


RED BEANS and RICE-LY YOURS

SATCHMO

AT THE NATIONAL PRESS CLUB

**WITH
TYREE
GLENN**



 **16 PAGES OF
NEW ORLEANS RECIPES
THAT LOUIS LOVED**

RED BEANS AND RICE-LY YOURS

SATCHMO AT THE NATIONAL PRESS CLUB



TYREE GLENN

SIDE ONE

HELLO DOLLY Edwin H. Morris
 ROCKIN' CHAIR Carmichael Music Publishers
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SIDE TWO

MACK THE KNIFE, LOVE FOR SALE,
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 IT'S ALRIGHT WITH ME. Chappell & Co.
 MOOD INDIGO Belwin-Mills Music Corp.
 A KISS TO BUILD A DREAM ON . . . Miller Music Corp.

All selections ASCAP

with TYREE GLENN and TOMMY GWALTNEY



LOUIS ARMSTRONG

WRITTEN AND PRODUCED BY KIM GREGORY • NARRATOR: STEVE McCORMICK
 JACKET DESIGNED BY STAN JENNINGS • RECIPES: CHRISTOPHER BLAKE

Special thanks to ROBERT M. BUTLER, who arranged Louis' appearance at the Club, and to DON CURRY, MICHAEL B. DEANE, DALE KELSEY, TED JAFFE, and MRS. LUCILLE ARMSTRONG

"He was the greatest," Tyree Glenn says of Louis Armstrong in this album. "It all begins with Louis," Bud Freeman will tell you. "I don't think there's even a little exaggeration when you say he invented jazz. Before him, it was just ragtime. Players would take a series of eighth notes and play them dotted, like da-ta, da-ta, da-ta, ta-corn. I don't know where Louis got it, but he would take the same group of notes and give them a beautiful, graceful, powerful line. He had the beat. He had the drive. He had it all." And he had it before he ever played one note on horn, when he was singing and pushing a coal cart on New Orleans streets or whistling the notes and phrases which Lil Hardin, the woman he married, urged him to translate into the cornet's voice.

There is some debate as to who taught him the instrument. Was it Bunk Johnson? Was it King Oliver? Or was it Peter Davis, the music instructor at the Waif's Home who took him off drums and handed him his first horn? There is no debate that from the first the Armstrong cornet spoke with eloquence and authority, ahead of its time yet deep in a tradition which drew its inspiration from the *bamboula*, from the sorrow songs, from the English four-part hymn, and from that *bouillabaisse* of music which echoed in turn-of-the-century New Orleans.

He was Satchelmouth and Satchmo' and Satch, Dippermouth and Gatemouth and Pops, to those who stood on the outside looking in. But to the musicians, to the innovators and practitioners of jazz as it developed in the honky-tonks or found its stride in the marches of "that land of dreams, that New Orleans," he was simply Louis. To a man the greats of jazz admitted then, as those still living admit now, that he was their master and their teacher. Call out

their names—Coleman Hawkins, "Fatha" Hines, James P. Johnson, Bix Beiderbecke, Buster Bailey, Johnny and Baby Dodds, Jack Teagarden—and they will proudly acknowledge their debt to Louis, to the "trumpet style" which dominated, no matter what the instrument.

When Secretary of the Navy Josephus Daniels, protecting the morals of America's sailors, closed down Storyville and sent the whores packing out of that suburb of sin and music—"The chief of police done tore my playhouse down"—jazz moved up the Mississippi. But it did not really come alive until Louis brought his cornet and that wonderfully moving gravel voice to Chicago and New York, unveiling the music which is America's major contribution to art.

Until Louis hit the jazz scene in the North, being black was second—and it was the Original Dixieland Band, a razz-ma-tazz white group which packed them in at Reisenweber's in New York. But it was black music at Lincoln Gardens in Chicago where Louis made it big for the first time, and when Bud Freeman and the Austin High gang—kids in knickerbockers—returned night after night to hear him, the doorman would say, "Well, it looks like the little white boys is out here to get your music lessons." But others were getting their lessons in those black dancehalls, listening and learning when Louis went into the blues: Bix, who played with a tone and an inflection so pure even Paul Whiteman recognized it; or "Big T"—a Texas-grown trombone man—who so loved Louis and black music that he could say in defiance of the time's prejudice, "I'm a pansy for the jigs"; or the big-band sidemen, or you name it.

Louis would wipe the sweat from his face in a grimy "colored" dance hall and charm

the heat out of the rafters while his listeners went wild. Or he could stand in the more antiseptic confines of Paris's Salle Pleyel, where the greatest of the classical soloists had played, hitting C above high C in repeated lyric stabs, climaxing with a smooth and strong high F which only his iron embouchure and inexhaustible wind could sustain, while Europe's musical elite argued that it couldn't be done. He could sight read Bach with men who had lived that old German's music—and he could jam into the late hours with the power of invention that made him a Frescobaldi in jazz.

But there was something beyond this in Louis—something beyond the perfect phrasing, the impeccable intonation, the humor that broke through the essential sadness of jazz—which made Louis what he was. Born black in a world that turned its back on blacks, his very presence broke down ghetto walls. His love of life and people, his infectious gaiety, spoke out in everything he did. His music was himself, and his singing was as much his horn as his horn was his singing. He was no different as man or musician when playing to his own people—and to a scattering of college kids like myself—in Harlem's old Apollo Theater than he was on the stage of the Paramount or on a movie lot with his friend Bing Crosby. Wherever he played, he could take a trite or maudlin Tin Pan Alley tune and invest it in glory. Whatever he played had the beat. To everything, he brought his sensibility and his heart.

On January 29, 1971, Louis made his last appearance—barring a brief one the following Spring—at the National Press Club in Washington. He was there to swing in the inauguration of Vernon Louviere of "Nation's Business" magazine, another Louisi-

ana boy, who was beginning his term as President of the club. Louis had been ill, and he showed the strain. He was under instructions not to play his big, shining trumpet and to sing for no more than ten minutes. But he was performing for an audience which loved him, and there was no getting him off the stage. He played, he sang, he scatted. He ran through the famous Armstrong-Teagarden *Rocking Chair* duet, with Tyree doing Big T's part. And when he sang his musical autobiography—never recorded—to the tune of the New Orleans march, *When the Saints Go Marching In*, he was paying tribute to the music and the people he loved. In that half hour, those of us who knew could hear the echoes of the Louis of the Hot Five and Hot Seven, the Louis who brought greatness to jazz.

You can hear it all on this record. You can say that he was all music, all jazz, all man. And then you can flip over the record and listen to Tyree Glenn, who for years gave his life to Louis—a musician who has brought his share of greatness and human warmth to the world of jazz. Again it was at the National Press Club, in a memorial for Louis without sorrow. Tyree said it on trombone and on the vibes, instruments he plays superlatively. Tommy Gwaltney, who feels the supple and tender New Orleans style, made his response on clarinet and in duet on vibes. They were playing for Louis, so it had to be good. To him and to us they proved that whether he sleeps peacefully or plays Gabriel's music, Louis and jazz will never die.

