tomatoes
- 2 cans kidney beans, black beans OR white beans OR some of each

Brown the ground meat at medium temperature in a black iron pot (no substitutions). Chop the onion and peppers very fine and cook with the meat for about 5 minutes. (Wash your hands with a cut lemon to get the pepper oils off before you touch your eyes - or other body parts!) Add the seasonings. Turn heat down to medium low. Add the flour and cook for at least 5 more minutes. Add the beer and cook for about 3 minutes. Add the tomatoes and beans and simmer on low for about an hour while you drink another beer (but it's good after about 15 minutes if you can't wait). Serve over rice and/or with cornbread. (Serves 8-10)

by Maureen Harbourt (Baton Rouge), a partner practicing in the environmental law area



Salads & Pastas



In a nod to healthy eating, Todd Rossi, Brad Myers, Katherine King and Ben Miller (left to right) enjoy Ben's salad . . . just before they dive into the fried foods.

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Mandarin Orange Salad

Corn, Cucumber and Black Bean Salad

Chicken Salad

Vegetable Salad

Gorgonzola Salad

Red and Green Leaf Salad with Balsamic Vinaigrette

Chicken Vegetable Pasta Salad

Southwest Chicken Pasta Salad

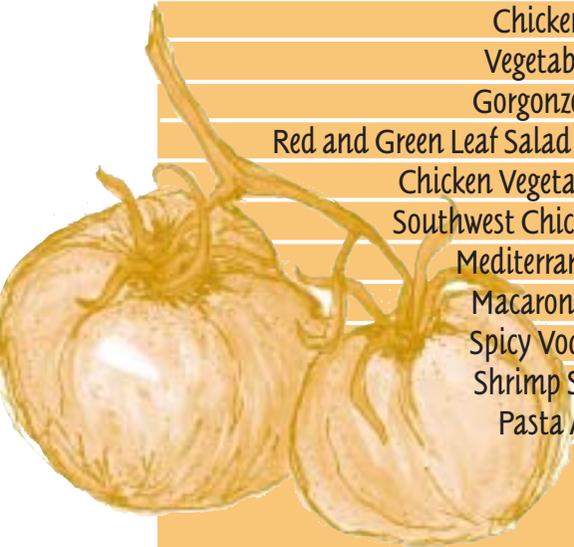
Mediterranean Pasta

Macaroni Italiano

Spicy Vodka Pasta

Shrimp Spaghetti

Pasta Alfredo



Curried Rice & Artichoke Salad

- 1 box Rice-a-Roni Chicken flavored rice
- 2 jars marinated artichoke hearts
- liquid from marinated artichokes
- 1/2 cup mayonnaise
- 1/2 tsp. curry powder

- 10 to 15 pimiento-stuffed ripe olives
- 1/2 green bell pepper, finely chopped
- 1/2 red bell pepper, finely chopped
- salt and pepper to taste

Cook rice according to package directions. Allow to cool for about 30 minutes. Coarsely chop artichokes, reserving the liquid from one of the jars. Mix mayonnaise, curry, and enough artichoke liquid to make a creamy dressing. Mix in remaining ingredients. Add salt and pepper to taste. Chill. Serves 4-6.

by Belinda Clary (Baton Rouge), a staff attorney practicing in the toxic tort litigation area



Mandarin Orange Salad

- 2 small cans mandarin oranges, drained
- 1 cup celery, thinly sliced
- 2 green onion tops, chopped (optional)
- 1/2 head of romaine, iceberg, or green leaf lettuce
- 1 Tbsp. parsley flakes
- 1/4 cup slivered almonds, toasted

- Dressing:**
- 1/4 cup Canola oil
 - 2 Tbsp. tarragon vinegar
 - 2 Tbsp. sugar
 - 1/2 tsp. salt
 - 1/2 tsp. Tabasco Sauce

Toss above with dressing (vigorously shaken) immediately before serving.

by Gordon Polozola (Baton Rouge), a partner practicing in the utilities regulation area



Corn, Cucumber and Black Bean Salad

- 1 large can white corn, drained
- 1 (15 oz.) can black beans, drained and rinsed
- 1 tomato, diced
- 1 cucumber, peeled and diced
- 3 green onions, chopped

- 1/3 cup red onion, diced
- 1/2 cup low fat mayonnaise
- salt and pepper to taste
- *can add lemon juice to taste

Combine all ingredients in a bowl and refrigerate until ready to serve. Makes about 5 or 6 servings.

by Mike Garrard (Baton Rouge), a partner practicing in the labor and employment area



Chicken Salad

- 2 pkg. "Pick of the Chick" chicken (8 cups cooked and chopped)
- 1 cup mayonnaise
- 5 containers Yoplait red raspberry yogurt
- 1 cup pecans, chopped
- 2 pkg. Craisins (Ocean Spray dried cranberries)
- 4 to 6 stalks celery, finely chopped

- 1/4 to 1/2 cup green onions, finely chopped
- 1 Tbsp. lemon juice (or to taste)
- 1 Tbsp. salt (or to taste)
- 1 Tbsp. curry (or to taste)
- red pepper to taste
- 20 croissants

Boil, debone, and coarsely chop chicken. Mix all ingredients. Spread on croissants. Serves 20.

by Rob Dille (Baton Rouge), a partner practicing in the litigation area



Vegetable Salad

2 cans French style green beans, drained
1 can LeSueur English peas, drained
1 can LaChoy fancy mixed Chinese vegetables, drained
3/4 cup green pepper, chopped
1 cup celery
sliced fresh mushrooms (optional)

salt to taste
1/2 cup Wesson oil
1-1/4 cup sugar
1 cup vinegar
4 Tbsp. water

In a large glass bowl, mix together green beans, peas, Chinese vegetables, green pepper, celery, mushrooms and salt. In a saucepan, mix oil, sugar, vinegar and water, and bring to a boil until sugar dissolves. Stir 1 or 2 minutes. Pour oil mixture over vegetables and refrigerate overnight. Drain off marinade before serving. Serve over lettuce.

by Aileen Johnson (Baton Rouge), a staff attorney practicing in the commercial real estate area



Gorgonzola Salad

Salad:

1 large head butter lettuce
2 red Bartlett pears
1/2 cup walnut halves
1-1/2 oz. Gorgonzola cheese

Dressing:

1/4 cup of balsamic vinegar
1 Tbsp. sugar
1 Tbsp. extra virgin olive oil

Mix salad ingredients together and refrigerate. Top with dressing just before serving. Mixing dressing in too early will cause lettuce to wilt. Garnish with crushed red pepper and pita bread triangles.

by Jeff Boudreaux (Baton Rouge), an associate practicing in the litigation and construction law areas



Red and Green Leaf Salad with Balsamic Vinaigrette

1 head red leaf lettuce
1 head green leaf lettuce
4 to 5 Roma tomatoes, chopped
1 purple onion, chopped
1 small can sliced black olives
1 pkg. crumbled feta cheese

Vinaigrette:

1/2 cup extra virgin olive oil
1/2 cup balsamic vinegar
2 tsp. Italian herbs
dash of garlic salt
dash of pepper
3 Tbsp. sugar or 3 packets of Equal
(depending on taste)



Combine greens, tomatoes, onion, olives and feta in large bowl. Stir together vinaigrette and toss with greens right before serving. Serves 4-6.

by Kevin Curry (Baton Rouge), a partner practicing in the areas of estate planning, probate and taxation



Chicken Vegetable Pasta Salad

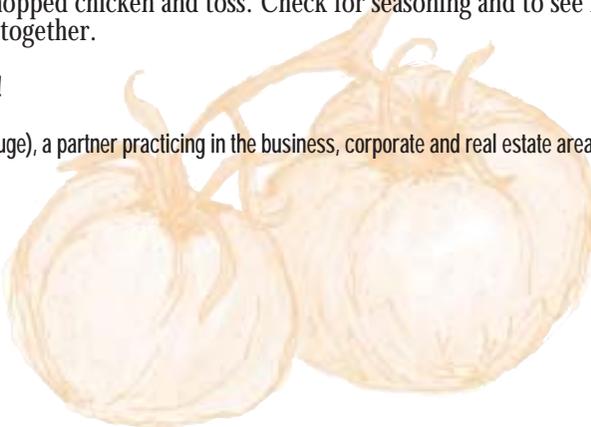
3 to 4 stalks celery, chopped
1 onion, chopped
1 to 2 toe(s) garlic, minced or pressed
1 small can chopped ripe or green olives
sun-dried tomatoes, chopped (in oil or dried)
1 can artichoke hearts, chopped

1 can hearts of palm, chopped (optional)
1 can shoepeg corn
1 bag tri-colored pasta
4 chicken breasts, cooked and chopped
1 Tbsp. Grey Poupon mustard (optional)
creamy Caesar or creamy Italian dressing

Mix in a large bowl any or all of the vegetables that you may have in your pantry or fridge. Toss well. Cook pasta in salted water. Drain, do NOT rinse. Add hot, drained pasta to the tossed vegetables. Add chopped chicken and toss. Check for seasoning and to see if you have enough dressing to bind it together.

