

## STUFFED CRABS

1 1/2 dozen crabs, washed and cleaned

### *SEASONED WATER*

Crab boil

Salt and pepper

Onion

Celery

Parsley

Hot pepper

Water to cover

### *STUFFING*

2 medium onions, minced

1/2 bell pepper, chopped

1 tablespoon of butter

3 sprigs of parsley, minced

2 green onions, minced

Crabmeat, picked over for shells and cartilage

1 tablespoon of toasted breadcrumbs

3 tablespoons of sweet cream

12 crab shells

Toasted breadcrumbs for topping

Lemon juice

Butter for topping

1. Boil crabs for one-half hour in Seasoned Water; pick crabmeat out of shells. Clean 12 of the shells and set aside.
2. To make Stuffing, sauté onions and bell pepper in butter until wilted; add parsley and green onions.
3. Add crabmeat and breadcrumbs and stir until thoroughly mixed. Cook for ten minutes.
4. Remove from heat and stir in cream.
5. Spoon Stuffing into crab shells. Top with toasted breadcrumbs.
6. Put about 10 drops of lemon juice and a small lump of butter on each crab. Bake in oven, uncovered, until tops are brown.

– Florence Gauthier

## FRIED CRAWFISH OR SHRIMP

Salt and pepper, to taste

1/2 teaspoon of garlic powder

1/2 teaspoon of onion salt

1 teaspoon of Creole seasoning

2 1/2 cups of all-purpose flour

2 eggs

1/2 cup of evaporated milk

2 pounds of peeled crawfish tails

Oil for deep-frying

1. Mix all seasoning with flour.
2. In a separate bowl, beat eggs with milk.
3. Dip crawfish tails in egg mixture, then in the flour.
4. Fry tails in hot oil until light brown, which takes only about two to three minutes. Be careful not to overcook!

Serves four.

## FRIED FROG LEGS

2 pounds of frog legs

2 teaspoons of salt

1/4 teaspoon of pepper

2 eggs, beaten

4 teaspoons of lemon juice

2 tablespoons of water

1/4 cup of yellow corn meal

1 cup of fine breadcrumbs

Cooking oil

1. Season frog legs with salt and pepper.
2. In a bowl, combine eggs, lemon juice and water.
3. Dip frog legs into egg mixture, then roll in corn meal and breadcrumbs.
4. Fry in oil (350 degrees) for eight to ten minutes or until golden brown and tender.

Makes four to five servings.

– Jackie Manuel