

# BOUDREAU'S BACKYARD

## FAVORITES



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[www.boudreauxsbackyard.com](http://www.boudreauxsbackyard.com)

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## Introduction

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Hi, I'm Justin Boudreaux, the founder of Boudreaux's Backyard. First and foremost, I want to personally thank you for joining me on this incredible journey. My love for food, family, and gathering runs deep, rooted in the traditions of the South where food is the cornerstone of every celebration, bringing excitement and anticipation to each occasion.

My passion for cooking began early in life, watching my grandmother create unforgettable meals from the simplest ingredients. Growing up, I saw my mom, aunts, and uncles add their own flair to this legacy. For my graduation, I asked for and received a 20-gallon black iron pot (which I still have to this day), so I could learn the art of cooking Cajun staples like jambalaya—because, in the South, we don't cook small.

After starting my career in the oil refineries and chemical plants that shape much of our region, I realized I wanted something different. So, I left that job and went to culinary school, where I honed my skills and deepened my passion for creating delicious food. I worked in the industry for a while before personal challenges led me away from it temporarily.

A few years later, an opportunity arose to take over a hometown restaurant. With the encouragement and support of my loving mom, I jumped at the chance. What followed were three of the most memorable, challenging, and exhausting years of my life. I learned the hard way that while I understood the heartbeat of the kitchen and the nuances of creating consistent, delicious food, running a business was a different story. At the prime age of 25, my lack of business knowledge eventually caught up with me, leading to the restaurant's closure.

After spending some more time in the industries, I found my way back to the oil sector. But now, with a family and a longing for a creative outlet, Boudreaux's Backyard was born—a space where I could share my love and passion with the world. It's been an amazing journey, one where I've been able to provide value to people who come together to share these experiences with their own families and friends.

In this e-book, I've compiled a list of my favorite recipes, as well as those that have become your favorites. Consider these recipes as a canvas—I'm not here to tell you to make it my way, but rather to encourage you to make it your own. Food should be fun and personal, and I hope you'll find some recipes here that you can use, put your own twist on, and turn into traditions in your household.

Good cooking,  
**Justin Boudreaux**

## BUTTER BEANS WITH SHRIMP

This is one of those down South comfort foods. Butter beans with shrimp, utilizing Camellia brand dried beans and fresh gulf shrimp.



### Ingredients:

- 2 tbsp oil
- 2 tbsp flour
- 1 lb. large lima beans, cleaned and soaked
- 2 lb. shrimp, peeled and deveined
- 1 onion
- 1 bell pepper
- 2 stalks celery
- 4 cloves garlic
- 2 chilis (optional)
- 2 quarts water
- 1 cup cream
- 2 tbsp vegetable base
- 1/2 bunch green onion
- 1 tbsp parsley
- 2 tbsp shrimp dust
- Creole seasoning



### Directions

- Wash beans and soak them overnight.
- Heat oil over med. heat and whisk in flour. Cook until light brown in color.
- Add in trinity and garlic, cook until soft.
- Add in beans and water.
- Stir seasonings, vegetable base, and shrimp powder.
- Simmer for 3-4 hours until beans are tender. Add liquid as needed and taste for seasoning.
- Add in heavy cream and simmer 20 minutes
- Add in shrimp, green onion and parsley and cook 15 more minutes.  
Serve over rice

## CRAB CAKES

You know what makes the best crab cakes??? When there's more lump crab meat than cake! That's exactly how I make these pan seared crab cakes served with a zesty remoulade sauce. Utilizing both lump and claw meat to pack in that rich flavor and minimally bound with fillers, these crab cakes are guaranteed to please!!



### Ingredients:

#### Cakes

- 1 lb. lump crab meat
- 8 oz claw meat
- 1 med onion small diced
- 1 red bell pepper
- 3 green onions
- 3 cloves garlic
- 3 tbs Panko plus more for coating
- 3/4 cp mayo
- 2 tsp hot sauce
- Tony's Cajun seasoning
- Dried parsley
- 3 tbs butter

#### Remoulade

- 2 cloves garlic
- 2 tsp paprika
- 2 tsp creole mustard
- 2 tsp Worcestershire
- Salt and pepper
- 1 tbs minced parsley
- 2 tsp green onion or chives
- 1 cp mayo
- 1/2 lemon

### Directions

- Small dice onion and bell pepper. Mince garlic and thinly slice green onions.
- Sauté in butter, onion and pepper until clear. Add in garlic and green onion and cook 5 more minutes.
- Make sauce by blending garlic with lemon juice. After, add in remaining wet ingredients and blend. Add green onions and parsley and blend again.
- Place all crab meat in shallow bowl and pick through to remove any shells.
- Add cooked vegetables to a bowl and mix with mayo, hot sauce and dry seasonings. Mix mixture well to minimize mixing once added to meat.
- Layer crab in a thin layer and sprinkle on Panko. Spread on seasoned mixture and gently fold to incorporate evenly. Be careful not to break up meat and only mix to combined.
- Form cakes or patties out of mixture. Remember we didn't add a lot of binder on purpose, so these won't hold like a hamburger. Work quick and place them in the fridge to form up.
- When ready to cook, preheat pan with butter until hot and butter is frothy.
- Pass cakes in Panko and gently pat in to form a light coating.
- Sauté until golden on both sides. Be careful when flipping and plating because they will want to break up.
- Enjoy!!!

## BONFIRE BURGER

Without further ado the highly requested BONFIRE BURGER ☐!!!

Now that it's grilling season there's no better way to kick it off than with this magical hangover curing creation!! This is my absolute favorite burger that features my signature bonfire sauce (chipotle mayo) with fried jalapeños, pepper-jack, bacon and sunny side up egg. Made from only 80/20 ground chuck this thing cannot leave you unsatisfied!!!



### Ingredients:

#### •Sauce

- 1 cp mayo
- 1 tsp Worcestershire
- 1 tsp paprika
- 2 tsp chipotle purée
- 1 tsp hot sauce
- Salt and pepper

#### • Burger mix

- 3 lbs. ground chuck
- 1 tbsp AI
- 1 tbsp Worcestershire
- 2 tbsp Tony's
- 1 tbsp granulated garlic
- 1 tsp hot sauce

- Bacon
- Pickled jalapeños
- Fish fry (I used Zatarain's.)
- Pepper jack cheese
- Buns
- Eggs
- Oil for frying
- Beer for drinking

### Directions

- Mix ingredients for sauce and reserve.
- Break up meat and sprinkle all ingredients over. Mix to incorporate but don't overmix as that can make them tough. Form into 12 oz balls then form into patties. A thick burger is better for this!!
- Grill burgers on high heat to get that perfect sear.
- Drain jalapeños and pass-through fish fry. Drop into 350-degree oil and fry until crispy.
- Cook bacon until crispy and fry up some sunny side up eggs.
- Once burgers are flipped add on cheese to melt.
- Toast buns on grill. Assemble with sauce on both sides. Bacon on top of cheese, fried jalapeños next, then top with egg.
- Pour a beer and enjoy!!!

## CHAMPAGNE & CRAWFISH BRUNCH

Join me on this wild ride of champagne wishes and crawfish dreams... a brunch right out of the fancy part of the bayou!!!!



### Ingredients:

#### Crawfish cakes

- 3/4 lb. peeled crawfish
- 1 boiled onion
- 1 egg
- 3/4 cp panko breadcrumbs
- 6 parsley leaves

#### Cornbread cakes

- 1-1/2 cups cornmeal
- Boiling water
- Salt
- 2 pats butter
- 4 eggs for poaching
- 4 egg yolks
- 1 lb. butter melted and clarified (still hot)
- 2 tsp vinegar
- Juice from one orange



### Directions

- Chop onion and crawfish together until fine. Add in 1 egg and panko breadcrumbs and mix well. Form into cakes and cover with more panko. Place in fridge while preparing the rest.
- Make hot water cornbread by heating water to a boil. Add cornmeal and salt to a bowl. Slowly drizzle in hot water until playdough like consistency forms. Add in butter and mix to combine. Wet hands and form into patties and set aside.
- Heat oil and fry patties and cakes until browned well. Set aside.
- Bring a shallow dish of water to a very light simmer and add in 1 tsp of vinegar. Crack eggs into a smaller dish and gently place them into the simmering water. Let them poach for 3 1/2 minutes then set on paper towels.
- Make hollandaise by adding 4 yolks to a blender. Add 1 tsp vinegar, salt and citrus juice. Blend. Slowly add in about 1 tbsp of hot butter to allow eggs to temper. After a bit, slowly drizzle in the rest of the butter with blender on.
- Assemble with corn cake, crawfish patty, poached egg and hollandaise.
- Serve with champagne!!