VOILA - Let's eat!

by Ben Miller (Baton Rouge), a partner practicing in the business, corporate and real estate areas



Southwest Chicken Pasta Salad

1 packet taco seasoning
1/2 cup water
juice of 1 lemon and 1 lime
1/2 cup olive oil
4 to 5 chicken breasts, cooked
and shredded or cut thin
1 large purple onion, diced
1 to 2 large green peppers, diced

1/2 bunch cilantro, finely chopped
1 can Mexican corn, drained
1 can black beans, rinsed
1 cup tomatoes, seeded and chopped
1/2 lb. Mexican cheese, shredded
2 pkg. (12 oz.) pasta of your choice, cooked
6 oz. bottle Catalina dressing

Mix taco seasoning, water, lemon, lime and oil to make a sauce. Combine sauce with chicken, onion, green peppers, cilantro, corn, beans, tomatoes and cheese. In a separate bowl, toss together pasta and Catalina dressing. Add pasta mixture to the other ingredients. Season to taste. Top with sliced black olives and green peppers.

Topping: (optional) Fry thin slices of corn and flour tortillas and sprinkle on top of each serving. Serves 10.

by Todd Rossi (Baton Rouge), a partner practicing in the taxation, business and commercial litigation, and insurance coverage litigation areas



Mediterranean Pasta

1/4 cup olive oil
3 to 4 cloves garlic
1 pint grape tomatoes
1 green bell pepper, chopped into 1 inch pieces
1 red bell pepper, chopped into 1 inch pieces

1/2 cup pitted calamata olives
salt, oregano, black pepper to taste
1 dash balsamic vinegar
1 cup crumbled feta
cooked pasta

Smash garlic with back of knife and fry lightly in olive oil until soft. Remove from oil. Increase heat, add vegetables and seasoning, then cover. Let them scorch lightly. Add garlic, olives and vinegar. Stir into pasta, then garnish with feta.

by Uma Subramanian (Baton Rouge), a staff attorney practicing in the utilities regulation area



Macaroni Italiano

1 pkg. whole macaroni
1 (16 oz.) can Big R tomatoes
1 lg. can plain tomato sauce

1 stick butter
10 to 12 oz. cheddar cheese, grated

Melt butter. Add tomatoes and tomato sauce. Cook for about 1/2 hour, until slightly thickened. (If not cooked long enough, there will be a raw taste.) Cook macaroni until done. Drain. When tomatoes are cooked, add to macaroni and gently toss. In 3 qt. casserole, put one layer of macaroni mixture, then a layer of grated cheese. Repeat, ending with a layer of cheese on top. Cover lightly with foil and bake at 325° until bubbly. Remove foil and bake a few minutes longer.

by Brad Myers (Baton Rouge), a partner practicing in the litigation area

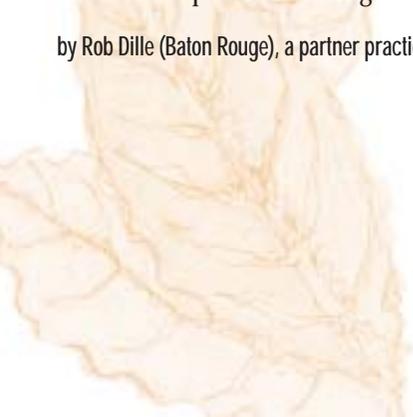


Spicy Vodka Pasta

1/3 cup vodka
3/4 cup heavy whipping cream
red pepper to taste
1 can good quality plum tomatoes, chopped
1/2 cup fresh basil, chopped
1/4 cup fresh grated Parmesan cheese and 1/4 cup fresh grated Romano cheese, mixed together
2 servings pasta (3 cups dried penne is good)

Heat a sauce pan. Add vodka. Flame vodka and reduce by half (20 to 30 seconds). Add cream and red pepper and simmer 5 minutes, whisking often. Add tomatoes and fresh basil, simmer 5 - 8 minutes. Just before serving, add half of the cheese. Add cooked pasta and mix. Put in serving bowls and top with remaining cheese. Serves 2.

by Rob Dille (Baton Rouge), a partner practicing in the litigation area



Shrimp Spaghetti

1 large onion, chopped
1/2 cup oil
2 cans tomato sauce
2 pods garlic

1/2 cup bell pepper
1 tsp. Tony Chachere's Creole Seasoning
1 pint shrimp
salt and pepper to taste

Brown onions in oil until golden brown. Add 1 can of tomato sauce; cook on low for about 15 minutes. Add second can of tomato sauce. Cook on low for an additional 15 minutes. Add garlic, bell pepper and seasoning. Cook 5 to 10 minutes. Add 3 cups water and cook on medium heat for 30 minutes. Add shrimp and cook 10-15 minutes. In a separate pot, boil spaghetti and drain. Mix spaghetti with sauce. Serves 6.

by Troy Charpentier (Baton Rouge), a partner practicing in the commercial litigation area



Pasta Alfredo

1-1/2 cups heavy whipping cream
1-1/2 cups butter
2 cups Parmesan cheese, freshly grated

garlic powder to taste
black pepper to taste
Any kind of pasta

Combine heavy whipping cream and butter in pot and bring to boil. Once the mixture is boiling, slowly add 1-1/2 cups of the grated cheese. Keep stirring the mixture until cheese is completely melted. The sauce will thicken as it cools. Pour the sauce over cooked pasta. Add the garlic powder and black pepper to taste. You can also add chicken or shrimp if you prefer. Very quick, very easy and very good.

by Jennifer Thomas (Baton Rouge), an associate practicing in the health law area



Vegetables and Side Dishes



Cynthia Chemay (third from left) gets able assistance from Maureen Harbourt, Rob Dille and Jim Doré (left to right) in preparing Squash Medley.

Vegetables and Side Dishes Index

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Cabbage Casserole

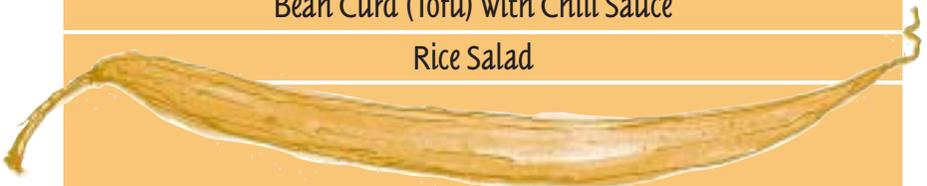
Squash Medley

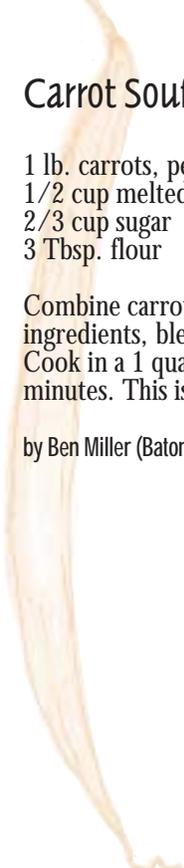
Artichoke Casserole

Red Bell Pepper Risotto

Bean Curd (Tofu) with Chili Sauce

Rice Salad





Carrot Soufflé

1 lb. carrots, peeled, sliced, cooked and drained
1/2 cup melted butter
2/3 cup sugar
3 Tbsp. flour

1 tsp. baking powder
1 tsp. vanilla
3 eggs

Combine carrots and butter in food processor, blend until smooth. Add the rest of the ingredients, blending the eggs in last, one egg at a time. Process until smooth and well mixed. Cook in a 1 quart baking dish (I usually spray “Pam” on the inside). Bake at 350° for 45 - 60 minutes. This is best baked in the oven, not in the microwave.

by Ben Miller (Baton Rouge), a partner practicing in the business, corporate and real estate areas



Baked Cushaw

This is an unusual recipe from the Old South—a vegetable dish that is as sweet as dessert. A cushaw is a variety of crookneck squash, available in July and August at the produce stands. A luscious dish.