RALPH de TOLEDANO

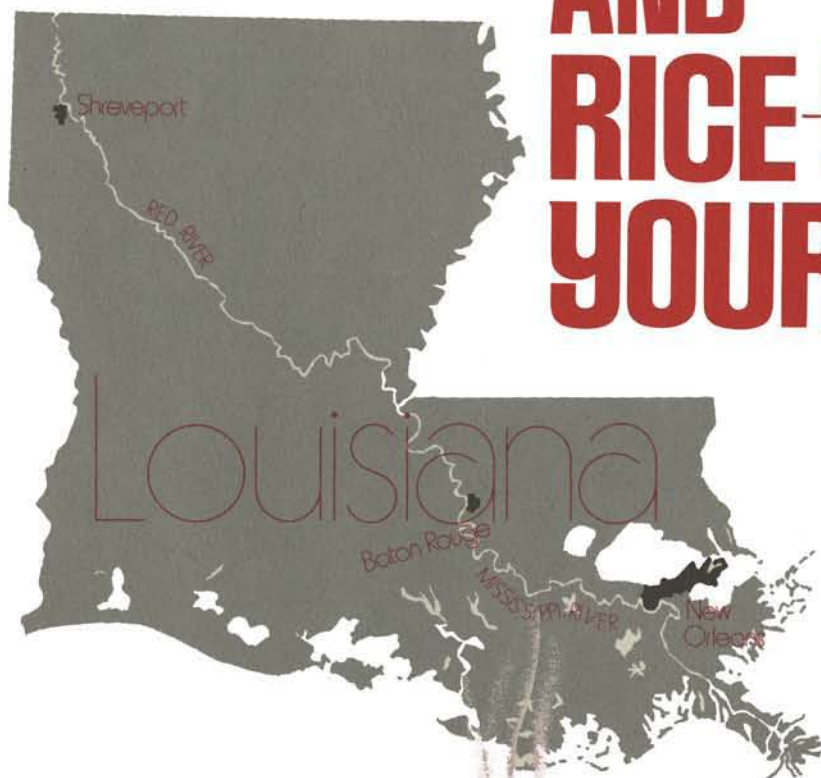
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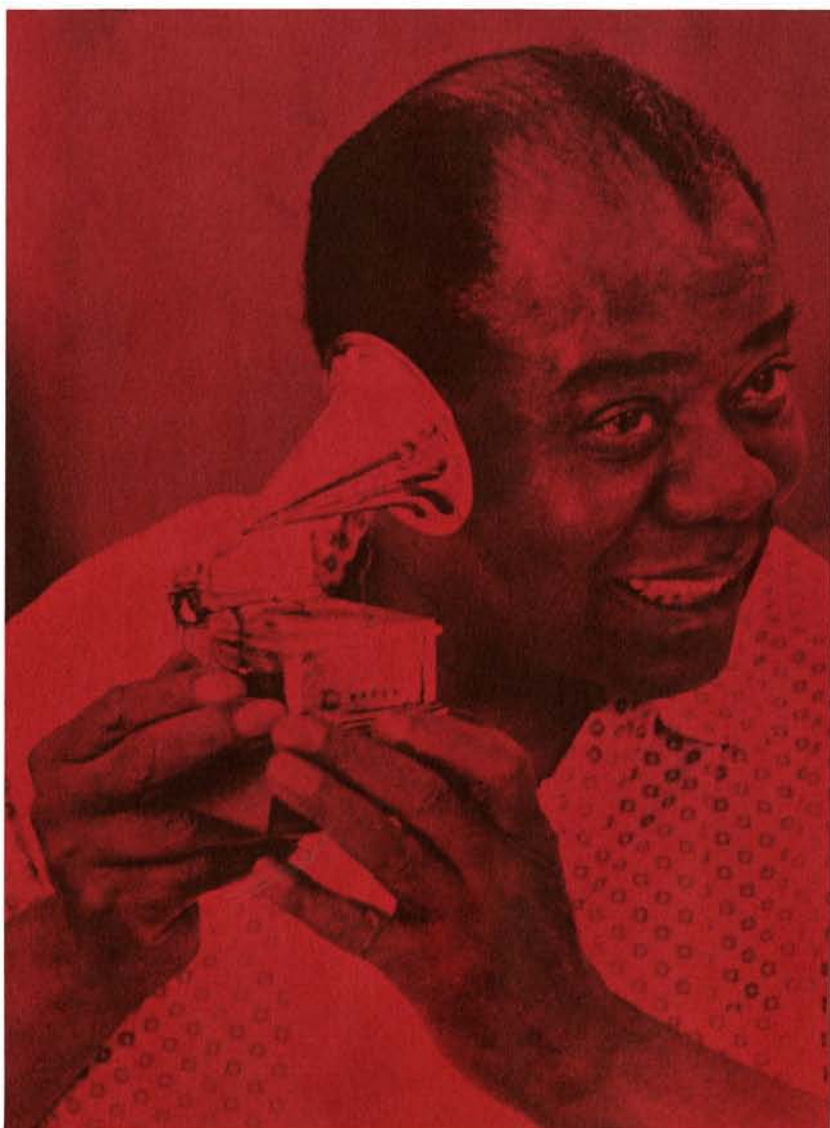
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// RED BEANS AND RICE-LY YOURS //



Recipes from New Orleans that Louis Loved



Had Louis Armstrong been destined for a cook, he would have created recipes and spread the fame of New Orleans in another manner. Luckily, another muse called him but he never forgot the aromas of the cooking in his native New Orleans and these followed him everywhere.

I like to think of the young Louis Armstrong, growing up in the New Orleans of his day, content with red beans and rice, Po Boy sandwiches, fried chicken and dirty rice and "callas tout chaud" (sold on the streets of New Orleans when he was a youngster). The contentment of the simple foods Louis Armstrong grew up with never left him, but I also like to think of a more affluent Louis Armstrong, able to afford and appreciate some of the more sophisticated fare from the Cajun and Creole recipes he was often denied when young.

Many of these recipes were served the night Louis Armstrong played one of his final concerts, the night of Vernon Louviere's Inaugural Ball at the National Press Club in Washington, D.C. The great man of jazz regretted that his diet did not permit him to indulge but the memory was there. To that memory, we have added even more recipes of the good New Orleans food Louis Armstrong loved best.

Christopher Blake

RECIPES LOUIS LOVED

BY CHRISTOPHER BLAKE
OF NEW ORLEANS

RED BEANS AND RICE:

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|----------------------------------|--------------------------------|
| 1 quart red beans. | 1 medium sized onion, chopped. |
| Enough water to cover. | 1 cup tomato ketchup. |
| ½ lb. pickled pork, diced or | 1 tablespoon vinegar. |
| commercial jar of pickled | Salt and pepper to taste. |
| ham hocks, diced. | 1 teaspoon Tabasco pepper |
| 2 cups of lean ham, diced or one | sauce. |
| ham bone. | Sprig of thyme or |
| | pinch of fresh thyme. |

Pick over beans. Wash and soak red beans over night. When ready to cook, drain off all the water.