## AFTER THE BOIL CRAWFISH HASH

This is the absolute best thing to do with that left over crawfish and fixings. This AFTER THE BOIL HASH is the perfect thing to cure that day-after hangover. Potatoes crisped up golden brown in butter. Sausage, corn, mushrooms and crawfish tails sautéed into the mix. Top this with a sharp cheddar cheese and some sunny side up eggs this makes the perfect southern brunch!!! Enjoy with mimosas and put those leftovers to best use!!!



### Ingredients:

- 7-8 boiled potatoes sliced
- 2-3 ears of corn, kernels removed
- Smoked sausage
- Mushrooms
- Handful of peeled crawfish tails
- Butter
- 4 oz sharp cheddar cheese
- 4 eggs
- Thinly sliced green onion



### Directions

- Peel leftover crawfish and devein. Slice potatoes 1/2 inch thick. Remove corn from Cobb. Dice sausage.
- In a hot skillet melt 2 tbs butter until bubbly. Add potatoes in a single layer until golden brown.
- Add sausage, mushrooms, corn and sausage and sauté until browned. Set aside.
- Fry 4 eggs, preferably sunny side up, but however you like.
- Top hash with fresh shredded cheddar cheese and top with eggs. Garnish with green onions.



## NEW ORLEANS STYLE BBQ SHRIMP WITH ANDOUILLE GRITS

New Orleans style BBQ shrimp with andouille cream cheese grits. These large gulf shrimp are blackened and covered in this silky smooth New Orleans style BBQ sauce that's tangy, spicy and buttery! Served with these incredibly flavorful grits that incorporates smokey andouille and cream cheese to make the perfect counter balance to that zesty sauce! If you want to just make these BBQ shrimp in the traditional sense you can use the same recipe for the base, but small dice the seasonings and not strain it. Keep the shells and heads on the shrimp and serve with a crusty French bread



### Directions

- Start by rough chopping ingredients for base. Place everything except herbs and cornstarch in pot and reduce by half. I used the 2 different brands of Worcestershire, but you can use both the same. I also used Abita Amber, but you can use white wine or another dark beer or use cooking wine to reduce alcohol.
- After mixture is reduced, strain through a sieve and return to heat. Mix cornstarch with a little water and add to base to thicken. Remove once it comes back to a boil.
- Prep andouille by removing tough outer skin and cutting into a small dice. Add 1 stick butter to a large pan over med heat. Add andouille to brown up.
- Small dice onion and pepper and mince garlic. Add to pot once meat is brown and cook until soft. Add cream and chicken stock and bring to simmer. Add cream cheese and melt. Over season with salt and pepper.
- Add in thin sliced green onions and parsley then add grits. Cook until grits are tender.
- In a sauté pan heat up oil on high heat. Peel and devein shrimp and season with blackening seasoning. Add shrimp to hot pan and brown on both sides. Deglaze pan with fresh lemon juice and add green onion. Add in BBQ base and bring to simmer.
- Remove from heat and add in butter cubes and slowly stir to incorporate. The sauce should come out smooth and silky.
- Place grits in bowl and top with shrimp and pour sauce on top. Garnish with green onion, lemon wedge and crusty bread.

### Ingredients:

#### BBQ Base

- 2 onions cut in quarters
- 1 head of garlic
- 2 lemons
- 4 bay leaves
- 3 cans Abita Amber beer
- 1 bottle W sauce
- 1 bottle Lea and Perrins
- 2 sprigs rosemary
- 2 sprigs thyme
- 2 sprigs oregano
- 2 tbsp black peppercorns
- 1 tbsp cornstarch

#### Grits

- 1 stick andouille
- 1 lg onion
- 1 red bell pepper
- 4 cloves garlic
- 1-1/2 cp 5 minute grits
- 3 cp chicken stock
- 3 cp heavy cream
- 1 block cream cheese
- 1 bunch green onion
- 2 tbsp parsley
- Salt and pepper

#### Shrimp

- 2 lbs. shrimp
- BBQ base (above)
- 2 sticks butter
- Blackening or creole seasoning

## STUFFED FRENCH TOAST

A sensation breakfast or brunch item this STUFFED FRENCH TOAST CRUNCH is a next level menu item!!! Featuring a mascarpone filling and BANANAS FOSTER TOPPING with toasted pecans this will make you a rockstar



### Ingredients:

- 2 slices thick cut bread (left out overnight)
- 3 cp flake cereal. I used Special K vanilla almond. Corn flakes can be used
- 1 banana
- 1 stick butter
- 1 cp light brown sugar
- 1 cp dark rum plus 2 tbs
- 2 tbs chopped pecans
- 4 eggs
- 1 tbs white sugar
- salt
- cinnamon
- nutmeg
- 8 tbs mascarpone
- 1 tbs heavy cream
- 2 tbs powder sugar



### Directions

- Make mascarpone cream by mixing cheese, heavy cream, powdered sugar and 1 tbs rum. Place in a piping bag or a Ziplock like I used.
- In a processor coarsely chop cereal.
- Toast pecan pieces in a dry pan and reserve.
- Make topping by melting 3 tbs butter and brown banana slices. Once slightly caramelized add brown sugar and cook for 1 min. Add in rum and cook till syrup like consistency. Add salt, 1 tsp cinnamon, 1 pinch nutmeg. Set aside.
- Make egg custard by adding 4 eggs, 1 tbs rum, white sugar, and spices to shallow bowl and whisking.
- Soak bread in custard mixture. Once saturated shake off excess and press into cereal mixture.
- In a sauté pan melt remaining butter until bubbly and add in crusted bread. Cook until crispy on each side.
- Assemble by putting one slice of bread down. Pipe on mascarpone cream. Top with remaining slice. Pour on topping and sprinkle with toasted pecans.

## ANDOUILLE & BOUDIN DIP

January 21, 2023 | Appetizers & Hors D'oeuvres

Here's the ultimate andouille and boudin dip. Perfect for your playoff watch parties and tailgates!



### Ingredients:

- 1/2 stick andouille
- 2 sticks boudin
- 1/2 cup Blue Plate mayonnaise
- 1/2 cup sour cream
- 8oz cream cheese softened
- 1/2 block cheddar cheese
- 1/2 block pepperjack
- 2 strips bacon
- Creole seasoning
- Green onions
- Diced jalapeños



### Directions

- Fry 2 strips bacon crispy and set aside. Crush into bits.
- Remove casing from andouille and crumble up. Give a rough chop if too large.
- Fry andouille in bacon grease until well browned.
- Remove boudin from casing and add to pan with andouille. Cook until browned and remove from heat.
- Mix cream cheese, half of the shredded cheese, sour cream and mayo. Season with creole seasoning.
- Spread mixture over top of meat mixture. Top with remaining shredded cheese, green onions, bacon bits and green onions.
- Bake at 425 convection until browned and bubbly.
- Serve warm with your favorite party dippers.

## RED BEANS AND RICE

Red Beans and rice are a southern staple. Traditionally served on Mondays, this dish is truly beloved and has withstood the test of time. Everyone has their own secrets and tricks to this dish but here is my Backyard take on it. Here is a great article if you are wondering why this ended up being a day specific meal by the wonderful people at Camellia. <https://www.camelliabrand.com/new-orleans-tradition-of-red-beans-and-rice-on-mondays/>



### Ingredients:

- 2 lbs. Camellia red kidney beans
- 1 lb. ham cubes
- 1 stick andouille cubed
- 2 sticks smoked sausage
- 3 med onions
- 2 green bell peppers
- 3 stalks celery
- 1 bunch green onions
- 2 tbs parsley
- 1/2 pack bacon rendered and fat reserved
- 4 cloves garlic
- 2 qt. chicken stock
- Water as needed
- Cajun seasoning
- Black pepper
- Cayenne pepper
- 2 tbs Italian seasoning



### Directions

- Wash beans and soak in water overnight.
- Small dice vegetables and mince garlic. Cube into 3/4 inch pieces all meats.
- Brown meat in little oil until brown. Add in trinity and cook until translucent. Add garlic and cook 5 more minutes.
- Season.
- Add soaked beans, chicken stock and water to fill pot.
- Simmer for 3-4 hours until beans are tender. Add water as needed and stir occasionally.
- On a low heat render down bacon. Have bacon as a snack and reserve fat.
- Once beans are tender remove 2 spoonsful of beans and place in bacon fat. Smash beans to make a paste. Add to pot. This will help establish ultra-creamy beans.
- Add in green onions and parsley.
- Taste for seasoning and adjust.
- Serve with your favorite side meat: fresh sausage, gravy steaks, fried fish or if you're like me, I've got to have a breaded pork chop.

## 3 BEAN BRISKET CHILI

This 3 Bean Brisket Chili will warm you to your soul. Made with the one and only Camellia brand beans and rich and savory brisket, this may be the best chili you ever eat!!!



