

LOUISIANA COOKING

By Native American
Choctaw-Apache



INTRODUCTION

Collecting recipes and folklore for the writing of *Louisiana Cooking by Native American Choctaw-Apache* from my son, aunts, 10 brothers and sisters, nieces, nephews and cousins has been a walk back to my roots. We are descendants of my maternal grandparents, Christina and Dora Sepulvado, and great-grandparents, Tom and Mary (daughter of Petro, an Indian woman), and great-great-grandmother, Elogia de los Santos Coye (Tom's mother), whose portrait graces the cookbook cover. Our ancestors were among the original 13 families who settled in the Sabine Parish and Red River Parish area. The Indian forebears of my grandfather Dora, called Papa, are written about on page 15.



I am dedicating this book as a tribute to my Choctaw-Apache mother, grandmothers and great-great-grandmothers for their contributions to the unique legacy of American Indian women in our family.

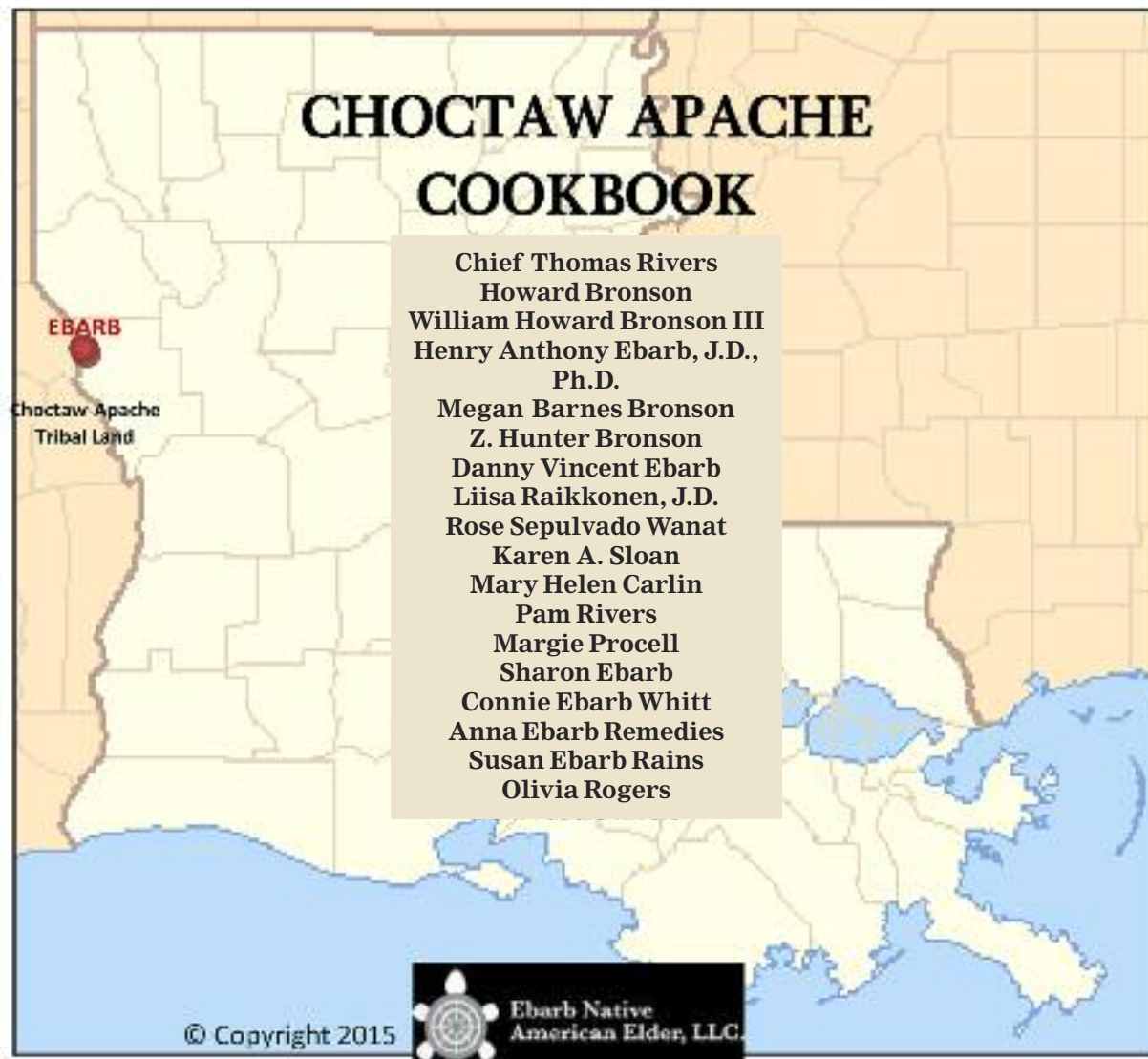
In 1942, I was born at home in

the rural and isolated Ebarb community, without electricity or indoor plumbing, not more than a mile from present-day tribal land. I was delivered by a midwife, who was assisted by my grandmother Christiana, also called Goodmama, whose strong influence is detailed

in the cookbook.

My husband, Howard, of 47 years, provided his editing skills and encouragement to make this cookbook possible.

**Dorsey Ebarb Bronson
(Tribe Elder)**



www.choctawapachecookbook.com

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Choctaw-Apache Chief Thomas Rivers

CHOCTAW-APACHE TRIBE OF EBARB DESCENDANTS

Many members of the Ebarb tribe are descended from a handful of Spanish and Mestizo-fathered (of European and Native American ancestry) families who settled in the area in the 18th and 19th centuries. The tribe's origins can be traced to 13 families from the Adai Mission who settled on the east bank of the Sabine River in the early 1700s. These families were later joined by four Lipan Apache families who were former slaves. Their surnames reflect the past and include Ybarbo (Ebarb), Sanchez (Santos), Sepeda (Sepulvado), DelRio (Rivers), Procella (Procell), Martinez, Bermea (Malmay), Sharnack (Ezernack), Rameris (Remedies), Garcia, (Garcie), Cartinez, Padilla (Paddie) and Leone.



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HAPPY TIMES (FOREWARD)

As the eldest of Goodmama's 44 grandchildren, I personally observed my mother, sisters, aunts, uncles, grandmothers and grandfathers cook. They cooked food on wood stoves, wood heaters, fireplaces and outdoors on wood fires — both at home and on campfires in the piney woods of North Louisiana.

All of us had a job of some kind. Our tasks consisted of working in the fields, pruning fruit trees, cutting, chopping, splitting wood, tending animals, hunting, trapping, fishing,