In a heavy pot such as a Dutch Oven, brown the diced pickled pork and add the chopped onions. Cook for about ten minutes. Add the beans, the tomato ketchup, salt and pepper, vinegar, thyme and Tabasco pepper sauce.

Cover with fresh cold water, making sure that there is enough water as the beans must cook thoroughly. After water has come to a boil, reduce heat and simmer until beans are semi-cooked. Mash about a cup full of the beans and return to the pot. Add the diced ham or the ham bone and cook slowly for two or three hours or until the beans are thoroughly cooked and the sauce is rich and creamy. As they say in New Orleans, red beans need no thickening because they got it in themselves.

Serve with fluffy Louisiana boiled rice and garnish with fried ham slices or fried country sausage. Also chopped onions, vinegar and Tabasco pepper sauce on the side and lots of hot French bread.

VARIATION: Place leftover beans in a blender and puree. Add one third milk to the puree and blend well. Heat thoroughly. Add a tablespoon of dry sherry and serve as RED BEAN SOUP garnished with a slice of lemon and chopped hard boiled egg.

PO BOY SANDWICHES—# One:

One 12 inch piece of New Orleans Po Boy bread or the equivalent in other French breads.

Six or seven thin slices of well done
roast beef.

Six thin slices of tomato.

Some thin slices of onion.

Enough shredded lettuce to
line bread.

Mayonnaise.

Slices of pickles.

Few dashes of Tabasco
pepper sauce.

Enough thick gravy to make the
Po Boy really soppy.

Heat the bread slightly, spread the mayonnaise and arrange the lettuce, tomatoes, onions and pickles. Over all this arrange the hot slices of roast beef. Last, add a few drops of Tabasco pepper sauce to the hot gravy and pour over the roast beef slices. Close sandwich.

It is not a New Orleans Po Boy unless the juices drip down the sides of your chin.

PO BOY SANDWICHES—# Two:

One 12 inch piece of New Orleans Po Boy bread or the equivalent in other French breads.

Six or seven thin slices of hog's
head cheese or souse.

Creole mustard or a horseradish
type mustard.

Mayonnaise.

Slices of pickles.

Six or seven thin slices of tomato.

Enough shredded lettuce to
line bread.

Few dashes of Tabasco
pepper sauce.

Spread mayonnaise on bread and then mustard. Arrange lettuce, tomatoes and pickles. Arrange slices of hog's head cheese or souse, add a few drops of Tabasco pepper sauce and close sandwich. Serve cold.

PO BOY SANDWICHES—# Three:

One 12 inch piece of New Orleans Po Boy bread or the equivalent in other French breads.

1 dozen large raw oysters.

A package of commercial fish fry mix
or one cup of seasoned flour.

Enough cooking oil to line a heavy
skillet with four inches to fry
oysters.

Mayonnaise.

Ketchup.

Enough shredded lettuce to
line bread.

Six or seven thin slices of tomato.

Pickle slices.

One half of a fresh lemon.

Several dashes of Tabasco
pepper sauce.

Salt to taste.

Drain oysters well. Dip oysters in seasoned flour or a commercial fish fry mix and refrigerate. When ready to make sandwich, dip once again in the flour or commercial fish fry mix.

Into a large skillet that has about four inches of hot cooking oil, dip the oysters in one at a time. Do not put them in all at once and do not over crowd them. If skillet is too small, make them in two batches. When the oysters float to the top, about ten minutes, they will be golden brown and crisp and can be drained on paper towelling.

Heat buttered French bread, spread with mayonnaise and arrange lettuce, tomato, pickles and oysters. Sprinkle oysters with salt and dashes of Tabasco pepper sauce. Close sandwich and serve.

OLD FASHIONED GRILLADES:

6 individual veal seven steaks.

1½ cups seasoned flour (salt-
pepper-thyme).

8 medium sized gravy tomatoes
(over ripe) quartered.

2 large yellow onions, sliced.

½ stalk celery, with leaves, cut
into 3" lengths.

2 large bell peppers, quartered.

½ cup coarsely chopped parsley.

1 can tomato sauce.

2 bay leaves.

1 clove garlic, minced.

2 cups beef stock.

1 cup dry red wine.

½ teaspoon Tabasco pepper
sauce.

1 teaspoon Worcestershire
sauce.

½ pound butter or margarine.
Salt and pepper to taste.

In a heavy skillet, melt the butter or margarine. Dredge the seven steaks in the seasoned flour and brown them lightly in the melted

butter or margarine. Remove the lightly browned steaks to a Dutch Oven, alternating layers of the steaks and the cut up vegetables. Combine red wine with the beef stock and other seasonings and pour over the veal and vegetables.

Cover and cook in a moderate oven until the veal is tender but not falling apart, about one hour. Remove the veal from the vegetable mixture and keep warm. Strain the vegetable gravy to remove all the pulp, using either a sieve or cheese cloth. The gravy should have the consistency of light cream and if it needs thickening, this can be done with a little kneaded butter and flour added to the hot sauce, about one tablespoon of each.

Pour the gravy over the hot veal steaks and serve with grits.

VARIATIONS: Veal rounds may be used instead of veal seven steaks. Beef rounds may be used as well but they will require a little longer cooking time.

Don't throw away the vegetable pulp as it makes for an excellent Creole omelette.

GRITS BUTTER:

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| 1 lb. butter or margarine. | 1 teaspoon garlic powder. |
| 4 tablespoons seasoned salt. | 2 tablespoons fines herbs. |
| 4 tablespoons Worcestershire sauce. | 1 teaspoon Tabasco pepper sauce. |

Allow butter to reach room temperature and whip in all other ingredients to make a whipped seasoned butter. Cook grits according to package directions (either quick three minute, instant or regular) substituting one half milk for the water required.

Put two heaping tablespoons of the seasoned whipped butter for every three cups of liquid and bring to a boil and continue to cook grits according to directions.

This seasoned butter may also be used to butter any freshly cooked vegetable or from the frozen line, by simply cooking, draining and tossing with the seasoned butter.

VARIATIONS: Should any grits be left over, allow to get cold, cut into squares and fry in butter.

SEAFOOD GUMBO: For twenty-five people.

If you are going to make gumbo, you might as well make plenty of it.

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| 3 large onions, chopped. | 4 cloves of garlic, chopped. |
| 5 stalks celery, chopped. | 2 teaspoons Tabasco pepper sauce. |
| 2 bell peppers, chopped. | |
| 5 lbs. gumbo (small) shrimp, raw | 1 tablespoon Worcestershire sauce. |
| 4 lbs. claw crab meat. | 3 qts. boiling water. |
| 2 pints fresh oysters. | ½ cup chopped parsley. |
| 2 tablespoons cooking oil. | ½ cup chopped onions, green or shallots. |
| 2 tablespoons gumbo filé.
(found in most spice sections) | Salt and pepper. |
| 1 or 2 heaping cooking spoons of regular flour. | |

Heat oil and add flour in a heavy pot and cook until a dark roux is arrived at. Stir constantly to prevent scorching (about twenty minutes). It will have the color of brown wrapping paper.