### Directions

- Rinse and soak beans overnight.
- Trim brisket of fat and cut into small cubes.
- In a large pot brown brisket in small batches to form good caramelization.
- Once all meat is browned add all meat into pot and add in all vegetables. Cook until onions are tender and clear.
- Add in all liquids, tomato and beans.
- Start to season with all ingredients and let simmer for 3-4 hours.
- The chili is done when the beans are tender, and the brisket is starting to break apart. The gravy should also be thick at this point.
- Serve and enjoy!!!

### Ingredients

- 1/2 pack of Camellia Red Kidneys
- 1/2 pack of Camellia Black Beans
- 1/2 pack of Camellia Pinto Beans
- 1 medium brisket
- 2 qt beef broth
- 2 quarts water
- 1 large red onion
- 1 lg yellow onion
- 10 cloves garlic
- 2 poblanos
- 2 chilies (I used Serrano.)
- 1 can Rotel tomatoes
- 1 can tomato sauce
- 1 cp Zing-Zang

### Seasonings to taste

- Chili powder
- Creole seasoning
- Coriander
- Garlic powder
- Onion powder
- Chipotle chili powder
- Ancho chili powder



## SEAFOOD ÉTOUFFÉE

Seafood Étouffée: a classic Southern dish that can be either Cajun or Creole. It typically uses shellfish smothered in aromatics and thickened with a roux. Here's the backyard version!!!!



### Ingredients:

- 1-1/2 lb. peeled and deveined shrimp
- 1 lb. crawfish with fat
- 1 lb. lump crabmeat with fat
- 6-8 crab clusters
- 2 sticks butter
- 1-1/2 cups all-purpose flour
- 3 small onions
- 2 bell pepper
- 4 sticks celery
- 8 cloves garlic
- 1 bunch green onion
- 1/2 bunch parsley
- 1 can cream of mushroom
- 1/2 can tomato sauce
- 1 tbs tomato paste
- 1 qt seafood stock
- 3 qt water plus more as needed
- 1 tbs shrimp dust
- Creole seasoning
- Low and slow seasoning

My Boudreaux's "Lil Bit Better Creole Seasoning" and "Low and Slow Simmer" are still being developed. You can substitute your favorite Cajun or Creole seasoning. For the low and slow simmer, you can add Italian herb seasoning, dried garlic, onion, cayenne and dried parsley.

### Directions

- Prep all ingredients. Small-dice trinity, mince garlic and parsley, thin slices green onions, and peel and devein shrimp.
- Make roux by melting butter in a large pot. One butter is nice and hot whisk in flour. Cook roux until light brown in color.
- Add in trinity directly into roux and cook until onions are translucent. Add in garlic.
- Add tomato paste and sauce and cook another few minutes to brown tomato.
- Add in stock and water. Mix well to combine roux and liquid. Add in cream of mushroom.
- Start adding seasonings now to begin layering flavors. Also add in shrimp dust, if using.
- After an hour of simmering, add in crab clusters. Skim any grease and add water as needed. Simmer for another hour.
- Taste for seasonings and adjust as needed.
- Once rich flavor is developed add in shrimp, green onions and parsley and cook for 10 minutes.
- Turn off heat and fold in crawfish meat and crab meat carefully not to break up crab too much. Let sit for minutes for the flavors to marry together before serving.
- Serve over rice.

## REDFISH AND SHRIMP COURT BOUILLON

Perfect for those Lenten Friday nights, this Redfish and Shrimp Court Bouillon aka "Coubion" is a savory mix of spice, roux, tomato and seafood that is hearty and flavorful.



### Ingredients:

- 2 redfish
- 2 lbs. shrimp
- 1 12 oz jar tomato paste
- 2 15 oz cans crushed tomatoes
- 1 can Rotel
- 2 quarts stock
- 1/4 cup roux
- 2 onions
- 2 bell pepper
- 4 stalks celery
- 8 cloves garlic
- 1 lemon
- 1 bunch green onions
- Creole seasoning
- Low and slow simmer

### Stock

- Bones/ skin and heads from fish
- Shrimp peels and heads
- 6 quarts cold water
- 2 onions
- 1/2 head garlic
- Celery ends
- 2 bay leaves
- Green onions
- 2 carrots

### Directions

- Peel shrimp and clean fish, reserving all peels, heads and bones. Rough chop vegetables for stock and place in large stock pot with cold water. Simmer for 1 hour and strain through fine mesh or cheese cloth.
- In a large saucepan, cook down onion, pepper and celery until soft. Add garlic and cook until soft.
- Add in tomato paste and brown until sugars caramelize.
- Add in remaining tomato products and roux. Cook for 10-15 minutes.
- Season then add stock.
- Cook for 2-3 hours until sauce is savory and desired consistency. Taste for seasoning.
- Thinly slice half of a lemon and add to pot with sliced green onions.
- Add in redfish and cook 10 minutes.
- Add in shrimp and cook until done.
- Serve over rice.

## BBQ OYSTER POBOY

Dude, you never had a poboy like this!! BBQ OYSTER POBOY. Crispy fried gulf oysters tossed in LA BBQ shrimp style sauce on crusty French bread dressed with a creole slaw and tomatoes. This poboy is absolutely dope!!!!



### Ingredients:

#### Slaw

- 1/4 mayo
- 1 tbsp Dijon
- 2 tbsp red wine vinegar
- 1/2 lemon juices
- Salt and pepper
- 1/4 green cabbage
- 1/4 purple cabbage

#### Marinade

- 1/2 beer
- 2 tbsp mustard
- Creole seasoning
- Dash of hot sauce
- Oysters
- Crusty French bread
- Tomato
- Fish fry
- Flour
- Creole seasoning
- Oil for frying
- BBQ BASE
- 2 tbsp butter
- Hot sauce



### Directions

- Marinate oysters in above ingredients.
- Mix seasoning and wet ingredients for slaw. Small dice cabbage and mix well.
- Mix equal parts fish fry and flour, and season with creole seasoning.
- In a saucepan, reduce BBQ base until thick and add liberal amount of hot sauce. Once reduced, remove from heat, and add butter and whisk until blended.
- Shack off liquid from oysters and dredge in dry mixture. Fry at 350 until golden brown.
- Toast bread for that ultimate crispiness.
- Coat oysters in BBQ sauce.
- Assemble with slaw, tomato and oysters.
- Pour up a local brew and get messy!!!



## SEAFOOD STUFFED PEPPERS

Here they are... beautiful Louisiana seafood stuffed peppers topped with that Beurre Blanc, y'all!



### Ingredients:

- 5 bell peppers
- 2 lb. shrimp
- 8 oz crab
- 1/2 cp white wine
- 1/2 cp panko plus topping
- Parmesan
- 1/2 can cream of shrimp soup
- 1/2 can cream of mushroom soup
- boiling seasonings
- 1 onion
- 4 cloves garlic
- 1/2 lemon
- 3 tbsp parsley
- 1/2 bunch green onions
- Italian seasoning
- Cajun seasoning
- 1 tbsp butter

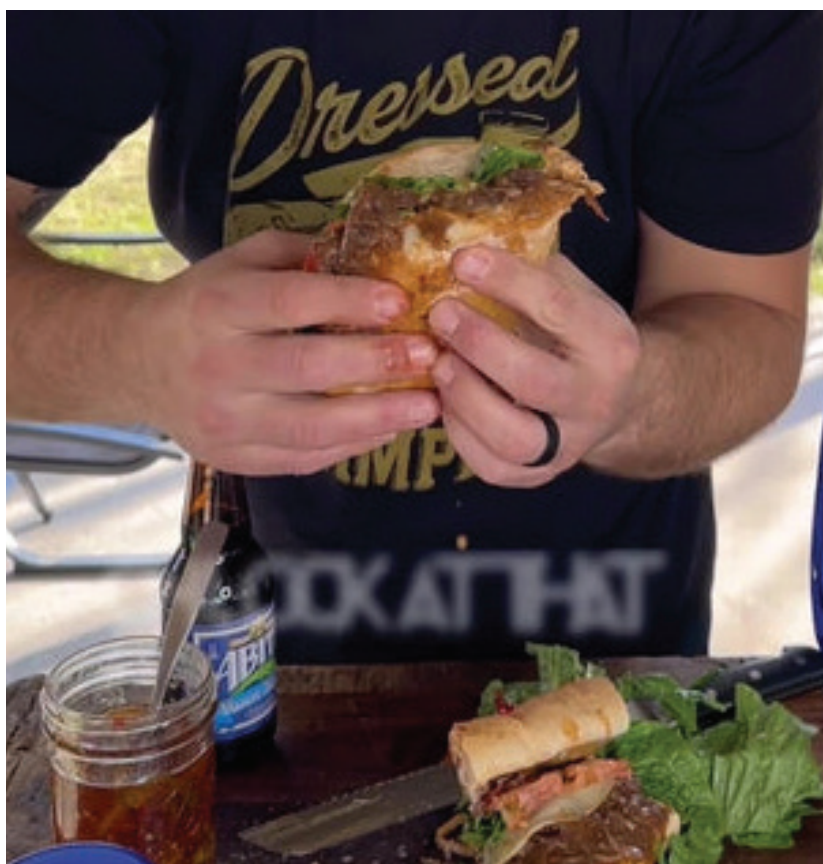


### Directions

- Boil the shrimp. Let cool and peel. Rough chop.
- Prep peppers by halving and removing seeds and membrane. Scald in boiling water for 3-5 minutes depending on how you like your peppers' final texture.
- Sauté onions until soft. Add in garlic and season with Cajun seasoning and Italian herbs. Deglaze with wine and reduce slightly. Add in juice from one lemon and 1 tbsp butter.
- Add in cream of shrimp and cream of mushroom.
- Stir in green onions and parsley. Add shrimp, crab and breadcrumbs and fold mixture to combine. Do not overmix and break up crabmeat.
- Stuff mixture into pre-cooked peppers and top with grated Parmesan and panko.
- Bake at 400 for 10 minutes then broil until browned on top.
- I topped with Beurre Blanc sauce but that's optional!!