canning and curing meat in smoke houses. It was important that food be cooked quickly and at high temperature.

The woods were full of nuts, grapes and berry-bearing trees. Farming and tending animals was all done on land that was not fenced during my childhood. In addition, no one wore shoes except when we went to church on Sunday mornings. After church, a big family meal was always cooked at noon.

My grandmother, Christina (Goodmama) Sepulvado, was the boss and manager of the family. She directed all of us on what we would be doing each day, including my grandfather Dora (Papa) Sepulvado. She alone directed how much food needed to be prepared, stored or cured, and she determined how much could be sold to non-family members.

Food was raised, harvested, stored, canned, dried and smoked. It was also preserved by burying it in sand, as in the case of Irish potatoes, or in pine needles as in the case of sweet

potatoes or sugar cane stalks.

Animals would be harvested during daylight hours or at night using torches in order to see the nocturnal animals. The process of tracking and finding beehives in trees for honey, fighting off the bees and keeping the honey in vats was an exhilarating process that could fill a book alone.

Cooking food that was fresh from storehouses and smokehouses, dried or freshly harvested animals all required knowledge of different techniques and recipes passed down from many generations. Slaughtering methods for different animals and fish required special skill with knives, hatchets, axes and saws.

Different family members knew which recipes were not to be tampered with and needed to be carefully maintained. Many family members preferred hot peppers cooked in the food or on the side.

However, others never developed a taste for hot peppers, and even though they were catered to, they were looked upon as wimps.

HAPPY TIMES (FOREWARD)

The land was shared by all and not fenced off. Hundreds of acres of non-fenced forest and waterways were used by all for whatever purpose suited their needs. Some trees were cut for firewood and others were mined for all types of nuts. Traps were set for wild animals to be used for food or sold for extra income. All farm animals were marked by cuts on their ears as families agreed upon markings, distinguishing between those let loose to roam until time for them to be slaughtered, those brought in to be milked and those to perform farm chores. As the oldest (and I would like to think the fastest on foot of my many cousins), Goodmama assigned me to go out and chase down an animal that she wanted. That was something I took great pride in doing. Pleasing her meant a lot to me!

Finally, it needs to be said that this foreward has been a catharsis for me.