Fry garlic in this roux. Add onions and cook for ten minutes. Add celery, bell peppers, one teaspoon of black pepper, one cooking spoon of salt, two teaspoons of Tabasco pepper sauce, one tablespoon Worcestershire sauce.

Cook vegetables for another ten minutes and then add three quarts of boiling water. Allow liquid to come to a boil. Add raw shrimp and cook for another twenty minutes. Add crab meat and cook for another fifteen minutes.

In a separate pan, bring oysters to a boil till they just curl. Add oysters and juice to gumbo.

At last, add parsley and chopped green onions and cook for another fifteen minutes.

At the very last add the filé, blend well and remove from heat.

Allow to set and when reheating, simmer gently. Serve with a large spoonful of fluffy Louisiana rice on the bottom of each serving bowl.

HINT: If frozen sea foods are used, be sure they are thoroughly thawed out and heated before adding to the boiling liquid.

CHICKEN GUMBO with ANDOUILH SAUSAGE and OYSTERS:

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| 1½ cups cooking oil. | 1 pint of large oysters with liquid. |
| 1 cup regular flour. | ½ cup chopped parsley. |
| 3 onions, chopped. | ½ bunch green onions, chopped |
| 1 bell pepper, chopped. | tops and bottoms. |
| 2 large stalks celery, chopped. | 1 tablespoon Worcestershire |
| 4 quarts water. | sauce. |
| 4 lbs. chicken, cut up. | 1 clove garlic, minced. |
| ½ lbs. Andouilh sausage, sliced.* | 2 teaspoons Tabasco pepper |
| Salt and pepper to taste. | sauce. |

*Andouilh sausage is very common in south Louisiana. In other parts of the country, any good country sausage other than breakfast sausage may be used.

Brown chicken in some of the oil and then remove chicken pieces from the pot.

Add remainder of oil and stir constantly until a brown roux is achieved, about twenty to twenty-five minutes.

Add celery, onion and bell pepper as well as garlic.

Sauté the vegetables, stirring occasionally until they begin to separate.

Add cold water all at once as well as salt, pepper, Worcestershire sauce and Tabasco pepper sauce.

Bring to a rapid boil and add chicken pieces and Andouilh sausage pieces. Simmer and allow to cook for about an hour till chicken pieces are tender but not falling apart. Taste for salt and pepper.

When chickens are cooked, add oysters, which have been previously cooked till they curl, parsley and green onions.

Serve with fluffy Louisiana rice and a sprinkle of gumbo filé may be used with each serving and mixed individually.

VARIATIONS: TURKEY GUMBO. This is a good way to use left over turkey. Simply substitute the turkey carcass and all the left over turkey meat, dark and light, for the equivalent of chicken. Since turkey meat is already cooked, it should be cubed. The carcass should be cooked with the liquid for at least one hour and the turkey pieces thrown in just before the oysters, along with the sausage.

CHRISTOPHER BLAKE'S JAMBALAYA:

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| 3 tablespoons bacon or ham fat. | ½ teaspoon dried or two sprigs, |
| 1 pound ham, cut into cubes. | fresh thyme. |
| 3 cups finely chopped onions. | ½ cup chopped celery tops. |
| 3 cloves garlic, finely minced. | ½ cup finely chopped parsley. |
| ½ pound country sausage cut into | 1 or 2 fresh or dried bay leaves. |
| slices. | 2 lbs. raw shrimp. |
| 2 large green peppers, cored, | 1 quart water. |
| seeded and chopped. | 1 tablespoon crab boil (available |
| 6 ripe tomatoes, cored and cut | in many stores where spices are |
| into wedges. | sold). Optional. |
| 1 two pound-three ounce can of | ½ teaspoon Tabasco pepper |
| Italian tomatoes. | sauce. |
| 1 small can tomato paste. | 1 lemon sliced. |
| Salt and freshly ground pepper | 2 cups rice. |
| to taste. | 2 dozen oysters. |

1. In a heavy kettle or Dutch oven heat the fat and add the ham, onions and garlic. Cook, stirring until onions are light and brown. Add the sliced sausage, canned tomatoes, fresh tomatoes and tomato paste. Add salt and pepper, thyme, celery tops, parsley and bay leaves. Cover and simmer for two hours.

2. Meanwhile, put the shrimp in a saucepan and add the water, crab boil, lemon and Tabasco. Add salt, bring to a boil and turn off heat. Drain the shrimp, squeeze and reserve the cooking liquid. Peel the shrimp if unpeeled.

3. When the tomato sauce has cooked, add the rice and the liquid in which the shrimp has cooked. Cover again and cook for 20 minutes or until the rice is tender. Add the shrimp and oysters for the last ten minutes of cooking. Remove the bay leaves and serve hot. Yield: Six generous servings.

DIRTY RICE:

17-18 sets of chicken livers and gizzards.
1 lb. ground meat.
4 medium size onions, chopped.
2 medium size bell peppers, chopped.
4 stalks celery, chopped.
4 green onions, chopped.
½ cup chopped parsley.

2 small cans mushrooms, pieces and stems.
½ cup cooking oil.
1 whole egg.
1 tablespoon Worcestershire sauce.
2 teaspoons Tabasco pepper sauce.
2 cloves garlic, minced.
6 cups cooked rice.

Lightly cook livers in a little butter to hold together. Either chop livers and gizzards or put through a food chopper.

Brown chopped livers and gizzards with ground meat in oil. Sauté onions, celery, garlic and parsley and green peppers in this mixture. Add water to pan to at least one inch.

Simmer mixture for 2 to 3 hours in a covered pan.

Add mushrooms, salt, pepper, Worcestershire sauce, Tabasco pepper sauce and canned mushrooms and simmer for another 15 minutes.

Allow to cool and skim off all excess fat.

Toss this mixture with six cups of cooked rice, the green onions and one whole egg. Mix well and reheat in a very low oven and serve with any meat or fowl.

BAKED CHICKEN with CORN BREAD DRESSING:

3 small broilers.
1 pan of cooked corn bread, according to any mix recipe.
3 chicken livers.
3 gizzards.
1 lb. breakfast sausage, crumbled
2 cans chicken stock.
1 large onion, minced.
1 clove garlic, minced.

1 bell pepper, minced.
½ cup parsley, chopped.
1 tablespoon Worcestershire sauce.
2 teaspoons Tabasco pepper sauce.
Salt and pepper to taste.
1 cup cooking oil.
½ cup paprika.

In a mixing bowl, break up the cooked corn bread and moisten with some of the chicken stock. Sauté the gizzards and livers slightly and then cut up fine. Sauté onions, bell peppers, garlic and parsley and add all this to the corn bread mixture. If more liquid is needed, add a little more chicken stock.

Add salt and pepper and all other seasonings. Mix well and divide so that each broiler has enough dressing to fill cavity. Truss chickens.

Heat some cooking oil in a skillet and brown the chickens lightly. Sprinkle paprika generously over the chickens and bake in a moderate oven about 350 degrees for one to one and one half hours or until chickens are tender and done.