1 medium cushaw (about 6 lbs.)
2 eggs
2 cups sugar
2 Tbsp. flour

1 tsp. vanilla extract
2 sticks margarine
1/2 tsp. baking powder
cinnamon and nutmeg to taste

Cut cushaw in half. Scoop out the seeds and strings. Cut into smaller pieces and place in large pot with water to cover. Boil until tender and meat turns golden and soft. Scoop out meat and place in a large bowl. Add above ingredients and mix. Place in 9 x 13 in. casserole dish. Bake at 350°, 30-40 minutes. Serves 6.

by Bill D'Armond (Baton Rouge), a partner practicing in the labor/employment and litigation areas



Sweet Potato Casserole

1 large can sweet potatoes, drained
1/2 stick butter or margarine
3/4 cup white sugar
1/2 cup milk
1 tsp. vanilla
2 eggs, beaten

Topping:

1/2 stick butter or margarine
1 cup flour
1 cup light brown sugar
1 cup pecans, chopped

Mash potatoes after draining. Melt butter. Add sugar, milk, vanilla, eggs and butter to mashed potatoes. Pour into baking dish (greased). Melt butter. Add flour and brown sugar to butter and mix thoroughly. Spread on top of potatoes. Sprinkle chopped pecans on top. Bake 20 minutes at 350°. Serves 4.

by Alan Berteau (Baton Rouge), a staff attorney practicing in the environmental litigation area



Cuban Black Beans

1 lb. black beans
1/2 large green pepper
2/3 cup olive oil
4 cloves garlic, chopped
1 large onion, chopped

1/2 tsp. cumin powder
2 Tbsp. vinegar
2 bay leaves
4 tsp. salt (or more to taste)
water to cover the beans (about 10 cups)

Wash beans very well, then drain. Soak beans overnight in water. Cook the beans and green peppers in some of the water used to soak them. (Cook for about 1 hour until tender. To speed the process, you can add some ice from time to time to the beans while they are cooking.) In a frying pan, sauté garlic, onion and cumin in olive oil. Add mixture to beans, then add vinegar and bay leaves. Simmer on low heat for 1 hour. Add salt to taste. Serve with rice.

by Esteban Herrera (Baton Rouge), a partner practicing in the environmental law and litigation areas



Corn Pudding

8 full ears corn OR
one medium-sized pkg. frozen corn
3 Tbsp. flour
4 eggs
1/2 cup sugar

1 cup whole milk
one stick butter
salt and pepper to taste

Scrape corn from cob. Add flour, eggs, sugar, milk, melted butter and stir as each ingredient is added. Season with salt and pepper. Bake in 2 qt. casserole dish about 30 minutes at 325-350° until brown and bubbly. Mixture should be soupy, not thick. Adjust flour to make it right. Serves 8.

by Jason Cashio (Baton Rouge), an associate practicing in the medical malpractice defense and general litigation areas



Mascari's Italian Green Bean Casserole

4 pods garlic, finely chopped
3 cans French-cut style green beans, drained (save juice)
2 cups Italian breadcrumbs
1 cup Parmesan cheese, grated
salt, pepper and oregano to taste
1/2 cup olive oil

Mix all of the above ingredients (except saved juice) in a casserole dish. If dry consistency, add a bit of the juice to moisten--not too much. Bake at 350° for 30 minutes and enjoy. Serves 8.

by Pam Mascari (Baton Rouge), a partner practicing in the general litigation, toxic tort litigation and state and local tax law areas



Cabbage Casserole

1 stick butter, melted OR
butter cooking spray
1-1/2 lbs. ground beef
1 cup rice, uncooked
1/2 tsp. red pepper
1/2 tsp. black pepper
1/2 tsp. salt
1/2 tsp. cinnamon

1/2 tsp. allspice
1/2 tsp. garlic powder
1 head of cabbage, chopped (or 2 lb. pkg. shredded
cabbage)
1 onion, chopped
2 (8oz.) cans tomato sauce
1 can Rotel tomatoes and green chilies, undrained
2 cups water

Grease 9 x 13 inch Pyrex dish with melted butter or cooking spray. Combine ground beef, rice and 1/4 teaspoon each of the seasonings; set aside. Combine the cabbage, onion, tomato sauce, Rotel, water and remaining 1/4 teaspoon of the seasonings. Combine beef and rice mixture with the cabbage mixture. Place in Pyrex dish. Cover and bake at 350° for 1-1/2 hours or until all liquid disappears and the rice is done.

by Lana Crump (Baton Rouge), a partner practicing in the litigation area



Squash Medley

1 stick butter
1 cup white onions, sliced
3 cups yellow squash, cooked and drained
1 cup canned tomatoes, chopped and drained (fresh are even better!)
1 cup processed American cheese, grated
salt and pepper to taste
3/4 cup breadcrumbs (make in food processor from day old French bread)

Sauté onions in 3/4 stick of butter; add cooked squash, tomatoes and cheese. Season with salt and pepper. Pour into casserole dish. Brown breadcrumbs in remaining butter. Spread over casserole. Bake at 325° until heated through and serve. Serves 6.

by Jim Doré (Baton Rouge), a partner practicing in the litigation area, from his grandmother-in-law, Mrs. Mercedes S. Postell



Artichoke Casserole

4 cans artichoke hearts, drained (reserve water from 2 cans)
1/2 cup breadcrumbs
1/2 cup Parmesan cheese, grated
2 cloves garlic, chopped
1 tsp. parsley, chopped
2 tsp. sugar
2 Tbsp. olive oil

Arrange the artichoke hearts right side up in a baking dish. Stir together breadcrumbs, cheese, garlic, parsley and sugar. Sprinkle the breadcrumb mixture over the artichoke hearts and spoon a little into each artichoke. Sprinkle olive oil over this and then add about half of the reserved water. Let stand a little while. Bake at 350° for 20 minutes or until brown.

by Cynthia Chemay (Baton Rouge), a partner practicing in the labor/employment litigation area



Red Bell Pepper Risotto

5 red bell peppers
2 to 4 cups chicken stock OR
2 to 4 cans chicken broth
1 shallot
extra virgin olive oil

salt and freshly ground black pepper
2 cups Arborio rice, uncooked
3/4 stick butter
Reggiano Parmesan cheese, finely grated

Roast the red bell peppers. Allow them to cool, peel off the skins, and discard all seeds. In a blender, add the roasted bell peppers and 8 to 12 ounces of the chicken stock and blend. Reserve the liquid. Finely mince the shallot. In a heavy 2-quart sauce pot, add olive oil to a depth of an eighth to a quarter of an inch. Heat to about medium. Add the minced shallot, salt and pepper, and stir until the shallot is translucent. Add the Arborio rice and toast it in the oil with the shallot. (This just means stir it around constantly for about 3 or 4 minutes.)

Add just enough of the red bell pepper liquid to cover the rice by about one-quarter of an inch and stir constantly until it is just about absorbed. Repeat this step until the Arborio rice is tender. (If you run out of the red bell pepper liquid and the rice is not yet tender, continue by using the chicken stock.) Add the butter and the finely grated Parmesan. (Here the Parmesan Reggiano is a must.) Test for seasoning. Serve with Stuffed Chicken Breasts, shown on page 105. (NOTE: The Risotto takes about 20 or so minutes to cook. The trick is never to stop stirring it until it is done.) Serves 8.

by Charles Patin (Baton Rouge), a partner practicing in the litigation area



Bean Curd (Tofu) with Chili Sauce

16 oz. medium firm bean curd,
cut into half inch cubes
1/2 lb. ground beef (the leaner, the better)
1/2 cup onion, finely chopped
1/2 tsp. minced garlic
1 to 2 tsp. chili sauce OR
fresh pepper with seeds

2 to 3 Tbsp. olive or vegetable oil
1/2 tsp. sugar
3 Tbsp. soy sauce
2 tsp. cornstarch, dissolved in 1/4 cup water
salt and pepper

Heat oil in a pan and add onion and garlic. Stir-fry for one minute, then add beef. Stir-fry until beef is evenly browned. Add bean curd, chili sauce, sugar and soy sauce. Bring to a boil. Add the cornstarch mixture and simmer, stirring, until the sauce has thickened. Salt and pepper to taste. Serve hot. Serves 4.

by Yuxian Wang (Baton Rouge), a staff attorney practicing in the toxic tort area



Rice Salad

2-1/2 cups raw rice
2 boxes frozen sweet peas
1 cup black olives, pitted and chopped
1 cup pimientos, chopped

1 cup white onions, chopped
1 bottle herb and garlic salad dressing
1 can sliced mushrooms
salt, black pepper and red pepper

Cook rice and steam peas to thaw. Mix all ingredients together and add salad dressing. Add salt and pepper to taste. Cover and marinate overnight in refrigerator. Serve cold. Makes 6-8 servings.

by Sandy Edwards (Baton Rouge), a partner practicing in the environmental law area



Main Courses



Bill Caughman, Karli Wilson, Carol Galloway, Sonny Chastain, John Heinrich and Melissa Cresson (left to right) enjoy a cookout and an “adult beverage” at John Heinrich’s home.

