



Spicy Cures For Winter Doldrums

Spicy Cures for Winter Doldrums

March is supposed to "come in like a lion and leave like a lamb," but with the weather records that have been broken, this March easily can be just another part of a seemingly unending winter rather than a prelude to spring.

This is the time to serve something that is not only warm and satisfying but also adds a spicy lift on overcast days. May we suggest some savory recipes from the bayou country of Louisiana, courtesy of *Tabasco®* (McIlhenny Co.).

Bayou country cooking is an extraordinary cuisine that is world famous. It is a distillation of a number of distinctive culinary heritages: French-Canadian, or Cajun; African, and a mix of French and Spanish known as Creole. The result is a cuisine that is redolent of herbs and strongly seasoned. It is full of savory surprises, as this month's recipes demonstrate.

Louisiana Chicken Casserole

- 3 eggs
- 1 cup chicken broth
- 1 cup milk
- 1 cup unsifted all-purpose flour
- 1 1/4 teaspoons salt
- 3/4 teaspoon pepper sauce
- 2 cups cooked, diced chicken
- 1/4 cup chopped pimiento
- 1/4 cup chopped parsley leaves
- 2 Tablespoons butter or margarine, melted
- 1 Tablespoon coarsely grated onion
- 1/4 teaspoon dried leaf thyme, crumbled

In medium bowl combine eggs, chicken broth, milk, flour, salt and pepper sauce; beat with egg beater or wire whisk until well blended. Stir in remaining ingredients. Turn into buttered 1 1/2-quart baking dish. Bake in 350°F. oven 45 minutes, or until custard is set. Serve with additional pepper sauce, if desired. *Yield: 4-6 servings.*



Hearty Louisiana Chicken Casserole blends savory seasonings in a rich custardy texture.

Bayou Bar-B-Que

- 1/4 cup salad oil
- 1/2 cup chopped onion
- 1 can (8 oz.) tomato sauce
- 1 cup catsup
- 1/4 cup cider vinegar
- 2 Tablespoons brown sugar
- 2 Tablespoons Worcestershire sauce
- 2 Tablespoons prepared mustard
- 1 teaspoon salt
- 1 teaspoon pepper sauce
- 2 pounds sirloin steak, cut in 1-inch cubes
- Bottled pickled onions

Heat oil in medium saucepan; add onion and cook 5 minutes. Add remaining ingredients, except steak and pickled onions. Simmer 10 minutes. Cool. Add meat cubes; marinate 45 minutes. Alternate meat and pickled onions on skewers. Place in preheated broiler about 4-inches from heat source. Broil approximately 4 minutes on each side. *Yield: 4 servings.*

Remoulade with Vegetable Crudites

"Vegetable Crudites" is Louisiana-French for "raw vegetables". The Remoulade is the sauce in which they are dipped. This makes a wonderful hors d'oeuvre.

- 1/2 cup Creole or brown mustard
- 1/2 cup salad oil
- 1/4 cup catsup
- 1/4 cup cider vinegar
- 1/4 teaspoon pepper sauce
- 2 Tablespoons each finely chopped celery, onion and green pepper
- Cherry tomatoes
- Mushroom slices
- Cucumber slices
- Celery slices
- Carrot sticks

Combine mustard, oil, catsup, vinegar, pepper sauce, chopped celery, onion and green pepper. Cover and chill. Serve with whole and sliced vegetables. *Yield: About 3 1/2 cups remoulade.*

We believe that our readers will want to support those advertisers who support the press of Black America. We are sure, therefore, that when you select the ingredients for this month's recipes, you will want to use:

- DelMonte tomato sauce
- Heinz catsup
- Heinz cider vinegar
- Lea & Perrins Worcestershire sauce
- Tabasco® pepper sauce
- Wyler's chicken broth