## ROAST BEEF PO'BOY

Take a bite of the Big Easy with this mouth-watering Debris Roast Beef Po'boy! Tender shreds of slow-roasted beef smothered in a delicious and rich gravy piled high on a fresh, crusty po'boy and served with tangy pickled peppers, crisp lettuce, fresh tomato and an amazing Creole spread made with the finest Blue Plate mayo. This classic Southern sandwich done backyard style is a true flavor explosion in every bite.



### Directions

- Season trimmed roast, and brown in oil in large pot. Remove from pot once browned.
- Place additional oil in pot and cook mirepoix until soft. Add garlic to soften.
- Sprinkle in flour and slightly brown. Add in tomato paste and deglaze pan with red wine. Add in beef base, water and herbs. Mix well.
- Add meat back in and cook a couple hours until tender.
- Remove meat and discard herb stems and leaves. Blend gravy with a stick mixer or blender (optional) as it should be thick and broken down at this point.
- Place meat back into gravy and shred with a fork into chunks.
- Make spread by mixing all ingredients.
- Toast bread and assemble sandwich!

### Ingredients:

#### Roast

- 1 chuck roast, trimmed
- 1 onion
- 2 stalks celery
- 2 carrots
- 5 cloves garlic
- 2 tbsp tomato paste
- 1 cup dry red wine
- 2 tbsp beef base
- Creole seasoning
- 1 tbsp oil
- 1 tbsp flour
- 8 cups water
- bay leaf
- 2 sprigs thyme

#### Sauce

- 2 tbsp Blue Plate mayo
- 1 tsp creole mustard
- 2 dashes hot sauce
- 1 dash Worcestershire
- Creole seasoning

#### Sandwich

- Crusty po'boy bread
- Lettuce
- Tomato
- Pickled peppers



## ASPARAGUS AU GRATIN

Beautiful large asparagus topped with reduced cream and gruyere and white cheddar broiled till golden. This dish can stand up to the most impressive main dishes and will elevate any meal you use it with.



### Ingredients:

- 1 cp heavy cream
- salt
- pepper
- nutmeg
- paprika
- 1/4 cp grated gruyere
- 1/4 cp grated white cheddar
- parsley to garnish



### Directions

- Prepare asparagus by cutting off very bottom and stripping bottom third with a vegetable peeler.
- Blanch asparagus in boiling water. 1.5 - 2 minutes for large asparagus, 1 min if they are small. Immediately transfer to ice bath.
- In a small saucepan, reduce cream by half and season liberally with salt pepper and a pinch of nutmeg. Keep a close eye on this as it can foam over easily. A wooden spoon place in the pan helps prevent this.
- Heat oven and turn on broiler.
- Align asparagus in a single file line. Coat with reduced cream and top with grated cheese. Add paprika for color and top with parsley.
- Broil until cheese is golden and cream is bubbly. Garnish with fresh parsley If desired.

## COOKIES AND CREAM BREAD PUDDING

This incredibly indulgent twist on a Southern classic dessert won't leave you wanting anything! Cookies and Cream Bread Pudding with white and dark chocolate ganache!!!!



### Ingredients:

- 9 stale doughnuts
- 1/2 pack Oreo cookies, crushed
- 1 cup sugar
- 4 eggs
- 3 cups heavy cream
- 1 vanilla bean or 1 tbsp extract
- 1 bar of baking white chocolate
- 1 bar of semi-sweet baking chocolate
- 2 cups cream
- Small Oreo crumbs for garnish



### Directions

- Leave doughnuts open overnight to stale. Cut into 1" chunks and place in a greased cooking dish.
- Crush up 1/2 pack of Oreos and reserve 1/2 cup for garnishing.
- Mix 3 cups cream with sugar, eggs and vanilla.
- Pour custard over doughnuts and let seep into the bread. Mix in crushed cookies.
- Bake at 350 for 30 minutes then turn heat up to 425 (on convection if you have it). Bake 10 more minutes or until top is golden.
- Heat 2 cups of cream in a saucepan to light simmer and remove from heat. Chop up chocolate baking bars and place into separate bowls. Pour half of the cream over each bowl and allow chocolate to melt. Stir until combined.

## PEACH AND CHERRY COBBLER

This peach and cherry cobbler will leave you speechless!!!! In-season peaches and cherries mixed with the flavors of maple and brown sugar served warm is pure end-of-summer bliss!



### Ingredients:

#### Cobbler

- 1 stick butter
- 1 cp flour
- 1 cp brown sugar
- 2 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 1 cp heavy cream
- 1 tbsp vanilla or 1 vanilla bean
- 4-5 peaches
- 1 cup cherries
- 2 tbsp maple syrup

#### Drizzle

- 4 tbsp butter
- 1/4 cp maple syrup
- 1/4 cp bourbon

### Directions

- Preheat oven to 375.
- Peel and slice peaches , remove stem and pits from cherries and slice in half. Coat all fruit with 1/4 cup of brown sugar.
- Place 1 stick butter in baking dish or cast-iron pan and put in oven to melt.
- Mix flour, 3/4 cp brown sugar, salt, baking powder, and cinnamon. Add vanilla to cream and stir into dry mixture just until combined.
- Add half of the fruit to the buttered pan. Top with batter then add remaining fruit.
- Drizzle with 2 tbsp of maple syrup and bake for 1 hour.
- In a saucepan mix 1/4 cup maple syrup, 4 tbsp butter and 1/4 cup bourbon and simmer until thick sauce is formed.
- Serve warm with ice cream and drizzle!!

## SEAFOOD GUMBO

This seafood gumbo is fully loaded with those Cajun flavors you love to have. A mix of crab and shrimp make this roux-based mixture nice and rich. And the combination of alligator and shrimp sausages gives it that perfect smoky heartiness. And don't forget the okra, cher! So head on over to Rouse's Market and make ya groceries to get this one cooking!



### Ingredients:

#### Roux

- 1 cup oil
- 1-1/2 cup flour

#### Seafood

- 2 lb. peeled deveined shrimp
- 2 lb. alligator sausage
- 1 lb. shrimp sausage
- 1 lb. lump crabmeat
- 1/2 lb. crab claws
- 6 gumbo crabs

#### Base

- 28 oz bag okra
- 4 med onions
- 3 bell peppers
- 4 stalks celery
- 10 cloves garlic
- 1 bunch green onion
- 1 bunch parsley
- 4 quarts stock
- Water as needed while cooking
- Lil' Bit Better Creole Seasoning as needed
- 2 tbsp Low and Low Simmer seasoning (Italian herb blend, parsley, garlic powder, onion powder)
- 1 tbsp dehydrated shrimp powder
- 3 bay leaves

### Directions

- Heat oil in a large pan. Once oil is hot, whisk in flour and stir roux until dark chocolate consistency.
- Turn up heat till smoking and add in okra. Cook until soft and add trinity. Add garlic and cook until vegetables turn soft.
- Add in stock and mix well. Add in gumbo crabs and season. Let simmer for at least 2 hours.
- In a separate pot, brown up sausage and add to gumbo. Deglaze browning pot and add to gumbo.
- After 3 hours or until vegetables are broken down add in shrimp and green onions and cook for 20 minutes.
- Turn off fire and add crab meat and crab claws. Add in parsley. Allow to sit 20-30 minutes before serving.

## SEAFOOD STUFFED MIRLITON

Stuffed Mirliton is a classic holiday dish. This odd pear-shaped squash is mild in flavor which makes it a perfect canvas to impart wonderful tastes such as delicate Louisiana seafood.