Baste frequently with a mixture of the remaining oil, paprika and chicken stock so that chickens are moist when finished.

Split broilers and serve hot. Also serve cold.

WHITE BEANS and HAM HOCKS:

2 cups of white beans (Great Northern).
6 cups cold water.
1 large onion, chopped.
½ cup chopped parsley.
2 carrots, diced.

3 tablespoons sugar.
2 cloves garlic, chopped.
3 ham hocks, trimmed.
2 teaspoons Tabasco pepper sauce.
Salt to taste.

Wash and pick over beans. Combine all ingredients in a large covered pot. Add water. Bring to a boil. Reduce heat and simmer for 2½ to three hours or until beans are tender.

Remove ham hocks from beans, cut meat away and dice and return to beans and serve with fluffy rice.

WALTER McILHENNY'S FROGS A LA CREOLE:

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| 1 dozen frog legs. | 1 cup of milk or fresh cream. |
| 3 whole eggs. | 1/2 teaspoon of salt. |
| 1 cup of sifted bread crumbs. | 1/2 of an onion, chopped very fine. |
| 1 tablespoon butter. | Few drops Tabasco. |
| 1 tablespoon sifted flour. | |

Take a half dozen frogs, the more delicate the better. Cut off the hind legs and skin. Scald the legs about four minutes in boiling water, adding salt and lemon juice to the water. Then take out and dry with a clean towel.

Beat the yolks and whites of two or three eggs, mix in bread crumbs sifted. Have ready a cup of heated cooking oil. Rub the frog legs well with Tabasco pepper sauce and salt, and put into the pot of hot oil. Allow them to fry to a nice golden brown. Then make the following sauce:

Take one tablespoon of flour, one very large tablespoon butter, one cup of fresh milk or cream, and a half teaspoon of salt. Put the butter in a saucepan over the fire. As soon as it melts, add the flour. Stir in gradually, and when blended, add by degrees to the boiling milk, stirring constantly to prevent scorching.

Take a spoonful of chopped parsley and a half of chopped onion that has been well grated. Have ready two fresh eggs, beaten in a bowl. Warm the frogs' legs in the sauce, and when it begins to simmer, stir the sauce briskly into the eggs. Return to the back of the stove a minute or two, being careful not to let the sauce boil after the eggs have been added, else they will curdle the sauce.

Serve hot.

LOUISIANA CAVIAR:

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| 6 small whole eggplants. | 1 cup very good olive oil. |
| 5 medium size white onions,
finely minced. | 1/2 cup wine vinegar. |
| 1 clove garlic, finely minced. | 1/2 teaspoon Tabasco pepper
sauce. |
| | 1 teaspoon salt. |

Place whole eggplants in a moderate oven (350 degrees) and bake until skins are very dark and wrinkled. Remove from oven and allow to cool long enough to handle. Peel away the skins with your fingers, drain the eggplants of any excess liquid and mash with a potato masher or similar instrument until a fine mush is achieved. Add the minced onions and garlic and mix well. Add the salt and Tabasco pepper sauce and then add the olive oil, a little at a time, blending well after each addition. Finally add the vinegar in the same manner. Taste for seasonings and chill well.

This makes enough to spread Melba Toast for a cocktail party for 25. It will also stuff about 12 small tomatoes or equally good to stuff celery for hors d'oeuvres.

OYSTER SOUP A LA CHRIS:

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| 1 pint fresh oysters. | 3 tablespoons butter. |
| Juice from the oysters. | 2 tablespoons flour. |
| 1 pound of cooked spinach,
coarsely chopped. | 1 quart of chicken stock. |
| 1/2 cup of Parmesan cheese, grated. | 1 teaspoon of Tabasco pepper
sauce. |
| 1/2 cup dry red wine. | 1 teaspoon Worcestershire sauce. |
| | Salt to taste. |

Poach oysters in their own juice. Remove oysters and chop coarsely. Melt butter and add flour and blend until smooth. Add oyster juices and red wine and gradually add seasonings and chicken stock until the sauce or soup is smooth and has the consistency of light cream. Add oysters and spinach and the grated Parmesan cheese.

If too thick, the soup may be thinned out with either half and half cream or more chicken stock.

Serve hot with crackers.

CHARTRES STREET TROUT:

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| 6 pieces of tenderloin of fresh trout . . . one per person. | 4 tablespoons large capers. |
| 1 stick of butter. | Salt and white pepper to taste. |
| Juice of two lemons. | ½ teaspoon Tabasco pepper sauce. |

Butter a pan and place trout on it. Place small pieces of butter on each trout and cover with buttered white butcher paper. Bake in a moderate oven for fifteen to twenty minutes, depending on the size of the trout. Do not over cook the fish.

When fish are done, immediately add juice of the lemons to the butter in the pan, salt to taste and the Tabasco pepper sauce. Add the drained capers and serve immediately with chopped parsley or chervil and buttered wedges of toast.

SHRIMP MOUSSE:

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| 6 cups cooked shrimp, peeled and deveined. | ½ cup chili sauce. |
| 2 cups sour cream. | Juice of two lemons. |
| 1 lb. Philadelphia Cream Cheese. | ¼ cup cold water. |
| 1 cup Mayonnaise. | 2 tablespoons unflavored gelatine. |
| ½ cup finely minced bell pepper. | ½ teaspoon Tabasco pepper sauce. |
| ½ cup finely minced green onion. | 1 teaspoon salt. |
| ¼ cup finely minced Pimento. | 1 tablespoon Worcestershire sauce. |

Chop cooked shrimp very fine. Cream together the cream cheese, mayonnaise and sour cream. Add all seasonings. Dissolve gelatine in the lemon juice and water mixtures. Beat in double boiler for five to ten minutes. Gradually fold this into the cheese and seasonings mixture. Add shrimp and blend well. Add all vegetables and blend well again. Pour into a chilled ring mold and refrigerate over night. Unmold and garnish with water cress or parsley. Serve as hors d'oeuvres or as a main course with a salad.

VARIATION: Melt shrimp mousse, add more cream, a little dry sherry and serve as a shrimp bisque with some chopped shrimp and almonds as a garnish.

DAUBE GLACE:

No Mardi Gras party is complete without this poor man's elegant dish. In 1928 and during the throes of the depression, this dish took forever to make. Now there is a modern version that can still make a good Mardi Gras party.

To Cook Meat:

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|---|------------------------------|
| 5 pound boneless beef rump. | 1 clove garlic. |
| ¼ cup cooking oil. | 1½ cups water. |
| 2 cans (10½ ounces each) condensed beef bouillon. | 1½ cups red wine. |
| 1 onion, quartered. | 2 stalks celery with leaves. |
| 2 sprigs parsley. | 2 carrots. |
| ½ teaspoon Tabasco pepper sauce. | 1 teaspoon salt. |
| 3 whole cloves. | 1 teaspoon dried leaf thyme. |
| | ¼ pound salt pork. |
| | 1 orange, cut in half. |

Brown beef on all sides in oil in Dutch oven or kettle. Drain off oil. Add bouillon and remaining ingredients. Bring to a boil; reduce heat and simmer, covered, 3½ hours or until meat is tender. Turn meat several times during the cooking. Remove meat and chill. Strain stock and chill; remove fat.