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Natchitoches Meat Pies

Filling:

- 1 tsp. oil
- 1 lb. ground sirloin
- 1 lb. ground pork
- 1 bunch green onions, chopped
- 1 onion, chopped
- 1 pod garlic, minced
- 1 bell pepper, chopped
- salt, black pepper and red pepper to taste
- 2 to 3 Tbsp. flour

Crust:

- 1 quart plain flour
- 2 tsp. salt
- 1 tsp. baking powder
- 1/2 cup + 2 Tbsp. shortening
- 2 eggs
- 1 cup milk

Filling Directions: Put oil in heavy pot and add meat and seasonings. Stir often as meat cooks. When meat is done but not dry, remove from heat. Stir in flour.

Crust Directions: Sift dry ingredients together. Cut in shortening. Beat eggs and add milk. Work gradually into dry ingredients until proper consistency to roll. Break into small pieces and roll very thin. Cut into rounds using a saucer as a guide or a 3" pastry cutter for cocktail-sized pies.

To Assemble: Place a large tablespoon of filling along edge and halfway in the center of round dough. Fold the other half of dough over, making edges meet. Firm edges with fork. Place pie in deep oil and fry til golden brown. Drain on paper towels and serve hot. Makes about 18-22 large pies. My mother, a life-long Natchitoches resident, says the secret is to season the filling until "you think you've ruined it."



by Gayla Moncla (Baton Rouge), a partner practicing in the litigation area

Poppy Seed Chicken

- 6 to 8 cooked chicken breasts or 2 to 3 cans of chicken
- 2 cans cream of chicken soup
- 1-1/2 cups sour cream
- 2 pkgs. saltine crackers
- 2 Tbsp. poppy seeds
- 1 stick butter

Boil chicken and cut off the bone. Cut into small pieces. Place chicken on bottom of buttered 9 x 13 pan. Mix soup and sour cream and pour over chicken. Mix crumbled crackers with poppy seeds and sprinkle over the top. Melt butter and drizzle over crumbs. Bake 30-40 minutes or until bubbly.

by Jim Lackie (Baton Rouge), a partner practicing in the creditors' rights area



Easy Crawfish Etouffée

1 onion, chopped
1 green bell pepper, chopped
1 clove garlic, minced
1 stick butter or margarine
Juice of one lemon
2 Tbsp. flour

1 cup water
1/2 bunch green onions, chopped
Tony Chachere's Creole Seasoning
1 can cream of celery soup
1 lb. crawfish tails

Sauté onion, bell pepper and garlic in butter and lemon juice. Cook until onions are soft and clear. Mix the flour with one cup cold water and stir until flour has dissolved. Add flour/water mix to sautéed onions and bell pepper and simmer over medium heat until mixture thickens. Once mixture has started to thicken, add green onions and Tony Chachere's to taste. Then add cream of celery soup and mix well. Finally, add the crawfish tails and simmer over low heat until whole mixture is heated throughout. Serve over rice and garnish with extra green onions, if desired. Yield: 4-6 servings.

by Melissa Cresson (Baton Rouge), a partner practicing in the environmental and toxic torts areas



George's Roast Beef

beef roast (under 10 pounds)*
cooking oil
Adolph's plain meat tenderizer
black pepper

garlic salt
salt
1 packet of powdered au jus mix

Preheat oven to 375° for 40 minutes. Lather the roast liberally with oil, then sprinkle with meat tenderizer. "Jugg" this into the meat with a fork. Sprinkle liberally with pepper and not so liberally with the salts. Place roast on rack in broiler/roaster pan. Start the roasting pan with about 3/8 inches of water in the bottom to keep the drippings from scorching and add later to au jus. Cook at 375° for 40 minutes. DON'T open the oven for the ensuing two hours. **Emphasis:** Do not open the oven after the cooking starts. The roast will be perfect regardless of the size. Mix the au jus mix according to package directions. Slice meat thin and float in the au jus (after adding pan drippings) and serve with a baked potato. Try to slice across the grain of the meat. For subsequent meals, save au jus and thicken it with a little flour or corn starch. Slice the roast thin and heat it in the au jus - enough to cover 1 or 2 pieces of toast. Put the slices of roast on toast and cover with gravy.

*My personal preference is a flat cut boneless rump roast weighing approximately 3 pounds.

by Bob Hawthorne (Baton Rouge), Of Counsel to the firm, practicing in the real estate, probate and estate planning area. "George" was his father-in-law



Panepinto Homemade Meatballs

- 2 lbs. ground beef
- 1 lb. ground pork
- 1-1/2 large onions, finely chopped
- 1/2 large bell pepper, finely chopped
- 4 toes garlic, finely chopped
- 1 stalk celery, finely chopped
- 1 small bunch green onions, finely chopped
- 2 tsp. dried parsley
- 1/2 cup Parmesan cheese
- 1/4 cup Romano cheese
- 1 tsp. red pepper
- 1/2 tsp. black pepper
- 3 tsp. salt
- 3 eggs
- 1/4 cup Progresso Italian breadcrumbs
- 1/4 cup milk

Mix above ingredients well. Using ice cream scoop, scoop onto a non-stick baking tray. Bake at 350° for 20 minutes (meatballs should begin to brown). These meatballs are great in spaghetti gravy or brown gravy. They should be cooked down in gravy for about 2 - 3 hours. For quick and easy spaghetti gravy, sauté one onion and two toes of garlic, add three (28 oz.) jars of Ragù Spaghetti Sauce (any kind), add 1-1/2 jars of water and 1/3 cup of sugar. Cook on low to medium fire for about 2 - 3 hours. Serves 15.

by Barrye Panepinto Miyagi (Baton Rouge), a partner practicing in the toxic tort litigation, general litigation and mediation areas



Chicken a la Bum

(Named in honor of its creator, a deceased chef by the name of Bum)

- 1 cup vinegar
- 4 tsp. yellow prepared mustard
- 1 tsp. black pepper
- 1 tsp. paprika
- 2 tsp. Worcestershire
- 5 Tbsp. Tabasco sauce
- 1/2 tsp. sugar

Dissolve mustard into vinegar, then add remaining ingredients to create a sauce. Mix sauce with enough water to make a total of two cups liquid. This should be enough to cook one chicken. Adjust Tabasco to taste. You may want to go a little lighter on the Tabasco if you have guests from up North (anywhere above Alexandria). Brown one chicken (in parts) and place in large pot with sauce. Simmer until chicken is cooked through and fork-tender. Serve with iced tea and towels to wipe the sweat off of foreheads.

by Bill Caughman (Baton Rouge), a staff attorney practicing in the business law area



Smoked Brisket

1 brisket
1 clove garlic
1 jar Woody's BBQ Sauce

Do not trim the fat from the brisket. Cut garlic into small wedges and insert in brisket. Spread half of the Woody's over the brisket. Cook with indirect heat between 200 & 225°, one hour for each pound of brisket. Baste brisket with Woody's once an hour for the first four hours. After four hours, wrap in foil.

by Brett Brinson (Baton Rouge), a partner practicing in the business, corporate and real estate law areas



Saltimbocca

12 small baby veal escallops
6 slices prosciutto ham
sage to taste
3 Tbsp. fresh parsley, minced

4 Tbsp. butter
1/2 cup sweet Marsala wine
salt and pepper to taste

Carefully beat escallops of veal until thin. Place slice of prosciutto on top of escallop and sprinkle with sage and parsley. Roll veal/prosciutto and secure with toothpick. Melt butter in sauce pan, add veal and brown over medium/high heat. Remove veal to platter and keep warm. To deglaze pan, add wine and increase to high heat. Spoon sauce over veal and serve immediately.

by Bill Courtney (New Orleans), of counsel, practicing in the litigation area



Cajun Chicken Fricassee

- 1 pack chicken breasts (with bones)
- 1 pack chicken thighs (with bones)
- salt, pepper and garlic powder to taste
- Tony Chachere's seasoning (optional) to taste
- 1/3 cup oil or butter
- 1/3 cup flour

- 1 onion, finely chopped
- 1 green bell pepper, finely chopped
- 3 stalks celery, finely chopped
- 1 can chicken broth
- 1/2 to 1 tsp. A-1 steak sauce

Wash, drain, and season chicken with salt, pepper, garlic powder, and Tony's seasoning, as desired. Heat 1/3 cup oil or butter and add flour to make roux. Stir over low to medium heat constantly until brown. When roux is dark brown, add chopped onion, bell pepper and celery and sauté in roux. Add chicken pieces, 1/2 can of chicken broth, and A-1 sauce. Cook over medium heat covered, stirring occasionally. Add additional chicken broth and/or water as needed to keep gravy at correct thickness. Cook until chicken is tender and falls off the bone. Serve over hot rice.