### Ingredients:

- 6 mirliton
- 1 lb. shrimp, peeled and deveined
- 1 lb. crawfish
- 1 lb. crab meat
- 1/3 can cream of mushroom
- 1/3 can cream of celery
- 1/2 cup white wine
- 4 oz panko breadcrumbs (plus more for topping)
- Lil' Bit Better Creole Seasoning
- 1 onion
- 1 bell pepper
- 3 cloves garlic
- Fresh Parmesan cheese

### Directions

- Prep mirliton by cutting in half and removing seed and inner white vein. Remove any unsightly edges. I recommend wearing gloves for this step.
- Boil mirliton until tender and drain.
- Once cooled, scoop out flesh being careful to leave outsides intact. Press out as much water as possible from reserved flesh.
- Sauté vegetables until soft and add in flesh from mirliton. Cook on high heat to evaporate water.
- Add in soups and wine. Cook until condensed slightly.
- Add in seafood and cook until shrimp turn pink. Season to taste.
- Add in breadcrumbs then fold in crab meat. Remove from heat. Recheck for seasoning.
- Generously scoop mixture into reserved shells. Top with Panko and fresh grated Parmesan cheese.
- Bake at 425 until golden brown. You can also use the broil setting to brown the tops.

## BLACK-EYED PEA SOUP

Black-Eyed Pea Soup with Ham Hocks and Greens: 2023 is right around the corner so we want to make sure you're all set with your traditional New Year's Day meal. This one-pot soup hits all necessary ingredients and is sure to bring you all the health, wealth and luck for the New Year!!!!



### Ingredients:

- 2 onions
- 1 bell pepper
- 3 stalks celery
- 5 cloves garlic
- 5 ham hocks
- 1/2 bottle of dry white wine
- 1 lb. Camellia brand black eyed peas
- 1 qt chicken stock
- Water as needed
- 2 tbsp ham base
- 3/4-quart heavy cream
- 1 bag washed and trimmed mustard greens
- Lil' Bit Better Creole Seasoning

### Directions

- Cook down trinity until soft and add garlic.
- Add in ham hocks and season with dry seasonings.
- Deglaze pot with 1/2 bottle white wine.
- Wash peas clean and add into pot. Add chicken stock and water. Add in ham base. Cook about 2-1/2 hours until peas start to soften. Taste for seasoning and add as needed.
- Add in greens and cook 30 more minutes.
- Add in heavy cream and cook 30 more minutes. Taste again for seasoning.
- Serve hot with a ham hock in each serving.
- Optional but I garnish with a little sherry on top, cornbread Johnny Cake, and bacon bits.
- For the Johnny Cake: fry 4 pieces of bacon and remove bacon, leaving fat in the pan. Use the cooked bacon to crumble on top. Make a batch of your favorite cornbread. In a separate bowl beat 1 egg white until stiff and fold into the cornbread mix. Cook in bacon grease just like a pancake.



## BLACKENED FISH WITH BEURRE BLANC

A classic New Orleans favorite, blackened fish topped with a classic French favorite the Beurre Blanc. I elevate this simply by adding some beautiful Louisiana lump crab meat. This simple and elegant dish truly highlights the beauty of Louisiana seafood.



### Directions

- Make blackening seasoning. I like to use a mortar and pestle to break down the chili flakes and Italian herbs to a finer grind. This is optional. Blend remaining ingredients.
- Dry fish well and coat in a light layer of oil or melted butter. Heavily coat with seasoning.
- Heat a sauté pan until really hot and add a high smoke point oil. Add in 1 tbsp of butter. Once butter is foaming and slightly browned place fish belly side down. Let cool until it's 3/4 of way cooked and the belly side has a blackish color. Flip and cook skin side. Remove from pan.
- Lower heat and add 1 tbsp butter. Add 1 tsp shallot, garlic and green onion. Cook until soft, add crabmeat and season with blackening seasoning. Top fish with mixture.
- In a fresh pan add in 1 minced shallot, white wine and white wine vinegar. Reduce until thick syrup almost completely.
- Add in heavy cream and bring to simmer. Add salt and pepper to taste.
- Remove from heat and slowly whisk in cubed butter until emulsified and desired consistency is reached. Spoon over fish

### Ingredients:

#### Blackening seasoning

- 1 tbsp smoked paprika
- 1/2 tbsp paprika
- 3/4 tbsp salt
- 1/2 tbsp Italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp red pepper flakes
- 1/2 tsp black pepper
- 1/2 tsp cayenne
- 1/2 tsp sugar

#### Beurre Blanc

- 1 shallot minced
- 1/2 cup dry white wine
- 1/4 cup white wine vinegar
- 1/3 cup heavy cream
- 2 sticks butter, cubed and cold
- Salt
- Pepper (white is traditional but I use black)
- Fish of choice
- 6 oz lump crabmeat picked of shells
- Butter
- Oil
- 1 tsp minced shallots
- 2 cloves garlic minced
- 2 green onions thinly sliced

## CRAWFISH MAC & CHEESE

Dive into the creamy depths of Cajun-style Crab and Corn Bisque! Lush crab meat meets sweet corn, all kissed with that signature Cajun kick. A bowlful of Southern comfort that's sure to warm your soul and delight your palate.



### Ingredients:

- 1 lb. crawfish tails w/ fat
- 6 oz Tasso
- 1 pt. heavy cream
- 1 lb. Velveeta
- 1 lb. medium shells
- 1 bag shredded cheddar
- 1 bag shredded Colby jack
- 2 tbsp butter
- 1/2 cup panko
- Lil' Bit Better Creole Seasoning
- Black pepper



### Directions

- Boil shells in salted water until almost soft.
- Brown dices Tasso in butter until crispy on all sides.
- Add crawfish with fat and heavy cream. Season.
- Add Velveeta and cook until melted. Remove heat and stir in shredded Colby jack.
- Add in shells and stir.
- Preheat oven to 450.
- Place mixture into a greased baking dish. Top with cheddar cheese and panko. Sprinkle with parsley flakes.
- Bake for 8 minutes then set oven to broil. Remove once breadcrumbs are browned.

## EGGPLANT NAPOLEON WITH CRAWFISH CREAM

You know what makes the best crab cakes??? When there's more lump crab meat than cake! That's exactly how I make these pan seared crab cakes served with a zesty remoulade sauce. Utilizing both lump and claw meat to pack in that rich flavor and minimally bound with fillers, these crab cakes are guaranteed to please!!



### Directions

- To make sauce, brown diced tasso in olive oil. Add in diced onions and peppers and cook until soft. Add garlic and cook 3 more minutes.
- Add in 3 tbsp butter and melt. Sprinkle in flour to make a light roux and cook 3 minutes.
- Add in Rotel and seasoning. Start with Italian herbs. 1-1/2 tbsp Tonys and 1-1/2 tbsp paprika.
- Add in heavy cream and bring to simmer for 15 minutes.
- Add 1/2 lb. of crawfish tails with any fat and cook for 5 more minutes. Taste for seasoning and adjust to your liking. Set aside once done.
- Cook linguine.
- Slice eggplant to desired thickness. I don't like to go more than a half inch on these.
- Heat oil to 350. Then start with a 3-step breading by seasoning flour in one bowl. Add eggs and milk and season and mix well in the next bowl. Add breadcrumbs and panko to the last bowl. Pass each piece through flour first, then egg, then breadcrumbs making sure of an even coat.
- Fry the pieces until golden brown, flipping as needed. Set aside on wire rack once done.
- Sauté the remaining crawfish and crabmeat for 3 minutes and lightly cover with reserved sauce.
- Toss linguine in sauce to lightly cover.
- Assemble plate with pasta, 1 layer of eggplant, seafood then repeat eggplant and seafood.
- Fresh grate some Parmesan over top and serve.

### Ingredients:

#### Sauce

- 1 tbsp olive oil
- 1 onion diced
- 1 red bell pepper diced
- 4 cloves garlic minced
- 1 piece tasso diced
- 3 tbsp butter
- 2 tbsp flour
- 2 qt heavy cream
- 1 can Rotel
- Lil' Bit Better Creole Seasoning
- Paprika
- 2 tsp dried Italian herbs
- 1 lb. crawfish tails
- 1 lb. lump or jumbo lump crabmeat
- 1 package linguine
- 2 small or 1 large eggplant
- 2 cups flour
- 2 eggs
- 1/2 cup milk
- 1 cup Italian bread crumbs
- 1 cup Panko
- Lil' Bit Better Creole Seasoning to taste
- Oil for frying
- Fresh parmesan

## RED BEAN GUMBO

Red bean gumbo is a velvety base gumbo with tons of smoked meat for flavor and uses a dark roux as a base. This gumbo uses Creole style Blue Runner red beans to make a broth that is super rich and creamy. Ham hock and smoked turkey necks give a level a smokiness. Traditional trinity and garlic along with Cajun spices enhance all of the flavors. If you've never had this, you need to give it a try. It's perfect for a large gathering in the backyard on a cold winter night.