TO GLAZE MEAT AND VEGETABLES:

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| 2 envelopes unflavored gelatine. | 2 cans (1 pound each) whole carrots, drained and chilled. |
| 2 cans (1 pound each) whole onions, drained and chilled. | |

Sprinkle gelatine over 1 cup of cold stock in measuring cup or small bowl. Boil remaining stock, uncovered, until it is reduced to 2½ cups. Add softened gelatine; stir until gelatine dissolves. Pour about ⅛ inch of gelatine mixture into serving platter; chill until firm. Chill remaining mixture until it is slightly thickened or syrupy. Cut cold beef into thin slices. Arrange meat and cold vegetables on gelatine layer in platter. Spoon syrupy gelatine mixture over meat and vegetables; chill a few minutes and repeat with another layer of gelatine. Chill. Chill remaining gelatine mixture, cut into small cubes and arrange around the platter.

YIELD: 12 servings.

SHRIMP REMOULADE:

Enough boiled shrimp for six people. (About thirty-six large shrimp or forty-eight small shrimp, peeled and cleaned.)

Marinate the shrimp in the following sauce and serve on a bed of shredded lettuce:

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| 2 tablespoons vinegar. | 4 green onions with parts of the green, chopped fine. |
| 1 tablespoon lemon juice. | 1 tablespoon finely chopped parsley. |
| 8 tablespoons olive oil. | 3 stalks of celery with leaves, chopped (from the center of a heart of celery). |
| 3 teaspoons Creole or horse-radish mustard. | 2 teaspoons salt. |
| 1/2 teaspoon Tabasco pepper sauce. | |
| 6 tablespoons tomato ketchup. | |

Mix all ingredients in a Mason jar and if quantity is doubled or tripled, sauce keeps well.

VARIATIONS: Allow one hard boiled egg per person, cut lengthwise and cover with Remoulade sauce.

STUFFED CRABS:

Unless you live in New Orleans and can get and want to bother picking over fresh hard-shelled crabs, the following recipe is more convenient:

6 crab shells. Gourmet specialty shops now make imitation ones that are reusable.

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| 1 lb. claw crab meat. | Pinch of thyme. |
| 1 lb. white crab meat. | 1 tablespoon Worcestershire sauce. |
| 1/2 cup minced onion or the equivalent in green onions, tops and bottoms. | Salt to taste. |
| 1/4 cups minced celery, with leaves. | 2 eggs. |
| 1 tablespoon garlic, minced. | 1 teaspoon Tabasco pepper sauce. |
| 1 large tomato, peeled, seeded and chopped. | 1 stick butter. |
| 1 small bell pepper, chopped. | 2 cups of stale bread that has been moistened with some milk. Or the equivalent in commercial coarse bread crumbs. |
| 1 tablespoon chopped parsley. | |

Melt butter in a skillet. Saute the onions, garlic, tomatoes, parsley and celery and green onions for about five minutes.

Stir all seasonings into eggs and beat.

Squeeze bread crumbs of all excess liquid.

Combine sauted vegetables with bread crumbs. Add beaten eggs to crabs and combine with vegetables and bread crumbs. Mix well and taste for seasoning.

Fill individual shells and pile high. Dust with bread crumbs and paprika and dot with butter and bake in a moderate oven until done and golden brown.

VARIATIONS: These may be rolled into bite sized balls, dipped in seasoned flour, egg wash and fish fry or bread crumbs and fried. Serve as hors d'oeuvres with cocktail sauce.

STUFFED SQUASH with GROUND MEAT and HAM:

In New Orleans, Mirliton or vegetable pears grow everywhere and are very common in season. For those who can't find Mirlitons, white summer squash will do very nicely for the following recipe.

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| 3 medium to large summer squash. | 1/4 cup minced parsley. |
| 1 lb. ground meat. | Pinch of thyme. |
| 1/2 lb. good country ham or barbeque ham, chopped. | 2 eggs, beaten. |
| 2 cups stale bread, broken into pieces and soaked in red wine. | 1/4 cup ham or bacon fat. |
| 1 large onion, minced. | 1 tablespoon Worcestershire sauce. |
| 1 clove garlic, minced. | 1 teaspoon Tabasco pepper sauce. |

Parboil the squash in water to cover and cook until tender. Remove squash from water and when cool enough to handle, cut off top and scoop out the pulp, leaving a shell to stuff later on. Remove all seeds.

Keep pulp in a bowl.

Melt ham or bacon fat and brown ground meat in this. Salt and pepper to taste. Add onions, garlic and parsley and fry a few minutes longer.

ALBERTA'S FRIED CHICKEN:

This is fried chicken done simply, Southern and at its best. It is for those gourmets who like the whole thing . . . gizzards, livers, necks and backs so just have the tender fryers cut up for ALBERTA'S FRIED CHICKEN:

2-3 small fryers cut up, about eight pieces to each fryer.

Wipe pieces and generously salt and pepper them.

Put enough regular flour in a brown paper bag to shake the chicken pieces, a few at a time, until each piece is well coated.

Use either a deep fryer or an iron skillet. Use enough good, fresh cooking oil and get it hot but not boiling.

Place the chicken pieces in the skillet a few pieces at a time. Part of the chicken pieces should protrude from the cooking oil. They should not be completely submerged in the oil. This is important. Cover chicken pieces at once. (Contrary to some thinking, this will not make the chickens soggy . . . only moist on the inside.)

Allow about 30 minutes cooking time, looking in on the chicken pieces once or twice. They will float to the top and begin to brown. At this point turn them over and return cover. Repeat this once more.

When chickens are brown and tender and crisp, drain on paper towelling. They are good cold as well as hot.

VARIATIONS: Into the grease add two cloves of minced garlic and 1 teaspoon Tabasco pepper sauce.

OYSTERS A LA GOV. JAMES A NOE:

6 large oysters per person.

6 oyster shells (cleaned) per person.

1 1/4 cups of liquid (combined oyster liquid and a dry white wine such as Chablis).

1/4 cup finely chopped green onions, tops and bottoms.

1 tablespoon finely chopped parsley.

2 tablespoons butter.

2 tablespoons flour.

Salt to taste.

1 teaspoon Tabasco pepper sauce.

6 fried slices of a good country sausage, but definitely not breakfast sausage.

Poach oysters in their own liquid for a moment or so until they are plump. Remove oysters and combine oyster juice with the dry white wine to make 1 1/4 cup liquid.

In a saucepan melt butter and saute onions and parsley for a few minutes. Add salt and Tabasco pepper sauce and then stir in flour, blending to make a light roux. Add the hot liquid a little at a time and stir constantly till the sauce is thick and smooth.

Place an oyster in each shell. Top generously with the sauce. Place a slice of the lightly fried sausage on each oyster and heat in oven.

These may be done in advance and simply heated when ready to serve.

NEW ORLEANS PUSSY FINGERS:

2 tenderloins of cat fish, cut up into finger size.