One of my regrets in life is that I spent so much time in the classroom getting an education and was never able to pass on my knowledge of cooking to my descendants. In this respect, I now feel honored and thankful that my sister, Dorsey, asked me to write this forward.

Henry Anthony Ebarb J.D., Ph.D.



Louisiana Cooking



Twenty two year old Christina Meshell Sepulvado (Goodmama) and Dora Sepulvado (Papa) eloped in 1919. She is pictured in the hand-patterned and hand-sewn suit she secretly made for her wedding.

MAKING SUGAR CANE SYRUP

Modern day:

Goodmama's granddaughter, Sharon Rivers-Ebarb said to her visitors: "So you want to see Goodmama's cane mill? Well, it is located on my land and I have it secured, stored and protected from the weather. Would you like to see the mythical cane mill?" Thus, what began as a question about the family history of making Blue Ribbon Cane Syrup with its own cane mill turned into a very emotional walking tour of Sharon's land. Sharon graciously showed Goodmama's cane mill to her visitors: the author of this cookbook, the author's husband, Howard Bronson, and the author's brothers, Danny Ebarb, M.S. and Dr. Henry Anthony (Anti-Cat) Ebarb.

Sharon knew her cousins and visitors had actually worked in the syrup making process as small children, with the entire family participating under the direction and supervision of Goodmama. During the tour, the author and her brothers

**Christina Meshell Sepulvado
(Goodmama) at 80 years old.**



MAKING SUGAR CANE SYRUP

described the cane making process and relived the memory of how it brought Goodmama's entire family together for a day. No one received pay for their work. It was a happy, idyllic family time. The process went as follows.

First, some family members took a horse drawn wagon into Goodmama's cane field. They cut ripe, ready to harvest Blue Ribbon Cane, put the cane stalks into the wagon and kept up the process of taking the cane from the field to the cane mill location until Goodmama indicated there was enough cane to make a decent batch of syrup.

Meanwhile, others built and maintained a roaring fire under the huge 5' by 10' metal pan that was designed and engineered for syrup



Christina Meshell Sepulvado (Goodmama) cooking at 90 years old.

making. Family members also set up the cane grinder, a large wooden barrel, complete with a cloth strainer to catch and strain the cane juice. Others connected a long curved pole atop the grinder apparatus and harnessed up

a horse or mule to pull the pole in a circular motion around and around the grinder.

Then, smaller children steadied the horses and mules and pushed the cane stalks into the grinder as the animals provided the power

to turn the grinder. Of course, as the juice flowed into the barrel, Goodmama rewarded each of the family members with a taste of the delicious nectar.

Then the juice was transferred to the cooking pan and the process of cooking the juice by moving it back and forth from a hot section of the pan to a cooler section continued until Goodmama's husband, Goodpapa, announced that the syrup was done and ready to be put into gallon buckets.

Finally, Goodmama handed out an allotment of syrup to each of her married daughters for their family. The rest was put into a cool storage place for winter time consumption.

**Henry Anthony Ebarb
J.D.,Ph.D**

THE MATRIARCH

Mrs. Christina Meshell Sepulvado, (Goodmama), was the matriarch of her family. She led by example and all family members, including her husband, sought her approval and tried to pass on her sage wisdom to others. Her daughters gave her 44 grandchildren. Her descendants' accomplishments include Thomas Rivers, Chief of the Choctaw-Apache Tribe of Ebarb, La., newspaper editors-publishers, professional athletes, one military officer (who supervised in the capturing one of the world's most notorious criminals), doctors, attorneys, professors and successful entrepreneurs. She would be exceptionally proud of them as she was a seeker of perfection. In addition, she passed on examples of her deep faith in God and would be most happy to know of their efforts to be good people and take care of their families.

To understand this remarkable lady, one needs to reflect on Goodmama's persona. While exhibiting a serious manner, she had a fantastic sense of humor and could break out in laughter at any time. During family gatherings, while working diligently and happily

together with family, sharing meals or sitting on the porch of her home, she was a powerful (4'8") force. She had a commanding presence and a keen intellect that was respected by all. One of her finest qualities was her determination to pass on her family's oral history. She shared her stories at every family occasion, of working in the fields or hunting by night. Each day of her life, excluding Sunday, which she set aside for rest and family gatherings at her home, was spent in the pursuit of what some call a "hunter/gatherer" goal. Her family never worried about food in the winter because Goodmama had supervised the curing and storing of food while it was plentiful for the time it would be needed most. She never wasted time and her every move had a purpose to improve the life of her family.