by Shannan Rieger (Baton Rouge), a staff attorney practicing in the litigation area



Sausage Stuffed French Roll

- 1 doz. French rolls
- 3/4 lb. ground beef
- 3/4 lb. pork sausage
- 1 large onion, chopped
- 1/2 cup Parmesan cheese
- 1 egg

- 2 tsp. mustard
- salt and pepper to taste
- 1/2 cup seasoned breadcrumbs
- 1 clove garlic, minced
- 1 stick butter, melted

Cut French rolls in half and scoop out insides. Brown the meats and pour off grease. Add onion and sauté. Add about half of the inside of the rolls (crumbled up), Parmesan cheese, egg, mustard, salt, pepper and breadcrumbs. Cook over low heat until well mixed. Then, stuff the French roll with the meat mixture, and brush top with garlic butter sauce. Bake at 350° until golden brown.

by Sonny Chastain (Baton Rouge), a partner practicing in the commercial litigation and intellectual property law areas



Gator (“Tiger Bait”) Sauce Piquante

In Louisiana, food is spiritual. For example, no one will ever know how the LSU football team managed an upset over the then-No. 1 ranked Florida Gators in 1997. However, many of Kean, Miller’s Tiger faithful attribute the win to a pre-game tailgate party featuring this Gator Sauce Piquante. In keeping with LSU’s war chant, “Tiger Bait,” the gators were eaten up on, and off, the field that Saturday.

- 3 lbs. alligator tail meat
- 1/2 cup oil
- 1/2 cup flour
- 1 cup onions, chopped
- 1 cup celery, chopped
- 1/2 cup bell pepper, chopped
- 1/4 cup garlic, diced
- 2 whole bay leaves
- 1/2 tsp. basil
- 1/2 tsp. thyme
- 1 cup tomatoes, diced
- 1/2 cup tomato sauce
- 2 Tbsp. jalapeños, diced
- 6 cups chicken broth
- 1 cup green onions, sliced
- 1/2 cup parsley, chopped
- salt and cracked black pepper to taste

Cut the alligator meat into pieces, render in a fry pan and set aside. If you don’t have alligator, do not worry. It “tastes like chicken”. . . so use chicken. You can use either a 5 pound stew chicken cut up or boneless chicken cut into pieces. With chicken, you can skip the rendering process and add the chicken raw.

In a large stew pot, heat the oil over medium heat. Add the flour and stir with a wire whisk until you have a medium brown roux. If you burn the roux (i.e. if any black specs appear), you have to start over. Therefore, constant stirring and medium heat are mandated. Once you have the roux, you are downhill. Add the onions, celery, bell pepper, garlic, bay leaves, basil and thyme. Sauté until vegetables wilt. Add the tomatoes, tomato sauce and jalapeños and cook for 5 minutes. Stir in the alligator. Add the broth, one cup at a time. Stir and incorporate each cup before adding more. Bring to a rolling boil, reduce heat and allow to simmer for 45 minutes. Add the green onions, parsley, salt and pepper and cook an additional 20 minutes. Serve over rice.

by Jay Jalenak (Baton Rouge), a partner practicing in the litigation areas



Overnight Egg Soufflé

8 slices day-old egg bread
1-1/2 cup milk
1/4 cup butter, melted
1 tsp. salt
dash of pepper

1 tsp. tarragon
1 tsp. dried mustard
1/4 tsp. cayenne
6 eggs, well beaten
6 oz. cheddar cheese, shredded

Remove crusts from bread and cut into 1-inch cubes. Combine with milk, butter, salt, pepper, seasonings and eggs and beat well. Grease a 2-quart souffle dish. Layer bread-egg mixture and cheese, making 3 layers of each. Bread layer should be entirely covered with liquid when finished. Refrigerate overnight. Bake 1 hour at 325°.

by Julie Silbert (New Orleans), a staff attorney practicing in the environmental and litigation area

Curry Chicken

8 chicken breasts
garlic powder
1 cup honey
3/4 cup Grey Poupon mustard

1 tsp. soy sauce
juice of 1/2 lemon
2-1/2 Tbsp. curry powder

Dry chicken and sprinkle with garlic powder. Mix all other ingredients together in a mixing bowl. Place chicken in baking pan and pour sauce over chicken. Bake uncovered at 350° for about 50 minutes, basting with sauce often, or until chicken is tender. Remove from oven; cover with foil.

by Julie Silbert (New Orleans), a staff attorney practicing in the environmental and litigation areas



Cajun Shrimp Eggplant

2 lbs. boiled shrimp
3 eggplants, peeled and cut
into one inch squares
1 onion, chopped
2 stalks celery, chopped
1 clove garlic, pressed

1 Tbsp. butter
1 cup seasoned breadcrumbs
1 egg
1/2 cup Parmesan cheese, grated
salt and pepper to taste
1/2 tsp. red pepper

Boil shrimp in seasoned water. Let cool and peel. Boil cut eggplant until very tender. Sauté onion, celery and garlic in butter. Place cooked eggplant in food processor and process slightly, leaving coarse. Place eggplant in casserole dish. Add remaining ingredients. Stir. Bake at 400° for 20 minutes. Serves 4.

by Melanie Hartmann (Baton Rouge), a partner practicing in the labor/employment and litigation areas



Trout L'Orange

1/2 cup white wine
4 trout fillets
Tony Chachere's Creole Seasoning
1/2 lb. butter (room temperature)
1 lb. raw shrimp (31-35 count)
2 shallots or one small onion

1/2 cup sweet red peppers, chopped
1 (6 oz.) can orange juice concentrate at room temperature
1/2 cup demi glaze or beef stock
1/2 cup small capers
lemon and parsley for garnish

Pour wine in the bottom of a broiler pan. Lightly butter the top of the broiler pan to prevent sticking. Season fish fillets to taste with Tony Chachere's seasoning and place them on the buttered surface of the broiling pan. Broil in oven for 6 minutes at 400°. Season shrimp to taste with Tony Chachere's seasoning and sauté in small skillet with two tablespoons of butter for three minutes on high heat. Remove shrimp and add shallots/onion and peppers. Sauté until clear. Pour in orange juice and demi glaze (or beef stock) and bring to boil. Remove from heat and add remaining butter to thicken to a cream sauce. Return to medium heat and add shrimp and capers until hot. Place fillets on hot plate, cover with sauce and garnish with lemon and parsley.

by Karli Wilson (Baton Rouge), an associate practicing in the environmental and toxic tort litigation areas



Spanish Pork

I married into a wonderful Spanish family. In many ways the Spanish customs and ways of life are similar to what we enjoy as Cajuns. They love their families and they love their food...and not necessarily in that order. Among my favorite dishes is the Spanish pork. This is served every Christmas Eve. I hope you enjoy.

1 (10 to 15 lb.) pork ham with bone
15 lemons
2 (8oz.) bottles minced garlic

oregano
salt
pepper

First lay the pork in a large roasting pan with the fatty side up. Cut back a flap in the fat and stuff it with minced garlic. Fold the flap back down. Next, gently pack the remaining minced garlic all over the top and sides of the pork. Cut the lemons into halves. Squeeze the lemons over the pork and leave the spent rinds in the pot with the pork. Sprinkle the pork with salt, pepper and oregano to taste. Cover the pork with aluminum foil and place in an oven at 350°. Cook until the inside temperature of the pork reaches 180°. When done, serve with yellow rice and black beans.

by David Nelson (Baton Rouge), a partner practicing in the litigation and construction law areas



Pain Perdue

(Lost Bread or French Bread)

2 eggs
1 cup milk
1/2 cup sugar
1/2 tsp. vanilla extract

1/2 tsp. cinnamon
stale bread, sliced about one inch thick
butter
syrup or powdered sugar

Beat eggs and add milk, sugar, vanilla and cinnamon. Soak bread slices in egg mixture for a few minutes (not too long). Melt a pat or so of butter in the skillet and cook the bread slices, flipping them over until brown on both sides. Serve with either syrup or powdered sugar.

by Jennifer Gary (Lake Charles), a partner practicing in the environmental law area



Kabobs

2 lbs. sirloin tip, cut into 2-inch cubes
1/4 cup balsamic vinegar
2/3 cup olive oil
salt and freshly ground pepper to taste

2 Tbsp. herbs, finely chopped
1 large onion
1 large green pepper
1 pint fresh mushrooms

Make a marinade by placing the balsamic vinegar in a bowl and then whisking in the olive oil. Once combined, add the herbs. (A combination of thyme, oregano and basil works well.) Place the meat cubes in the marinade and marinate in the refrigerator for 3 to 4 hours. Alternate meat with the vegetables and mushrooms on skewers. Place on a hot grill and cook until the meat reaches the desired doneness. Baste frequently with marinade while grilling.

by Chris Dicharry (Baton Rouge), a partner practicing in the state/local taxation and legislative/administrative lobbying areas



Chicken Rosemary

3 lbs. chicken thighs
1 Tbsp. butter
1 Tbsp. olive oil
salt and pepper
4 cloves garlic

1/2 cup white wine
1 Tbsp. fresh rosemary
2 Tbsp. tomato paste
1/2 cup chicken broth

Brown chicken in butter and olive oil. Add salt, pepper and garlic. When almost browned, add wine and rosemary. Cover and cook about 15 minutes. Mix tomato paste with chicken broth, and add to chicken. Cover, and cook about 30 minutes, until chicken is tender. Serves 4-6.

by Carol Galloway (Baton Rouge), a staff attorney practicing in the litigation area



Stuffed Chicken Breasts

This may sound more difficult than it really is. Good served with Roasted Red Bell Pepper Risotto, shown on page 79 of this cookbook.