### Directions

- Start by preparing everything. Chop all seasonings to a medium dice and mince garlic. Prepare meats by cutting to your desired size. I like to quarter my smoke sausage and cut half-moons from my andouille removing that thicker outer skin.
- Next onto the Roux. The traditional recipe calls for equal parts oil and flour. I like to add more flour and start off pretty thick. Start by letting the oil heat by itself. Once hot, whisk in flour and you know the drill. Stir forever!!! Using a flat bottom spoon or a high heat rubber spatula stir that roux!!!
- I like to take my roux pretty dark and the darker you go the more you have to stir. Once the color is like a brown crayon, I turn the heat up higher and add in the trinity. Cook until vegetables start to turn translucent. Then add garlic
- Add in your chicken stock and a little water. Start "layering" your seasoning here. I used 1 tbsp of Italian seasoning, 1-1/2 tbsp of Creole, 2 tsp black pepper and 1 tbsp granulated garlic. You can add whatever you like here. Remember this is just a start we'll be checking and seasoning to taste as we go along
- Once you have your stock and seasonings in, you want to add anything you're using with a bone that you're hoping to extract flavor from. I used a big ham bone and some smoked turkey necks. Let that come to a boil and let it roll for about 1 to 1-1/2 hours
- In a separate pot with some oil added I like to get a good browning on all the meat I'm using. Let the pan and oil get hot before adding and be careful not to overcrowd the pan. This usually takes doing a few batches. Use a slotted spoon to remove and discard any leftover grease. Deglaze that pan with all those brown bits stuck to the bottom and add that to your gumbo.
- After cooking for that hour and some, add the cans of beans, chicken base, and all that meat you browned. Cook until turkeys are tender another 1-1/2 hours. With 1 hour left start tasting for seasoning and making adjustments to your liking.
- Cook bacon separately in a pan starting on low eat so that we can render out the most fat. Eat the bacon cause I know you hungry by now. Reserve the fat.
- Once all the meat is tender and it's seasoned where you like turn off the fire and stir in bacon fat, green onions and parsley. Some people drop in a few raw eggs at this point and cover and let sit for 20 minutes.

### Ingredients:

- 5 onions
- 3 green bell peppers
- 1/2 bunch celery
- 6 cloves garlic
- 1/2 bunch green onions
- 1/2 bunch parsley
- 2 links smoke sausage
- 2 pieces tasso
- 2# ham
- 1 stick andouille
- 1 small pack smoked turkey necks
- 1 ham bone if you have it
- 4 strips bacon
- 2 27 oz cans Blue Runner red beans
- 3 quarts chicken stock
- 2 tbsp chicken base
- 1-1/2 cup flour
- 1 cup vegetable oil
- water as needed
- seasonings
- Italian seasoning blend
- granulated garlic
- black pepper



## NEW ORLEANS BBQ SHRIMP

Get ready to embark on a flavor journey to the vibrant streets of New Orleans with mouthwatering New Orleans Style BBQ Shrimp. This iconic dish captures the essence of Creole cuisine and will transport your taste buds to the heart of the Big Easy. Succulent shrimp, bathed in a rich and buttery sauce infused with a symphony of aromatic spices, creates a flavor explosion that will leave you craving more. The combination of zesty lemon, fragrant garlic, and a touch of heat from cayenne pepper delivers a harmonious balance that is distinctly New Orleans. Served with a crusty baguette, this New Orleans Style BBQ Shrimp is a culinary delight that will satisfy both your appetite and your desire for a taste of the South. Get ready to savor the flavors of New Orleans with every succulent bite. *Laissez les bons temps rouler!*



### Directions

- Clean and devein the shrimp, leaving the shells on.
- In a pot, heat oil and sauté the onion, bell pepper, and celery until soft. Add minced garlic and cook until fragrant. Stir in the bay leaves.
- Pour in Worcestershire sauce and beer. Season with Boudreaux's Lil Bit Better Creole seasoning, Boudreaux's Low and Slow Simmer, and freshly crushed black pepper.
- Cut the lemons in half, remove the seeds, and add them to the pot.
- Simmer the mixture until it is reduced by half.
- Add the shrimp to the pot and cook until they turn pink. Stir in the green onions.
- Turn off the heat and add the remaining minced herbs.
- Stir in the butter until it melts and emulsifies with the sauce.
- Garnish with minced parsley and serve with crusty bread for dipping!

### Ingredients:

- 6 lbs. Louisiana crawfish boil powder
- 5 oz Louisiana liquid crab boil
- 6 oz crystal hot sauce
- 13 oz granulated garlic
- 13 oz granulated onion
- 1 bag onions
- 6 large heads garlic
- 6 lemons
- 4 oranges
- 2 bunches celery

### Add ins

- Smoked sausage
- Hot dogs for them kids
- Small red potatoes
- Corn
- Mushrooms
- Anything you can imagine



## U.S CATFISH AND GRITS

Elevate your seafood experience with our Sautéed U.S Farm-Raised Catfish served over Sweet Roasted Corn Grits! But wait, there's more! We're taking it to the next level with a luscious Crawfish Cream Sauce that's simply irresistible. ☐ It's the perfect blend of Southern comfort and gourmet flair, all in one plate.



### Directions

- Prepare the Corn: Shuck and clean the corn. Lightly oil and season, then roast at 425°F until golden brown. Once cooled, cut the kernels off the cob.
- Make the Grits: Melt butter in a saucepan. Sauté the onion until soft, then add garlic and cook until softened. Add chicken stock and heavy cream. Season and bring to a simmer. Add the roasted corn kernels and simmer for 5 minutes. Stir in the grits and cook until tender. Adjust seasoning, remove from heat, and mix in cream cheese and Parmesan. Set aside.
- Prepare the Crawfish Cream Sauce: Melt butter in a pan. Sauté onions and red bell pepper until soft. Add garlic and cook until softened. Stir in flour to form a roux and cook for 5 minutes. Add tomato paste and brown for 4-5 minutes. Deglaze with white wine (if using), then add heavy cream and seasoning. Cook until thickened. Add crawfish tails and cook for another 3 minutes. Remove from heat and stir in green onions.
- Sauté the Catfish: Dry the catfish fillets with a paper towel and season both sides lightly. Melt a small amount of butter and add oil to a hot pan. Place fillets two at a time, belly side down, and cook until a nice crust forms. Flip and cook to your desired doneness.
- Assemble and Serve: Plate with a layer of corn grits at the bottom, place the sautéed catfish on top, and finish with a generous spoonful of crawfish cream sauce. Garnish with sautéed lemon and parsley.

### Ingredients:

#### For the Sautéed Catfish:

- 4 U.S. Farm-Raised Catfish Fillets
- 1 Lemon
- Blackening Seasoning
- Oil for cooking

#### For the Sweet Roasted Corn Grits:

- 4 Ears of Corn
- 1/2 Stick of Butter
- 1 Onion, diced
- 3 Cloves Garlic, minced
- 3 Cups Chicken Broth
- 1 1/2 Cups Heavy Cream
- 1 Cup Yellow Corn Grits
- 1/2 Block Cream Cheese
- 1/4 Cup Parmesan Cheese
- Seasoning of Choice

#### For the Crawfish Cream Sauce:

- 1/2 Stick of Butter
- 1 Onion, diced
- 1 Red Bell Pepper, diced
- 4 Cloves Garlic, minced
- 1 Tbsp Flour
- 1 Tbsp Tomato Paste
- 1 Cup White Wine (optional)
- 1/2 Quart Heavy Cream
- 1 lb. Crawfish Tails with Fat
- 1/8 Cup Green Onion, sliced
- Seasoning of Choice

## BROWN BUTTER BOURBON PECAN ICE CREAM

Dive into the decadence of Brown Butter Bourbon Pecan Ice Cream! Each scoop is a symphony of nutty brown butter, bold bourbon, and crunchy pecans. A dessert that's not just a treat, but an experience. Perfect for those moments when only the finest indulgence will do.



### Ingredients:

- 1 stick butter
- 3/4 cup light brown sugar
- 4 egg yolks
- 1 cup whole milk
- 2 cups heavy cream
- 1 tbsp bourbon
- 1/4 cup toasted pecans



### Directions

- In a saucepan brown butter until fragrant and toasted. Allow to cool.
- Mix brown sugar, egg yolks and brown butter. Whisk until sugar is dissolved.
- Heat milk and cream until just before a light simmer.
- Add in a few tablespoons of cream mixture to egg mixture to temper eggs. Repeat twice.
- Once egg mixture is warm slowly drizzle in remaining mixture.
- Place mixture on stove and cook on low heat until mixture is thick enough to coat the back of a spoon. About 15 minutes.
- Let mixture cool and add in bourbon.
- Chill overnight and churn per directions on ice cream maker.
- Lightly toast sliced pecans and allow to cool.
- At the last 2 minutes of churning add in pecans.
- Allow to firm in freezer until desired consistency is reached.