As an example, when she or her daughters had young children and work was to be done in the field, she supervised in digging a hole in the ground under a shade tree, lined the hole with cloth and put the babies into the hole for safety. Then they all could work and hear the babies cry when

they needed attention, allowing someone to care for them.

Every Sunday all members of her large family gathered at her home to share a meal, tell tales, and listen to Goodmama. She was a special person to spend time with and she showed interest in others by asking specific questions and debating issues. She and my father were the last two members of our family to speak what could be our tribe's native tongue. It was a happy time to be together at her home.

Goodmama was so enterprising. During the Great Depression, she bought a lot of land. She parceled it out to each of her daughters as they married. To go along with the land she bestowed, she also gave each a cow, a horse and helped them build a house (fully paid for). She also provided them with seeds for plants to raise food, shared meat from slaughtered animals, doctored them when they or their children were sick, assisted in child birth, took them to church and most important, provided wise counsel life decisions.

Henry Anthony Ebarb, J.D., Ph.D

HEALING WOMAN

Christina Meshell Sepulvado (1896 – 1986), called Goodmama, was taken at birth by her Native American grandmother, Petro Procell, and raised until she was 8, then she went to work picking cotton in her father's fields. While being raised by her grandmother, she learned herbal remedies and used her healing skills to save her father's life many years later. Grand Ma Petro taught Christina how to find mullein leaves, deer weed and many other herbs and plants to treat indigestion, coughs and congestion. For a toothache, a small sliver from a white oak tree knot was placed on the tooth. In the winter, to ward off colds, Christina made tallow and turpentine rags for her daughters to wear over their chests to school.

For bleeding wounds, she applied spider webs to stop bleeding. Her grandson, Danny Ebarb, remembers witnessing her apply spider webs to stop the bleeding on her foot after

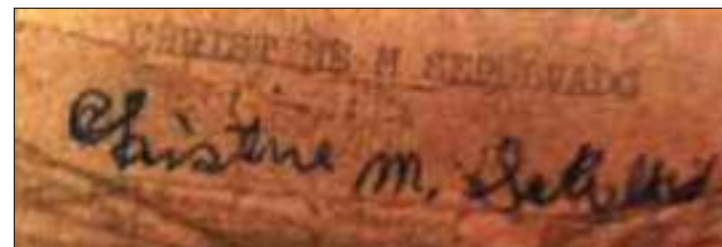
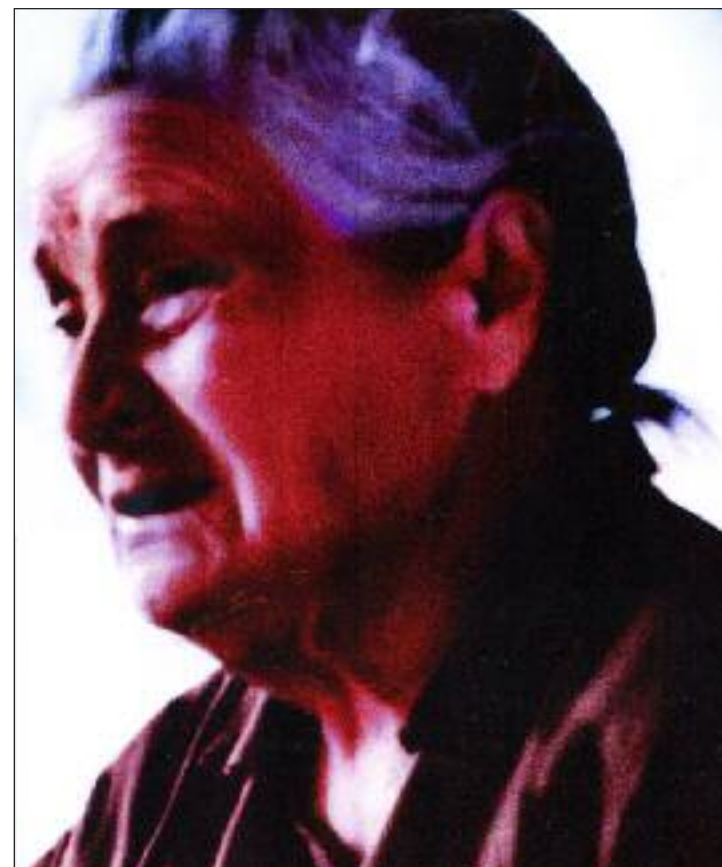
accidentally cutting it while chopping wood.