8 boneless, skinless chicken breasts
8 prosciutto ham slices
(preferably prosciutto di parma)
fontina, grated OR
thinly sliced mozzarella cheese
salt
freshly ground black pepper
paprika

dried basil
all purpose flour
seasoned breadcrumbs
Reggiano Parmesan cheese, grated
a 4 egg wash (beat-up the eggs and add a
little milk, cream or water)
extra virgin olive oil
butter

Wash and dry chicken breasts and slice each of them just short of in half, length-wise, to form a pocket. Salt, pepper and paprika both sides and the pocket of each breast. Stuff one slice of the ham, folded around a generous portion of the grated fontina or thinly sliced mozzarella cheese, into the pocket of each breast and add a pinch or two of dried basil. Close the pockets and secure them with a wooden toothpick. Set in refrigerator for an hour or so.

Dredge each breast in seasoned all-purpose flour. (Season the flour generously with salt and pepper.) Coat the floured breasts in an egg wash. (It, too, should be seasoned with salt and pepper.) Next, coat each breast with a mixture of seasoned breadcrumbs, finely grated Parmesan cheese and lots of pepper. (3 parts crumbs to 1 part cheese is about right.) Refrigerate until ready to cook.

Add olive oil and a couple of tablespoons of butter to a large frying pan and bring the temperature to about medium-high. Brown both sides of each breast. Place breasts in a roasting pan with the oil and butter used for browning and bake at 400° for about 10 to 12 minutes. Serves 8.

by Charles Patin (Baton Rouge), a partner practicing in the litigation area



Grilled Lamb Chops

This marinade also can be used with chicken, pork or rabbit.

- 3/4 cup olive oil
- 1/2 cup fresh lemon juice and pulp of lemons
- 5 sprigs fresh rosemary, chopped
- 6 large cloves garlic, minced
- 1/4 tsp. black pepper (or to taste)
- 1/2 tsp. salt (or to taste)
- 1 Tbsp. balsamic vinegar
- 8 lamb chops

Mix all ingredients together and pour into zipper bag with lamb chops. Marinate at least 2 hours. Grill lamb chops on hot fire.

by Len Kilgore (Baton Rouge), a partner practicing in the environmental and litigation areas



Stuffed Beef Tenderloin

- 1 bunch green onions, finely chopped
- 1 lb. fresh mushrooms, chopped
- 1/2 stick butter
- 1 pint fresh oysters, drained and quartered
- liquid from oysters
- 1/2 to 1 cup fresh breadcrumbs
- 1 egg beaten
- 1/2 cup finely chopped fresh parsley
- salt, black pepper and red pepper to taste
- 5 to 6 lb. filet mignon (whole strip); trimmed

Basting Sauce:

- 1 stick butter, melted
- 1/4 cup hot English mustard
- 1/2 cup brandy

Sauté green onions and mushrooms in butter about 5 minutes. Add oysters, cook 5 minutes more; remove from heat and add breadcrumbs to make a moist dressing. Use a little oyster liquid if it needs to be moistened more. Add egg, parsley, salt and pepper to taste. Cut a deep slit lengthwise into the tenderloin filet. Stuff the dressing into the slit and tie with string. Cook in a 450° pre-heated oven for 20 -25 minutes, depending on the size. Baste often. Remove from oven and cover loosely with aluminum foil for about 15 minutes to let the juices repose. Slice and serve. Yield: 8 to 10 servings.

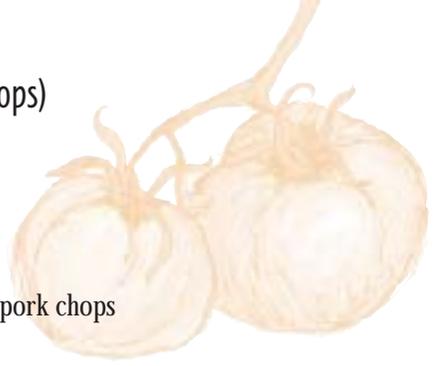
by Katherine King (Baton Rouge), a partner practicing in the utilities regulation area



Pigs in a Noodle (a/k/a Spaghetti with Pork Chops)

1 medium yellow onion, chopped
1 bunch green onions, chopped
garlic (at least 6 pods)
olive oil
3 small cans tomato sauce
2 small cans tomato paste
salt

pepper
garlic powder
onion powder
sugar
water
4 to 5 center cut pork chops
angel hair pasta



Sauté all onions and garlic in a small amount of olive oil in a large pot. Add tomato sauce, tomato paste and a lot of water. Allow to reach a medium boil. Add salt, pepper, garlic powder and onion powder to taste. Add 6-8 tablespoons (this is a guess) of sugar. Keep on medium boil for about 4 hours, adding water from time to time. Then lightly brown pork chops on both sides and add to the sauce. Reduce fire and add water for the last time. Allow dish to cook to desired thickness. Then reduce heat and continue thickening until ready to eat. (Total cooking time for the dish should be no less than six hours.)

Boil angel hair pasta. Pour sauce over cooked pasta. Your dish will be a success if (1) the pork chops fall off the bone and you don't need a knife to cut them; and (2) the sugar has cut the bitterness of the tomato paste while not making the sauce taste too sweet. Serves 4-6. Enjoy!

by Linda G. Rodrigue (Baton Rouge), a partner practicing in the health law and medical malpractice defense areas



Madeira Steak

2 aged center-cut beef fillets
1/4 tsp. black pepper
1-1/4 cup Madeira wine
1/4 tsp. cinnamon

1/3 cup dried cherries
1/8 tsp. cayenne pepper
3 Tbsp. olive oil

Heat oven to 425°. Season steaks with black pepper. In an oven-proof pan, combine wine, cinnamon, cherries and cayenne pepper and sauté over medium heat until cherries boil and wine is reduced by half. In a separate pan, heat oil and sear each side of beef for 1-1/2 minutes. Place sauce and steaks in oven 10 minutes for medium rare. Serves 2.

by Kyle Beall (Baton Rouge), a partner practicing in the environmental law area



Louisiana Jambalaya

1/2 lb. smoked sausage
1 large onion (or 2 medium)
2 ribs celery
1 small bell pepper
1 lb. chicken breasts AND/OR pork, cut up
1/4 cup vegetable oil
1/4 cup flour

1 can diced tomatoes OR
Rotel with green chilies (if you like it spicy)
3 bay leaves
4-1/2 cups water or chicken broth
salt, pepper, Tony's seasonings to taste
2 cups uncooked rice, small or medium grain

Slice sausage into 1/4 inch rounds and brown in a large pot. Remove sausage from pot and set aside. Place chicken or pork in same pot. Stir until outside of meat has been seared well. Dice onion, celery and bell pepper. Add diced vegetables and sauté until onions are translucent. (About 10 minutes.) While vegetables cook, make your roux in a microwave. That's right—we are making it in the microwave—little mess, little smell and just as good. In a Pyrex measuring cup, mix flour and oil (may be lumpy). Cook on high for 3 minutes. Remove and stir—it should be beige at this point. Keep cooking and stirring at 30 second intervals, then at 15 second intervals until it is dark brown. Add roux to pot with meat and vegetables, stirring well until mixed. Stir in tomatoes and bay leaves. Then add water or broth and bring to a boil. Add seasonings and cook on high heat for 15 minutes. Add sausage and rice and bring to a boil again while stirring. Cover with a tight fitting lid and cook on low heat for 25 minutes. **DO NOT LIFT THE LID** or the rice may be undercooked. When done, stir once with a large spoon and it's ready. Serves 8.



by Mark Marionneau, a partner practicing in the toxic tort and litigation areas



Desserts



Alan Berteau, Randy Young, Barrye Miyagi and Greg Anding (left to right) in regulation lawyer attire, enjoy desserts they obviously did *not* prepare!