2 whole eggs beaten with a little water.

1 cup seasoned flour (salt, pepper, thyme).

1 tablespoon Worcestershire sauce.

1 teaspoon Tabasco pepper sauce.

1 cup commercial fish fry or bread crumbs.

Enough cooking oil to fry.

Wipe each piece of cat fish. Dip each piece, one at a time in seasoned flour. Stir in Worcestershire sauce and Tabasco pepper sauce into the egg wash. Then dip cat fish pieces into this and finally into the commercial fish fry or bread crumbs. Arrange on a platter and refrigerate until ready to use.

Heat, but do not boil, oil in a heavy skillet. Dip cat fish pieces in a few at a time and cook until they begin to float. Turn over and finish cooking. About ten minutes.

Drain on paper towelling and serve with the following cocktail sauce:

1 large bottle of ketchup.
Juice of one large lime or lemon.

Half cup of horseradish.

1 tablespoon Creole or horseradish mustard.

1/2 to 3/4 teaspoon Tabasco pepper sauce.

1 teaspoon salt.

1/4 cup chopped capers.

Mix all ingredients in a Mason jar and keep.

Squeeze stale bread of any excess liquid.

Beat eggs and add Worcestershire sauce and Tabasco pepper sauce.

Combine pulp from squash, ground meat, stale bread and egg mixture and mix well. Correct seasonings after ham has been added.

Fill the squash shells high and dust with bread crumbs and dot with butter. Bake for half an hour in a moderate oven. When ready to serve, cut in half. If small squash are used, mixture will do for six small ones.

STUFFED EGGPLANT:

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| 3 medium sized eggplants, cut lengthwise in half. | 1 stick of butter. |
| 2 lbs. cooked shrimp, peeled and deveined. Chopped coarsely. | 2 tablespoons butter. |
| 1 onion, chopped. | 2 tablespoons flour. |
| 1/4 cup chopped parsley. | 1/4 cup milk. |
| 1 tablespoon minced garlic. | 1 tablespoon Worcestershire sauce. |
| 1 small bell pepper, chopped. | 1 teaspoon Tabasco sauce. |
| 1 cup stale bread soaked in milk. | Salt to taste beaten with two eggs. |

Remove any seeds from eggplants and place in a pot of salted water to cover. Cook gently until tender. Remove eggplants. When cool enough to handle, scoop out pulp and reserve the six shells.

Melt stick of butter and saute onions, green pepper, garlic and parsley. Add shrimp and cook for about five minutes.

Squeeze excess liquid from stale bread and combine with the extra half cup of milk.

Beat eggs with salt, Worcestershire sauce and Tabasco pepper sauce.

Melt two teaspoons butter, stir in two tablespoons flour and stir till golden brown. Add the cup of milk and cook for about five minutes and blend well.

Combine bread crumbs, white sauce, shrimp and vegetable mixture and eggs. If more stale bread is needed, simply add and combine. Correct seasonings.

Distribute and fill eggplant shells with the pulp mixture. Dust with bread crumbs and dot with butter and heat in a moderate oven till hot and ready to serve.

VARIATIONS: Lump or white crab meat may be added along with the shrimp. About half a lb.

CREOLE SALAD BOWL:

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| 2 lbs. shrimp (small) boiled, peeled and deveined. | 3 hard boiled eggs. |
| 2 heads of romaine. | French dressing.* |
| Enough watercress to garnish. | 1 small dill pickle. |
| 2 Creole (or garden ripe) tomatoes. | 3 olives. |
| 1 green pepper. | 2 tablespoons minced heart of celery. |
| 2 new white onions or a few cut up shallots. | 1 teaspoon Tabasco pepper sauce. |
| | Salt and pepper to taste. |
| | Paprika. |

Salt and pepper the shrimp and saturate well with some French dressing.* Mash egg yellows and make a smooth paste with more dressing.

Mince olives, 1/2 pickle, the white of one egg and celery.

Use the tender leaves of romaine and place alternately with the cress on a deep platter.

Cut tomatoes in slice (same being skinned and seeded) and place in center of platter with cut green pepper and onions.

Spread shrimp and pour egg paste over this.

Decorate with minced olives, pickles, other egg white rings and celery.

Strip the other half of the pickle and place here and there. Garnish with watercress and paprika, and chill before serving.

* Christopher Blake's French Dressing:

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| 1 cup olive oil. | black pepper. |
| 1/3 cup wine vinegar. | 1 teaspoon Creole or horseradish mustard. |
| 1 teaspoon salt. | |
| 1/2 teaspoon coarse ground | 1 teaspoon dried tarragon leaves. |

Place ingredients in a jar and shake well before using. Quantities may be multiplied and dressing stored unrefrigerated.

JEAN LOUVIERE'S SHRIMP CREOLE:

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| 3 lbs. small or medium raw shrimp (tails). | ¾ cup cooking oil. |
| 3 green peppers. | 3 heaping tablespoons flour. |
| 1 small can tomato paste. | 3 dashes Tabasco. |
| 1 bunch chopped green onions. | 4 or 5 cups boiling water. |
| ½ clove garlic finely minced. | Salt and pepper to taste. |

Boil shrimp five minutes, preferably in Shrimp Boil available in most spice racks. Drain. In fry pan or skillet (preferably heavy iron) make a *roux* by stirring oil and flour briskly until golden brown. Throw away if scorched and start over. Add green onions and garlic and brown slightly. Add shrimp, salt and pepper. Stir in *roux* and onions until shrimp is well coated (about 15 minutes). Add tomato paste, green peppers, Tabasco and one cup boiling water and continue stirring for 10 or 15 more minutes. Add slowly enough of boiling water to make rich sauce and turn on low heat. Continue stirring short while until shrimp is well coated. Serve on bed of cooked white rice.

RICE CALLAS:

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| 3 cups of cooked cold rice. | 1 tablespoon cinnamon. |
| 2 whole eggs. | Dash of nutmeg. |
| | 1 cup granulated sugar. |

Combine rice with cinnamon, nutmeg and sugar. Beat in eggs and blend well. Allow to refrigerate overnight.

Pat out into large balls or patty shapes and deep fry until golden brown.

Serve hot with a mixture of granulated sugar and cinnamon or pancake syrup or both.

MARQUISE AU CHOCOLAT:

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| 1 lb. grated semi-sweet chocolate. | margarine. |
| ⅓ lb. unsalted sweet butter or | 1½ cups heavy cream. |
| | 6 egg yolks. |

Melt butter over low heat. While butter is melting, beat the egg yolks with ⅓ cup heavy cream.

To the hot melted butter, add the grated chocolate, stirring constantly until melted.

Add one cup of heavy cream, continuing to stir until thick.

Add cream and egg yolk mixture and work, stirring constantly until thick again. About 15 minutes over low heat or in a double boiler.

Pour immediately into a mold and place in either freezer or refrigerator until firm and set. If set in freezer, then allow to thaw out slightly before unmolding.

This is a very rich dessert and needs to be served in small quantities with the following garnish:

One pint of stiffly beaten whipped cream. ½ cup Myer's dark Jamaican rum.