Goodmama is revered for more than just healing, such as her work ethic, whether hoeing in the field with a baby strapped to her back or kindly giving of her time to her granddaughters and neighbors.

She called on them with chicken soup for healing or brought a gift of a handmade quilt for their new born baby.

Goodmama's devotion and prayers to the Blessed Virgin Mary, along with her stubbornness to not give up, helped her save her father's life. Her 84-year-old daughter, Rose Wanat of Ringgold, Ga., told the story of Grandpa Tom Meshell's being left for dead by the doctor. Goodmama found him collapsed in the breezeway of his house and immediately began feeding him buttermilk by dipping it in a rag and putting it to his lips until he recovered days later.

Two months later, the doctor told him he should have been dead.



Goodmama was proud of signing her name.

ANCESTORS



Elogia de los Santos Coye, 1838-1882

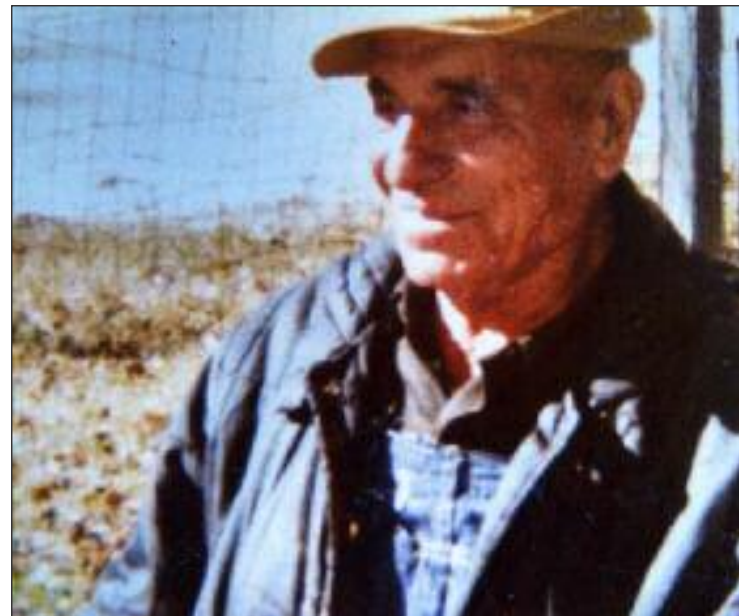
Goodmama's grandmother, Elogia, raised her son Tom Meshell in Lake End, La., in Red River Parish. She worked as a farm laborer and died when Tom was 15. He moved to Sabine Parish, found work, and married Mary Procell, daughter of an American Indian Mother. They raised Goodmama and her siblings in the Sepulvado Loop area in Ebarb.



Tom Meshell (1867-1951) and Mary Procell Meshell (1874-1951)

AMERICAN INDIAN VETERAN

Dora Sepulvado, (1893 – 1986), served his country as an Army MP stationed in Paris, France. When he came home, he did two things. First, he eloped with Christina Meshell in 1919 and second, he put his army helmet in a split in the trunk of a pine tree that still stands nearly 100 years later. His father was Joseph J. Sepulvado, born in 1868 in Sabine Parish. His mother was Rosa Lafitte, born in 1870. His grandfather, Jose Siaui Esiquio Sepulvado, was a Native American who fought in the Indian wars. His grandmothers, Rebecca Ferguson and Rosa Guay, were of Native American ancestry and his great grandmother Maria Gagnier was a Choctaw.



Far left, Papa's Army uniform in 1919; above, his army helmet in a tree nearly 100 years later; at left, Papa at 90 years old.

COURAGEOUS SPIRIT

Leslie Rivers

Leslie Rivers inherited her courageous spirit and tenacity from her mother, Henrietta Rivers, her grandmother, Verna Ebarb, and her great-grandmother, Christina Meshell, who were all amazing women guided by their strong faith.

While a junior in high school, Leslie was in a car accident that injured her spinal cord and left her a quadriplegic. Because of her strong faith, she learned to drive a hand-controlled van and graduate from college. Sadly, this bright star's life ended in 2005 when a drunk driver hit her van.

Happily, before she died, her dream of going to New York City and meeting famous people came true. She organized the memorable trip which included going backstage of the "Today Show" and the "Regis and Kelly" show.