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Flan - Cuban Style

Randy's Pecan Pie

Mathile's Cajun Cake

Sour Cream Pound Cake

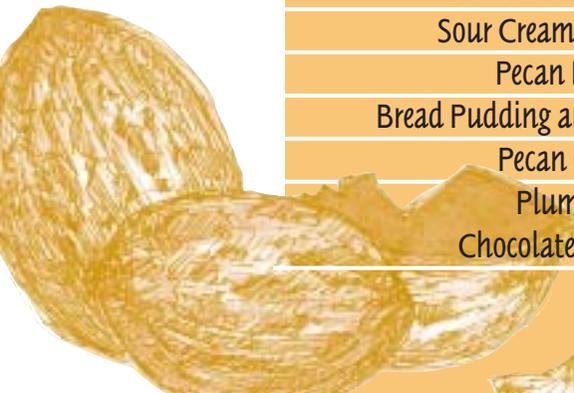
Pecan Pralines

Bread Pudding and Whiskey Sauce

Pecan Cookies

Plum Cake

Chocolate Chip Cake



Cheesecake with Strawberry Glaze

Crumb Crust:

1-1/2 cups vanilla wafer OR
graham cracker crumbs
2 Tbsp. sugar
1/3 cup margarine or butter

Filling:

3 (8 oz.) pkgs. cream cheese, softened
5 eggs
1 cup sugar
1 tsp. vanilla

Sour Cream Topping:

2 cups sour cream
1/2 cup sugar
1 tsp. vanilla

Strawberry Glaze:

1 cup fresh strawberries
1/2 cup water
1/2 cup sugar
4 tsp. cornstarch

Crust: Combine crust ingredients and press into bottom and 1-1/2 to 2 inches up the sides of a 9-inch springform pan. Set aside. Preheat oven to 350°.

Filling: Combine filling ingredients in mixer bowl and beat with electric mixer until smooth. Pour into prepared crust. Bake in preheated 350° oven for 45-55 minutes or until center is just set. Remove from oven and cool for 15 minutes, then spread with sour cream topping.

Topping: Combine topping ingredients and pour over baked and cooled cake. Increase oven temperature to 475° and bake an additional 5 minutes.

Glaze: Crush strawberries and place in small saucepan. Add water and cook for 2 minutes. In a separate bowl, mix sugar with the cornstarch, removing all lumps. Gradually stir into strawberry mixture. Cook and stir until clear and thickened. Cool and then spread over cake. Refrigerate. Serves 14.

by Randy Young (Baton Rouge), a partner practicing in the utilities regulation and environmental law area



Chocolate Brickle Pecan Cookies

- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup butter
- 1/2 cup shortening
- 2/3 cup granulated sugar
- 1 cup firmly packed brown sugar
- 2 eggs
- 1 tsp. vanilla extract
- 1 1/2 cups quick rolled oats
- 1 1/2 cups semi-sweet chocolate chips
- 1 cup Heath Bits O'Brickle
- 1-1/2 cups pecan pieces

Preheat oven to 375°. Sift together flour, baking soda, baking powder, and salt. In a large bowl, cream together butter, shortening, granulated sugar, and brown sugar. Blend in eggs and vanilla extract and beat well. Add flour mixture and mix thoroughly. Stir in oats, chocolate chips, Heath Bits and pecans. Shape into balls using heaping teaspoons of mix. Place on ungreased cookie sheet and flatten with fork to desired thickness. Bake for 9 -12 minutes to desired crispness. Makes 8-9 dozen.

by Donna Yelverton (Baton Rouge), a staff attorney practicing in the litigation area



Pavlova

This is a very light dessert and is like eating a slice of homemade marshmallow with toppings. It is very good and must be healthy since there is no fat in it. Very colorful for Christmas.

- Meringue:**
- 3 egg whites
 - 1 cup granulated sugar
 - dash of salt
 - 1 tsp. vanilla (optional)

- Topping:**
- 1 (16 oz.) container whipped cream
 - kiwi fruit, sliced
 - strawberries, sliced (Hence the nice Christmas accents!)

In a medium bowl, add dash of salt to egg whites. Beat egg whites until stiff. Gradually add sugar, continuing to beat the egg whites until stiff peaks form. (The vanilla may be added with the sugar, if desired.) Spread the meringue in a 9 inch springform baking pan which has been sprayed with a non-stick spray. Bake at 200° for one hour. Turn off the oven and let the meringue dry in the oven for another 1-1/2 to 2 hours. Remove from the oven, let cool. Remove the meringue from the baking pan and place on a serving plate. Cover the baked meringue with lots of whipped cream and arrange the slices of strawberries and kiwis on top. The pavlova may be served immediately or covered and refrigerated until ready to serve. Serves 6-8.

by Deborah Juneau (Baton Rouge), an associate practicing in the litigation and medical malpractice area



Strawberry Trifle

- 1 large pkg. strawberry Jello
- 1-1/2 cups boiling water
- 1 angel food cake, cut into squares
- 2 pints fresh strawberries, washed and sliced
- 1 large container Cool Whip

Dissolve Jello in boiling water and set aside to cool. Layer cake and strawberries in alternating layers in trifle bowl. Pour Jello mixture over layers. Top with Cool Whip. Refrigerate to chill.

by Greg Anding (Baton Rouge), a partner practicing in the toxic tort defense and commercial litigation area



Lemon Lush

First Layer:

- 1 stick margarine, softened
- 1 cup flour
- 1/2 cup pecans, chopped

Second Layer:

- 1 cup powdered sugar
- 1 (8-oz.) pkg. cream cheese
- 1 cup Cool Whip

Third Layer:

- 2 pkg. (3.4 oz. each) lemon instant pudding
- 2 cups milk (not skim)

Fourth Layer:

- 1 cup Cool Whip
- 1/2 cup pecans, chopped

Mix first layer ingredients and press by hand into 9 x 13 pan. Bake 12 min. at 400°. Allow to cool. Mix second layer ingredients until creamy and spread over first layer. Mix pudding with milk until it thickens and spread over second layer. For fourth layer, spread Cool Whip over third layer and sprinkle with chopped pecans. Put in refrigerator and chill. Cut into squares to serve. Serves 12.

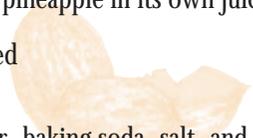
by Bill D'Armond (Baton Rouge), a partner practicing in the labor/employment and litigation area



Pineapple Muffins

3/4 cup oil
3/4 cup butter, melted
2 cups sugar
4 eggs, beaten
3 cups flour
2 tsp. baking soda

1 tsp. salt
3 tsp. cinnamon
1 (1 lb. 4 oz.) can crushed pineapple in its own juice
1-1/2 tsp. vanilla
1-1/4 cups pecans, chopped



Cream oil, butter, and sugar. Add eggs and mix. Sift together flour, baking soda, salt, and cinnamon. Add dry ingredients to sugar mixture and then add crushed pineapple with the juice, mixing until well blended. Add vanilla and stir in pecans. Pour in greased muffin pans and bake at 350° for about 25 minutes. Yield: 3 dozen muffins.

by Phyllis Sims (Baton Rouge), an associate practicing in taxation and legislative area



Cinnamon Coffee Cake

Cake Batter:

1 stick margarine
1 stick butter
1 cup sugar
3 eggs
1/2 pint sour cream
2-1/2 cups flour
2 tsp. baking powder
1 tsp. baking soda
1 tsp. vanilla
1 tsp. lemon extract
dash of salt

Filling:

1/2 cup brown sugar
1 Tbsp. flour
2 tsp. cinnamon

Topping:

1 cup pecans, chopped
4 Tbsp. butter, melted

Cream margarine and butter together. Add sugar and stir until light and fluffy. Combine eggs and sour cream in a small bowl. Alternate adding sour cream mixture with remaining dry ingredients to the batter. Add flavorings and salt. Pour half of batter into a greased and floured 9 x 13 inch pan, then half of filling. Repeat with remaining batter and filling. Sprinkle with nuts and drizzle melted butter over all. Bake for 30 minutes at 350°.

by Sonny Chastain (Baton Rouge), a partner practicing in the commercial litigation and intellectual property practice area



Ginger Cookies

3/4 cup shortening
1 cup sugar
1 egg
1/4 cup molasses
2 cups flour

1 tsp. ginger
1 tsp. cinnamon
1/2 tsp. nutmeg
2 tsp. soda
1/2 tsp. salt

Mix all ingredients together. Form small balls and place on greased cookie sheet. Do not flatten balls. Bake at 350° about 10 minutes or until done.