## SMOTHERED OKRA

Get ready to indulge in the ultimate Southern comfort dish—Smothered Okra with Smoked Sausage and Shrimp! Imagine tender okra simmered to perfection, mingling with smoky sausage and succulent shrimp in a rich, flavorful sauce. It's the kind of dish that warms your soul and leaves you craving for more.



### Ingredients:

- 1 lb. okra sliced
- 1 lb. smoked sausage
- 1 lb. shrimp
- 1 large onion
- 1 large bell pepper
- 4 cloves garlic
- 1 can stewed tomatoes
- 1 can Rotel
- 1/2 qt chicken stock
- water as needed
- 1-2 tbsp white vinegar
- Boudreaux's Lil' Bit Better Creole Seasoning
- Boudreaux's Low & Slow Simmer Seasoning
- oil

### Directions

- Heat saucepan or pot on medium heat and line with oil. Brown cubes sausage. Remove from heat and reserve.
- Cook okra over high heat, stirring constantly. After 10 minutes add in vinegar and continue cooking on high heat. Cook until all slime has cooked out, about 20 - 25 minutes.
- Add in diced onion and bell pepper. Cook until soft and add garlic.
- Add in tomato and chicken stock. Deglaze bottom of pot. Season.
- Cook about 1 hour to 1-1/2 hours until desired consistency is achieved. Add water as needed and taste for seasoning.
- Add shrimp and cook just until pink. About 10-12 minutes and remove from heat.
- Serve over white rice.



## CRAB AND CORN BISQUE

Dive into the creamy depths of Cajun-style Crab and Corn Bisque! Lush crab meat meets sweet corn, all kissed with that signature Cajun kick. A bowlful of Southern comfort that's sure to warm your soul and delight your palate.



### Ingredients:

- 2 small yellow onions
- 1 red bell pepper
- 1 yellow bell pepper
- 4 cloves garlic
- 12 ears corn
- 3 tbsp butter
- 4 tbsp flour
- 2 cups dry white wine
- 1 qt cream plus 1 cup
- 1/2 gallon whole milk
- 2 lbs lump crab meat
- 5 green onions
- 2 tbsp parsley
- Bread bowls
- Boudreaux's Lil Bit Better Creole seasoning
- Boudreaux's Low and Slow Simmer seasoning

### Directions

- Small dice onion and pepper. Mince garlic.
- Clean and husk corn. Lightly coat in olive oil and roast at 400 degrees until golden brown, about 45 minutes.
- In a thick pot, sauté on medium heat the onions and peppers until soft.
- Add in butter and melt. Add in flour and mix to combine. Stir until lightly toasted.
- Add in garlic and cook for 3 minutes.
- Deglaze with wine and season.
- Add in milk and 1 qt cream.
- Cut kernels off of cob and use a spoon to release all of the milk from cobb.
- Add half of the corn into the soup and place the remaining corn in a blender with 1 cup of cream. Blend until smooth and add into soup.
- Simmer for about an hour until rich corn flavor develops and desired consistency is reached. Add milk if it gets to thick.
- Thinly slice green onion and mince parsley. Add in last 10 minutes of cooking.
- Place crab meat into a bowl and pick to remove shells. Turn heat off and gently fold in crab meat.
- If serving in bread bowls hollow out loaf and bake until crispy.
- Serve and enjoy!!

## WHITE BEANS WITH SMOKED TURKEY AND ANDOUILLE

Indulge in the symphony of flavors with our Camellia brand Great Northern White Beans, slow-cooked to perfection with smoky turkey necks and spicy andouille. A Southern classic reimagined, this dish is a heartwarming blend of tradition and gourmet delight. Dive in and let your taste buds dance!



### Ingredients:

- 1 lb. Camellia Great Northern White Beans
- 1 stick of andouille sausage, cut to preference
- 8-10 smoked turkey necks or legs
- 2 small onions, finely diced
- 1 red bell pepper, finely diced
- 1 green bell pepper, finely diced
- 4 cloves garlic, minced
- 1 qt chicken stock
- Water as needed
- Boudreaux's Lil Bit Better Creole Seasoning
- Boudreaux's Low and Slow Simmer Seasoning
- Light oil for sautéing



### Directions

- Rinse beans thoroughly, removing any impurities. Soak overnight and drain before using.
- In a large pot, brown the andouille sausage in light oil.
- Add diced onions and bell peppers to the pot and sauté until softened. Stir in minced garlic.
- Pour in chicken stock, add turkey necks, and season with Boudreaux's seasonings. Let the mixture simmer for about an hour.
- Incorporate the drained beans and add enough water to cover the ingredients.
- Continue cooking until the turkey necks are fork-tender and the meat can be easily separated from the bones.
- Remove turkey necks from the pot, allow them to cool slightly, then debone, ensuring all bones are removed.
- As the beans soften, they'll create a creamy texture. Reduce the liquid to your desired consistency.
- Stir the deboned turkey meat back into the pot and remove from heat once everything is well combined.
- Serve your flavorful bean mixture over rice and enjoy with your favorite side dish!

## CREAMED SPINACH

Indulge in the luxurious flavors of restaurant-style Creamed Spinach with this delectable recipe. Each velvety spoonful is a celebration of rich, creamy goodness, perfectly balanced with the earthy, wholesome flavor of fresh spinach. It's the side dish that transforms any meal into a gourmet experience. Whether it's paired with a sizzling steak, a delicate seafood entrée, or enjoyed on its own, my Creamed Spinach adds a touch of culinary elegance to every plate.



### Directions

- Preheat the oven to 375°F.
- Defrost the spinach and press out all excess water.
- In a drizzle of light olive oil, sauté the finely diced onion until soft. Then, add in the minced garlic and cook for an additional 2-3 minutes.
- Add butter and melt. Once melted, introduce the flour and create a light roux by cooking for 3 minutes.
- Pour in the milk and cream, stirring continuously.
- Add the chicken bouillon and season with salt, pepper, and a small pinch of nutmeg.
- Melt in the cream cheese, followed by half of the shredded mozzarella.
- Incorporate the drained spinach thoroughly and remove from heat.
- Transfer the mixture into a greased baking dish and top it with mozzarella, freshly grated parmesan, and a sprinkle of panko breadcrumbs.
- Bake until golden brown and bubbling with deliciousness.

### Ingredients:

- 1/2 yellow onion, finely diced
- 4 cloves garlic, minced
- 1 tbsp light olive oil
- 2-1/2 tbsp butter
- 2-1/2 tbsp flour
- 1 cup heavy cream
- 1 cup whole milk
- 1 tsp chicken bouillon
- Salt and pepper to taste
- Small pinch of nutmeg
- 1/2 block cream cheese
- 1 block fresh shredded mozzarella
- 1 lb. bag frozen spinach, defrosted and drained of all water
- Fresh grated parmesan
- Panko bread crumbs

## FRIED CRAWFISH POBOY WITH BLACKENED RANCH

Craving a taste of Louisiana? Dive into my latest creation: the Fried Crawfish Poboy with Blackened Ranch! I've taken fresh crawfish, coated them in a light, seasoned breading, and fried them to golden perfection. These crispy delights are piled high on toasted, crusty French bread, creating the perfect crunch with every bite. But that's not all – I dress this masterpiece with shredded lettuce, vibrant heirloom tomatoes, and my own backyard pickled peppers for that extra kick.

The real game-changer? My homemade Blackened Ranch, crafted with creamy Blue Plate mayo and a generous helping of Boudreaux's Lil' Bit Better Blackening Seasoning. It's a symphony of flavors that brings this classic sandwich to new heights. ☐☐ Whether you're a po'boy aficionado or a curious foodie, this sandwich is a must-try. Let's bring the spirit of the bayou to your plate!



### Directions

- Combine all ingredients for ranch and mix well. I blended mine, but that is optional.
- Mix flour and fish fry; season to taste.
- Drain crawfish from fat and toss in fish fry to well coat.
- Deep fry at 350 for just a couple minutes until golden brown.
- Toast French bread and dress to your liking.
- Assemble with fried crawfish tails and ranch.