She was given the VIP treatment and she met and was photographed with Katie Couric, Matt Lauer, Kelly Ripa and Regis Philbin.

Leslie was accompanied to New York City by her sister, Suzanne Ebarb, her sister-in-law, Paula Rivers, father Tim Hurd and me.

Leslie's trip was arranged by her Uncle Howard Bronson. He called his friend, Dr. David Bronner, Chief of the Retirement Systems of Alabama, who arranged everything.

Highlighting the trip was a private lunch arranged by Dr. Bronner at RSA's 55 Water Street Luxury Office Building on the East River, giving Leslie a view of the famous Manhattan Skyline.

Dorsey Ebarb Bronson

THANK YOU!

Our most sincere appreciation to the talented cooks who shared their family recipes and generously gave of their time to convert them from memory to written form and make this cookbook possible! The process required hours of dedication because many contributors cook instinctively and without measuring, mixing a “pinch of this or a palm of that.” Some of the recipes are meant to be a guide rather than to be cooked to the letter. Enjoy!

Margie Rivers Procell
Mary Helen Carlin
Lillie Meshell (94 years old)
Rose Sepulvado Wanat
Chief Thomas Rivers
Henry Anthony Ebarb J.D., Ph.D
Danny Vincent Ebarb
Elton Jacob Ebarb
Craig Ebarb
Sharon Rivers Ebarb
Clark and Paula Rivers
Suzanne Rivers Ebarb

Karen A. Sloan
Mandy Olivia
Connie Ebarb Whitt
Susan Ebarb Rains
Brad and Jana Wright
Betsy Ebarb
Anna Ebarb Remedies
Julie Ebarb Crittenden
Jerry Rogers, Jr.
Pam Rivers
Christina and Sarah Ebarb
April Jessica Zirbes

STORYTELLING

Goodmama and the Sheriff

Collecting Mom's recipes for this cookbook reminded me of stories about the good old days.

For years, my mom has told the following story that she witnessed. My sisters and brothers and I never tire of hearing it, which we named "Goodmama and the Sheriff."

One day, back in the 1940s, the sheriff stopped by my grandparents' house to collect \$6 for a cow that had gotten out of their fenced pasture. The sheriff was trying to collect from granddad while he was sitting in his porch swing and listening to Paul Harvey on the radio.

Goodmama comes out of the house with a shotgun and tells the sheriff, "I am going to shoot you if you do not leave because it is wrong what you are trying to do. If you had asked us, we would have gotten the cow and penned it up."

The next day, the sheriff dies. In deep remorse, my grandmother confesses to a priest.

The priest told her that it was not her fault the sheriff died. In fact, lots of folks had wished him dead!

Karen A. Sloan
Chattanooga, Tenn.

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SUNDAY DINNER

Game, fish, fowl and meat



Mother's Garlic Stuffed Pork Butt

For You, Mom!

I remember the great smells of Mom's pork roast cooking and my large family gathered around a small kitchen table talking and eating. We always looked forward to Sunday dinner after church when family dropped in to eat and visit.

Mother's Garlic Stuffed Pork Butt

1 cup water
1 T salt
1 T black pepper
1 T Mrs. Dash® table seasoning
1 tsp. garlic powder
1 medium white onion, chopped
1 cup beer
8-10 whole garlic cloves, peeled
1 tsp. canola oil
5 lbs. pork butt with skin (you can cut skin off to lower fat)
Cast iron Dutch oven or a heavy Dutch oven

Mix all dry ingredients in a bowl and have chopped onion ready in another bowl.

Make 8 to 10 one-inch slits across and about 1-inch deep all over the pork butt, usually three slits on top, two slits on each side and none on the skin side. With a teaspoon, fill each hole with dry ingredients and put one clove of garlic in each hole. Rub pork with oil and any remaining dry ingredients.

Prepare Dutch oven by heating on top of stove. When a couple drops of water dance across the surface, the pan is hot enough.

Add one teaspoon of oil and sear meat on all sides with skin side down. Place lid on Dutch oven and lower heat to medium. Cook for one hour. Liquid should form to keep from burning but you may have to add your choice of 1/2 cup of water OR 1 cup of beer.

After an hour, turn meat over and cook for another hour. Be sure to check that meat is not burning. Add 1/2 cup of water, if necessary.