Into stiffly beaten cream gradually add the rum and blend well. Spoon this over each serving of the Marquise.

MYERS'S JAMAICAN RUM PIE:

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| 5 egg yolks. | Enough vanilla or graham |
| ¾ cup of granulated sugar. | crackers to make two 9 inch |
| 2 envelopes unflavored gelatine. | shells. Commercial frozen |
| ¾ cup of Myers's Jamaican rum. | shells may be used. |
| 3 cups stiffly whipped cream, | Gratings of semi sweet choco- |
| very cold. | late or dark brown sugar may |
| | be used for garnish. |

Prepare pie shells and bake for ten minutes or use prepared shells. Set aside to cool.

In a mixing bowl, blend the egg yolks and sugar until thick and lemon colored. Dissolve the gelatine in ¼ cup cold water and ½ cup rum and heat in double boiler for ten minutes, stirring briskly. Cool slightly and gradually add to the egg-sugar mixture.

Allow this to cool again. Fold into this mixture the whipped cream until completely blended and finish off with the final ¼ cup of rum.

When ready to serve, sprinkle with the gratings of the chocolate or the brown sugar.

JAMAICAN BANANAS:

In New Orleans, plantains are used but regular bananas may be used.

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| 1 firm plantain or banana per person. | 2 oranges (the juice and the rind, grated). |
| 1 stick unsalted sweet butter or margarine. | 1 cup dark brown sugar, firmly packed. |
| 1 lemon (the juice and the rind, grated). | ½ cup Myers's Dark Jamaican rum. |

Add butter and the gratings of the lemon and oranges to a heavy skillet and melt over very low heat, stirring frequently to blend well with the gratings. Add the brown sugar and stir until the mixture is smooth.

Add the juices and continue cooking. Add the sugar and cook further till sugar is melted and blended with other ingredients. Add rum, a little at a time, and bring to a slow boil.

Peel plantains or bananas and poach them in this sauce, turning frequently. Cook for about five minutes until they are tender but not mushy.

You may leave the bananas whole or cut them into one inch cart-wheels.

There is enough sauce for 6-8 servings over hard vanilla ice cream. If bananas are served as a vegetable (good for brunch) there is enough to poach about twelve bananas.

BREAD PUDDING with WHISKEY or RUM SAUCE:

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| 6 slices bread, preferably French. | 1 tablespoon vanilla. |
| 6 tablespoons sugar. | Pinch of salt. |
| 3½ cups milk. | ½ stick of butter. |
| 4 eggs, separated. | 1 cup seedless raisins. |

Break bread into ovenproof dish.

Soften bread with small amount of milk.

Beat sugar and egg yolks. Add milk and stir well. Add vanilla and raisins.

Pour milk mixture over bread.

Place dish in pan of water and bake 300 degrees for 40-50 minutes or until a silver knife inserted comes out clean.

Make meringue by adding two tablespoons sugar to four beaten egg whites till stiff. Spread bread pudding and return to 350 degree oven and bake until meringue is brown.

WHISKEY SAUCE:

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| ½ cup sugar | ¼ cup water | ¼ stick butter |
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Cook ingredients until dissolved and add enough 100 proof Bourbon to individual taste. Or use same recipe and add enough Myers's Jamaican rum to taste.

Serve bread pudding with sauce to one side.

CAFE BRULOT:

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| 1 cup of cognac or brandy. | ½ orange peel cut thin. |
| 30 pieces of dot sugar. | Peelings from one lemon, cut thin. |
| 40 whole cloves. | 1 quart strong Luzianne coffee, dripped New Orleans style. |
| 3 pieces stick cinnamon, broken into bits. | |

Combine ingredients in advance. In a brulot bowl pour a cup (½ pint) of cognac or brandy. Add sugar, cloves, broken bits of cinnamon stick, thinly cut orange and lemon peelings.

The mixture should be set to steep for at least six hours in advance of serving time to allow the brandy, spices and citrus oils to blend.

The coffee is prepared separately and is not mixed with the spiced brandy until serving time.

More brandy may be set aflame after coffee is stirred in.

This will serve twenty guests.

If brulot bowl is not available, this may all be done in the kitchen and simply heat in a regular coffee pot. The flaming is optional.

FAMOUS NEW ORLEANS DRINKS:

PAT O'BRIEN'S HURRICANE PUNCH:

- 2 ozs. Jero's Red Passion Fruit Cocktail Mix.
- 2 ozs. fresh lemon juice.
- 4 ozs. good Dark Rum (amber).

Mix all ingredients and pour over glass filled with crushed ice.
Decorate with orange and cherry.

CHRIS BLAKE'S BLOODY MARY:

- 1 tablespoon seasoned salt.
- 1 tablespoon Worcestershire sauce.
- 1/4 to 1/2 tablespoon Tabasco pepper sauce (depending on taste).

- Juice of three lemons.
- Juice of one lime.
- 1 Large can of V-8 Juice (46 oz.).
- 2 cups of Vodka.

Put all seasonings in a blender and shake well. Add one and one half cups of Vodka. Add the V-8 Juice and finish with another half cup of Vodka. Mix well. Pour over ice in large glasses and garnish with a green onion.

SAZERAC COCKTAIL:

- 1 lump of sugar.
- 1 dash of Orange bitters.
- 1 dash of Sazerac or Angostura bitters.
- 3 dashes of Absinthe

- (Pernod or Herbsaint).
- 2 jiggers of 100 proof Bourbon or rye.
- 1 double old fashioned glass.

Rim glass with the absinthe. Muddle sugar with the bitters and just a dash of water. Fill glass with cubed ice. Pour bourbon or rye over this. Stir till cocktail is ice cold. Remove ice and garnish with a lemon twist.

RAMOS GIN FIZZ:

- 1 to 2 cups of crushed ice.
- 1 egg white.
- 2 teaspoons thick cream.
- 1 heaping teaspoon of sugar.
- The juice of half a lemon.

- 2 ounces of gin.
- 1/2 teaspoon of orange flower water.
- 1 dash of Pechaud bitters (now commercially called Sazerac bitters).
- Twist of lemon peel.

Place crushed ice and all ingredients into a shaker. Shake, shake and shake again till it is frothy all through . . . almost like whipped cream. It's all in the shaking.



CHRISTOPHER BLAKE



DEDICATION

There are very few original recipes today. At best all cook books feature variations on a theme. The source of those themes is what makes for exciting recipes.

I am proud to have kept my eyes and ears open to the best culinary tunes played in New Orleans and the Bayou Country. No cuisine, with the possible exception of Mandarin Chinese, Hungarian and Classical French, evokes as much excitement for the gourmet palate as Cajun and Creole.

I am also proud to have tasted these recipes in some of the finest restaurants and at the homes of the greatest hosts and hostesses, cooked by native cooks, in Louisiana.

In particular, I wish to give thanks to Mrs. Dorothy Parr of Boutte, Louisiana, who is without a doubt one of the finest native cooks in her part of the country. To watch her prepare Cajun and Creole recipes and to eat them right in her kitchen is what it is all about.

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