by Carolyn Parmenter (Baton Rouge), a staff attorney practicing in the labor and employment area



Flan - Cuban Style

1-1/2 cups sugar for caramel
1 can condensed milk
1/2 can evaporated milk
1/2 can water

4 eggs
1 Tbsp. vanilla
1/2 tsp. salt

Use a double boiler. Pour the sugar in a fry pan, and melt to make a caramel. Pour the caramel in the top pan of the double boiler and let cool. Mix all other ingredients with an electric mixer, then pour in the top of the boiler with the caramel. Fill the bottom part of the pan with water, and cook in the oven uncovered at 350° until done (about 2 hours).

by Esteban Herrera (Baton Rouge), a partner practicing in the environmental law and litigation area



Randy's Pecan Pie

1 cup sugar
1 cup light Karo syrup
1 stick butter, melted (American Beauty)
4 eggs, beaten

1 tsp. vanilla
1 dash of salt
1 to 1-1/2 cups pecans
Optional: use Pillsbury ready-made pie crust

In a saucepan, combine the sugar, Karo syrup and butter. Stir to mix on a low fire; cook until the sauce begins to boil (takes approximately 14 minutes) while stirring constantly. Then, remove the saucepan from heat and let it cool for 20-25 minutes. Add eggs, vanilla, salt and pecans, and stir. Pour into an unbaked pie shell. Finally, bake at 325° for 50-55 minutes. Preparation time is 90 minutes, and this yields 8 servings.

by Randy Cangelosi (Baton Rouge), a partner practicing in the general litigation and medical malpractice area



Mathile's Cajun Cake

Batter:

1-1/2 cups sugar
sprinkle of salt
1-1/2 tsp. soda
2 eggs
2 cups flour
1 (#2) can crushed pineapple

Topping:

1 small can Pet milk
1 stick butter
1 cup sugar
2 tsp. vanilla
1 cup pecans, chopped
1 cup coconut

Mix batter ingredients together and stir into a 9 x 13 pan. Bake at 300° for 40 minutes. Then stir topping ingredients into a saucepan and boil five minutes. Pour over cake. Cut into squares.

by Mathile Abramson (Baton Rouge), a partner practicing in the litigation and mediation area



Sour Cream Pound Cake

3 sticks butter	1/4 tsp. baking soda
3 cups sugar	3 tsp. vanilla extract
8 oz. cream cheese	3 tsp. lemon juice
8 oz. sour cream	6 eggs, separated
3 cups flour	

Preheat oven at 350°. Add and mix butter, sugar, cream cheese, sour cream, flour, baking soda, vanilla extract and lemon juice. Blend egg whites separately and add to mixture. Pour mixture into large cake pan. Bake for 90 minutes. Allow to cool for 20-30 minutes.

by Victor Gregoire (Baton Rouge), a partner practicing in the toxic tort litigation area



Pecan Pralines

1 cup brown sugar	2 Tbsp. butter
1 cup white sugar	1 cup pecan halves
1/2 cup evaporated milk	1/4 tsp. vanilla

Combine the sugar and milk and bring to a boil, stirring occasionally. Add the butter, pecans and vanilla and cook until the syrup reaches the “soft ball stage” (238°). The “soft ball stage” is when a little of the mixture forms a soft ball when dropped in cold water. Cool without disturbing, then beat until somewhat thickened, but not until it loses its gloss. Drop by tablespoon onto a well-greased, flat surface (a piece of marble is best) or wax paper. The candy will flatten out into large cakes. This will make 20 pralines.

by Jennifer Gary (Lake Charles), a partner practicing in the environmental law area



Bread Pudding and Whiskey Sauce

1 cup sugar
8 Tbsp. butter, softened
5 eggs, beaten
1 pint heavy cream

dash of cinnamon
1 Tbsp. vanilla extract
12 slices, 1 inch thick, of stale French bread

Preheat oven to 350°. In large bowl, cream together sugar and butter. Add eggs, cream, cinnamon and vanilla, mixing well (we don't add raisins although it is an option). Pour into a 9-inch square pan, 1-3/4 inches deep.

Arrange bread slices flat in the egg mixture and push the bread down into the egg mix. Let stand for 5 minutes to soak up some of the liquid. Turn bread slices over and let stand for 10 minutes longer. Then, push bread down again so that most of it is covered by the egg mixture. Do not break the bread apart when you do this.

Set the pan in a larger pan filled with water to 1/2 inch from the top. Cover with aluminum foil. Bake for 45 to 50 minutes, uncovering pudding for the last 10 minutes to brown the top. When done, the custard should still be soft, not firm.

The Whiskey Sauce

1 cup sugar
1 egg
1 stick real butter
1/4 cup Jack Daniel's

Melt butter and sugar in a double boiler until the sugar dissolves. It will become creamy and have the consistency of cake batter. Remove from the heat. Quickly whisk in one egg. (Note: If you don't do this quickly, you'll wind up with very sweet scrambled eggs. They're not bad, but certainly don't qualify as sauce). Then, add the whiskey and remove from heat. To serve, spoon the pudding onto dessert plates and pass the sauce separately in a gravy boat. This can be prepared ahead and heated prior to serving.

by Gary Bezet (Baton Rouge), the firm's managing partner practicing in the toxic tort area, and Bill Jarman (Baton Rouge), a partner practicing in the industrial and environmental trial area



Gary



Bill

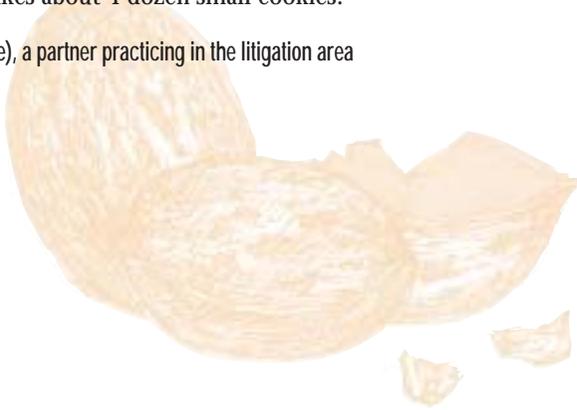
Pecan Cookies

1 cup unsalted butter, softened
1 tsp. vanilla extract
about 2 cups confectioners' sugar

2-1/4 cups all-purpose flour
1 cup pecans, finely chopped

Preheat oven to 350°. Lightly grease 2 baking sheets (or use non-stick sheets). With a mixer, combine the butter and vanilla. Add 1/2 cup of the sugar, then slowly add the flour and pecans and mix just until combined. Roll the dough into balls about 3/4-inch in diameter, and arrange them on the baking sheets. Bake 15 to 20 minutes, until golden brown. Meanwhile, spread the remaining confectioners' sugar out on a plate. When the cookies are done, remove from the oven, let cool 3 to 5 minutes. Fill a paper lunch bag with the remaining sugar, and drop a few cookies in to get coated. Let the powdered cookies cool completely before sealing in a container. This simple recipe makes about 4 dozen small cookies.

by Jay Jalenak (Baton Rouge), a partner practicing in the litigation area



Plum Cake

Cake:
2 cups self-rising flour
2 cups sugar
1 tsp. cinnamon
1 tsp. nutmeg
1 cup cooking oil
3 eggs, slightly beaten
2 jars of plum with tapioca baby food
2 cups pecans

Icing:
1 stick melted butter
1 cup powdered sugar
grated rind of one lemon
juice of one lemon

Cake:
Mix cake ingredients in a large bowl. (Do not beat.) Pour into a tube pan and bake at 350° for one hour.

Icing:
Mix icing ingredients together and drizzle over the hot cake while it's still in the pan. Then take the cake out of the pan and drizzle icing on the other side (top of cake). Can use apricot in place of plum if desired.

By Carey Messina (Baton Rouge), a partner, practicing in the areas of estate planning and tax law



Chocolate Chip Cake

- 1 pkg. Duncan Hines yellow cake mix
- 1 small pkg. Jello instant vanilla pudding
- 4 eggs
- 1 cup oil
- 1 cup milk
- 1 bar Baker's German sweet chocolate, grated
- 6 oz. chocolate chips
- powdered sugar

Preheat oven to 350°. Mix first 5 ingredients with electric blender. Stir in chocolate ingredients. Pour into a greased or sprayed Bundt pan. Bake 50-60 minutes. Cool, remove from pan, and sprinkle with powdered sugar.

By Clay Countryman (Baton Rouge), a partner practicing in the health law area



NOTES

NOTES

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