Turn meat back to skin side down and lower heat to medium-low and cook another hour. Meat should be fork-tender. Depending on the size of roast, it may take longer. Enjoy Mother's Garlic Stuffed Pork Butt and natural gravy with long grain rice and green beans!

Makes 8 to 10 servings.

Note: All measurements are approximate, adjust to taste. (I cook like my mother, no exact measuring).

Recipe by Connie Ebarb Whitt

Mom's Chicken and Dumplings

4 chicken breasts (reserve broth)
1 onion, diced
4 or more stalks of celery
6 cups water
2 cups flour
2 T Crisco® or butter
1/2 tsp. soda

Boil chicken with onion and celery. Reserve the chicken broth. Debone and cut up the pieces. Add broth and bring to a boil. Return to pot.

Mix flour, butter and soda. Knead with your hands and then roll out on a floured board. Cut into rectangular-shaped pieces and drop into the boiling chicken broth with the chicken.

Separate with a fork while cooking so that the dumplings do not stick together. You may double the dumpling recipe and add more chicken broth if you need to feed more people.

Makes 8 servings.

Recipe by Betsy Ebarb Shreveport, La.



Henrietta Meatloaf

1 egg
7 saltine crackers OR 1 cup bread
crumbs
1 onion, chopped
1 lb. ground beef
1/4 can Carnation milk
Black pepper
Salt
1 (8 oz.) can tomato sauce
Foil

Combine all ingredients with 1/2 can of tomato sauce. Shape into slightly greased 9x5x3 loaf pan. Pour remaining 1/2 can of tomato sauce over the top of the loaf.

Bake at 350 degrees for 1 hour. Cover top with foil for first 30 minutes of cooking.

Makes 6-8 servings.

Recipe by Suzanne Rivers Ebarb
Zwolle, La.

Elton's Gifts

Elton Jacob Ebarb is the namesake of his grandfather, Jacob Ebarb. He has a big heart and is a really good person. He earned a reputation for being a shrewd business man and possessing a gift for spotting talented athletics. He scouted for Major League Baseball.

Perhaps his greatest deed was helping his sister Bonnie find her self-esteem. It gave her the confidence to return to high school in her 40s and earn a GED. He gave her a job in his bail bondsman's office, taught her the business and set her up in business. When she died in 2013, those times were remembered as the happiest days of her life.

Elder Sister and Mandy

Elton's Shrimp Creole

5 T flour
5 tsp. Wesson® oil or olive oil
1/2 lb. crab meat, optional
3 1/2 lbs. shrimp, peeled and deveined
1 1/2 cups celery, chopped
1 medium green bell pepper, chopped
5 green onion tops, chopped
1 large white onion, diced
2 or 3 garlic cloves, mashed
1 bay leaf
2 (8 oz.) cans of tomato sauce
2 cups water
1 dash Worcestershire® sauce
1/2 tsp. Accent® salt
1/4 tsp. crushed red pepper
1/2 tsp. black pepper
1/2 tsp. salt
1/2 tsp. Kitchen Bouquet®

browning and seasoning sauce

Combine flour and oil. Stir over medium heat until it's a golden brown roux.

Add celery, pepper, onions and garlic and lightly sauté for a couple of minutes. Add water, tomato sauce and remaining seasoning and cook for 45 minutes to 1 hour. Stir occasionally to keep from sticking to the bottom of the pot. If needed, add a little water.

During the last five minutes of cooking, add shrimp and crab meat, bring to a quick bubble for two minutes and turn off heat.

Serve over rice sprinkled with parsley.

Makes 8 servings.

Recipe by Elton Ebarb
Las Vegas, Nev.

Aunt Janie's Fried Chicken

1 fryer chicken, cut up
1/2 cup flour
2 cups peanut oil
2 eggs

Marinate chicken in beaten eggs for one hour. Place a few pieces of chicken in a bag containing flour and shake until well coated.

Heat peanut oil in skillet until hot. Add chicken and cook until light brown.

Turn heat down to medium. Cover skillet and cook for 15 minutes, turning occasionally to brown evenly.

Remove cover and increase heat. Cook for 15 more minutes until brown while turning to avoid burning. The chicken should be tasty and crispy.

Makes 6 to 8 servings.