### Ingredients:

#### Ranch

- 1/2 cup Blue Plate mayonnaise
- 1/2 cup buttermilk
- 1/2 cup sour cream
- 1 tbsp minced parsley
- 1/2 tsp minced dill
- 1/2 tsp sliced chives
- 1/2 tsp granulated garlic
- 1/2 tsp granulated onion
- 1 tsp Boudreaux's Lil' Bit Better Blackening Seasoning

#### Sandwich

- 1 lb. crawfish tails
- Oil for frying
- 1 cup flour
- 1 cup fish fry
- Boudreaux's Lil' Bit Better Creole Seasoning
- French bread
- Lettuce
- Tomatoes
- Pickled peppers

## BUTTER BEANS WITH HAM

Cozy up with a bowl of Southern comfort – our Butter Beans made with Camellia Brand Baby Lima Beans are the hug you didn't know you needed! We've taken the creamiest, most flavorful baby limas and simmered them slowly with rich, smoky pieces of leftover holiday ham, transforming simple ingredients into a heartwarming dish that's full of soul.

Every spoonful is a blend of home-cooked goodness and memories, perfect for gathering around the table with loved ones. These butter beans are not just a meal; they're a celebration of family, tradition, and the simple joys of life.



### Ingredients:

- 1 lb. Camellia Green Baby Lima Beans
- Leftover ham with bone
- 3 tbsp oil, plus more for sautéing
- 3 tbsp flour
- 2 medium onions, diced
- 1 green bell pepper, diced
- 2 stalks celery, diced
- 5 cloves garlic, minced
- 2 quarts chicken stock
- Boudreaux's Fire and Smoke Seasoning
- Boudreaux's Low and Slow Simmer Seasoning

### Directions

- Rinse and clean the beans. If time allows, soak them overnight; this step is optional.
- Trim any excess fat from the ham bone and dice up the leftover meat. Keep both the bone and meat reserved.
- In a heavy-bottomed pot, lightly coat the bottom with olive oil. Brown the ham until it develops a good crust on all sides. Remove the ham from the pot and deglaze the bottom with a bit of water, reserving this liquid along with the ham.
- In the same pot, add 3 tbsp of oil and heat. Whisk in the flour to make a roux, ensuring all lumps are removed. Cook until the roux reaches a dark peanut butter color.
- Add the "trinity" (onions, bell pepper, and celery) to the roux and cook until the vegetables are soft. Add the minced garlic and cook for an additional 5 minutes.
- Stir in the drained beans, chicken stock, ham bone, and Boudreaux's seasonings. Cover and simmer on low heat for 2 hours.
- After 2 hours, remove the ham bone. Let it cool, then pull off any remaining meat. Discard the bone and return the meat to the pot.
- Continue to simmer the beans for another hour or until the beans are soft and the gravy has thickened. Season to taste with additional Boudreaux's seasonings.
- Serve the butter beans over rice with your favorite side meat.

**Enjoy this heartwarming dish that brings the comfort of Southern cooking right to your table.**

## SMOKED BOUDIN

Indulge in Louisiana's favorite breakfast: smoked boudin! This flavorful delicacy is packed with perfectly seasoned pork, fresh vegetables, and aromatic spices, all smoked to perfection. A true Southern treat that brings the heart of Louisiana right to your table. Don't miss out on this mouthwatering experience!



### Directions

- Trim the Boston butt and dice the meat into 1/2" cubes, removing any large fat. Reserve the fat cap and bones.
- Season liberally with Boudreaux's Creole seasoning and let cure in the refrigerator overnight.
- In a large pot, add the meat, bones, fat cap, liver, garlic, trinity (onions, bell peppers, celery), and green onion bottoms. Cover with chicken stock. Re-season with Creole seasoning and add black pepper.
- Cook for 3-4 hours until the pork is tender.
- Separate the meat and vegetables from the liquid and reserve for later.
- Add the green onion tops and parsley to the meat mixture.
- Using a potato masher, break up the meat into fine shreds, ensuring all pieces of liver are fully smashed.
- Add in cooked white rice until the desired ratio is achieved. I prefer more meat than rice, but adjust to your preference.
- Taste and adjust the seasoning as needed.
- Add in all of the fat that separates in the liquid and about 2-3 cups of reserved liquid. Mix until the mixture is slightly wet but forms when pushed together.
- Clean and rinse the sausage casings and place them onto a stuffing machine.
- Stuff the boudin mixture into the casings and roll them up.
- Twist the links into 10-12" lengths, leaving 4 pieces together on each.
- Smoke at 225°F for 4-5 hours.

### Ingredients:

- 6 lbs. of 1/2" cubed Boston butt
- Reserved bones and fat cap from butts
- 1 lb. pork liver, cubed
- Boudreaux's Lil' Bit Better Creole seasoning
- Black pepper
- 2 heads of garlic, minced
- 2 large onions, diced
- 2 bell peppers, diced
- 1 bunch celery, diced
- 2 bunches green onions, sliced (whites separated from tops)
- 1 bunch parsley, minced
- 3 quarts chicken stock
- Water as needed
- Sausage casings, cleaned and rinsed
- 2-3 cups cooked white rice

## GLOSSARY

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1. Andouille - A smoked sausage made with pork, used in gumbo and other Cajun dishes.
2. Boudin - A type of sausage stuffed with rice, pork, and spices.
3. Cajun Trinity - A mix of onions, bell peppers, and celery, used as a base in many Cajun dishes.
4. Cher - A term of endearment meaning "dear" or "darling."
5. Cochon de lait - A traditional Cajun-style pig roast.
6. Couyon - A playful insult meaning "fool" or "crazy person."
7. Crawfish - A small, lobster-like crustacean, often boiled with spices.
8. Creole - A cultural blend of French, Spanish, African, and Native American influences.
9. Etouffée - A dish of shellfish or meat smothered in a roux-based sauce, often served over rice.
10. Fais do-do - A Cajun dance party, literally meaning "go to sleep."
11. File (fee-lay) Powder - Ground sassafras leaves used as a thickener in gumbo.
12. Gris-gris - A charm or talisman used in voodoo, often for protection or good luck.
13. Gumbo - A thick soup or stew made with a roux, meat or seafood, and the Cajun trinity.
14. Jambalaya - A one-pot dish with rice, meat, seafood, and vegetables.
15. Joie de vivre - A French term meaning "joy of living," embodying the Cajun spirit.
16. Lagniappe - A little something extra, like a bonus or small gift.
17. Laissez les bon temps rouler - A phrase meaning "let the good times roll."
18. Mirliton - A type of squash commonly used in Cajun cooking, also known as chayote.
19. Parrain - The French term for godfather, often used as a term of respect.
20. Pirogue - A flat-bottomed boat used in the swamps and bayous.
21. Praline - A sweet candy made with pecans, sugar, and butter.
22. Roux - A mixture of flour and fat cooked together, used as a base for sauces and soups.
23. Sazerac - A classic New Orleans cocktail made with rye whiskey, absinthe, and bitters.
24. Tabasco - A brand of hot sauce made from peppers grown on Avery Island, Louisiana.
25. Tasso - A spicy, smoked ham used as a seasoning in Cajun dishes.
26. Ti (Tee) - A prefix meaning "little" or "small," often used affectionately.

27. Tourtière - A savory meat pie, often served during the holidays.
28. Voodoo - A religion with African roots, practiced in Louisiana and the Caribbean.
29. Zydeco - A genre of music that blends Cajun, blues, and rhythm and blues.
30. Beignet - A square-shaped donut, typically dusted with powdered sugar.
31. Bayou - A slow-moving body of water, often found in low-lying areas of Louisiana.
32. Boucherie - A community event where a hog is butchered and the meat is shared.
33. Courir de Mardi Gras - A traditional rural Mardi Gras celebration with costumes and festivities.
34. Fricassée - A Cajun stew made with meat, typically served over rice.
35. Gumbo Ya-Ya - A term meaning "everybody talking at once," like a lively conversation.
36. King Cake - A colorful cake eaten during Mardi Gras, with a small baby figure hidden inside.
37. Maque Choux - A dish made with corn, bell peppers, and onions, often with tomatoes or cream.
38. Mouille - To dampen or moisten, often used in cooking.
39. Pain Perdu - A French toast-like dish, literally meaning "lost bread."
40. Potlikker - The flavorful liquid left after boiling greens, often used as a soup base.
41. Remoulade - A mayonnaise-based sauce, often served with seafood.
42. Roux Ça - A term for adding the roux to a dish, an essential step in Cajun cooking.
43. Sauce Piquant - A spicy Cajun sauce made with tomatoes, peppers, and meat.
44. Tante - French for "aunt," used as a term of respect and endearment.
45. Tasso - A seasoned, smoked pork used in Cajun cooking.
46. Turducken - A dish made by stuffing a chicken into a duck, and then into a turkey.
47. Zatarain's - A popular brand of Cajun and Creole seasonings and products.
48. Atchafalaya - The largest swamp in the United States, located in southern Louisiana.
49. Bebelle - A term of endearment, similar to "baby" or "sweetheart."
50. Brûlot - A strong, spiced coffee drink often served flaming.