Recipe by Karen Sloan

Mexican Chicken

2 cups of chicken broth
1 whole chicken, cut up
1/2 onion, chopped
1/4 cup oil
Black pepper
Salt
Garlic powder
2 (10.75 oz.) cans cream of chicken soup
1 (8 oz.) jar Cheese Whiz®
1 large bag Doritos® Nacho Cheese Flavored Tortilla Chips
1/2 tsp. chili powder

Sear chicken in hot oil. Add onions, seasoning and lightly sauté. Add four cups of water and cook for 30 minutes. Debone chicken after it is cooled. Reserve broth.

Simmer two cups of chicken broth, cream of chicken soup, Cheese Whiz®, chili powder and black pepper for 15 minutes. Add chicken.

Mash Doritos® and put 3/4 bag on bottom of 9x13 casserole dish. Pour mixture, then put remaining Doritos® on top.

Bake at 350 degrees for 35 minutes. Makes about 8 servings.

Recipe by Margie Procell

Romantic Courtship

Margie Rivers Procell and her husband Harold Procell's courtship is a romantic story often repeated.

They met while attending trade school. A young Harold fell in love and pursued her into the woods where she was deer hunting with her brothers.

Harold was driving a green Dodge

Charger. The country roads were muddy but he risked getting stuck and won her heart and hand in marriage.

They were married for more than 20 years and raised two sons. Winning his wife, Cootee, was one of many successes achieved by Harold, who was paralyzed from the waist down from polio when he was 8 years old.

He died of complications from the disease when he was in his 50s.

Danny's Shrimp Creole

2 lbs. shrimp (reserve one cup of broth)

Crab boil
4 large onions, diced
1 green bell pepper, diced
4 celery stalks, diced
1 to 2 T shortening
1 T flour
1 can (28 oz.) tomatoes

Clean shrimp. Boil shrimp that has been started in cold water. Let it come to a good boil, add crab boil and cook no more than three minutes.

Reserve liquid.

Dice onions, bell pepper and celery very finely.

Sauté in skillet with Crisco® until wilted. Mash wilted vegetables and add flour.

Use your own judgment as to how thick you want the roux and add flour as needed. Add tomatoes and one cup of the juice from the boiled shrimp. Season to taste with salt and pepper.

Add cleaned, deveined shrimp and let simmer for about 10 minutes.

Serve over rice.

Makes 6 to 8 servings.

Recipe by Danny Ebarb

Rose Sepulvado Wanat's Linguine with Red Clam Sauce

1 (8 oz.) uncooked linguine pasta,
cooked and drained

1 (6.5 oz.) can chopped clams

1 (14.5 oz.) can Del Monte® fresh
cut diced tomatoes with garlic and
onion

Parmesan cheese, grated and shaved

Drain clam juice from clams.
In medium skillet or sauce pan
over high heat, bring clam juice and
tomatoes to a boil.

Lower heat and simmer for five
minutes. Add clams and heat
through.

Place pasta in serving bowl. Pour
clam sauce over pasta.

Sprinkle with parmesan cheese
and serve.

Makes 4 servings.

Recipe by Karen A. Sloan



Turkey Surprise

Many years ago, Rose Sepulvado Wanat celebrated Thanksgiving with her mother, Christina, in Zwolle, La. Rose and her husband, John, and children were traveling in a station wagon. They departed from Christina's house, forgetting a turkey her mother had for them. When Christina realized they left the turkey, she had her daughter, Margie Rivers, call another daughter, Verna Ebarb, who lived along the highway and she flagged Rose and family down. They returned to get the turkey and were surprised to be handed a live turkey.

Chief Tom Rivers (Rose's nephew)



Rose Wanat, pictured above, was born in 1930 and is Goodmama's daughter.

Rabbit Sauce Piquante

1 rabbit, cut in serving pieces
3 T oil
3/4 cup water
2 T Worcestershire sauce
2 T flour
4 T tomato paste
1/4 cup chopped onions
3 T minced green pepper
1/4 cup chopped celery
1 tsp. minced garlic
1/4 tsp. hot sauce

Pan fry the rabbit in oil until lightly brown. Add 1/4 cup of water and Worcestershire sauce. Cover pan tightly and simmer for 25 minutes.

In separate pan, brown flour in 1 tablespoon of oil. Add tomato paste and water, stirring thoroughly. Add onions, green pepper, celery, garlic and hot sauce.

Blend well and pour over simmering rabbit. Cook over low heat about 30 minutes. A small amount of water may be added if sauce becomes too thick. Serve with noodles or rice.

Makes 6 servings.

Recipe by Susan Rains
Zwolle, La.



Bonnie's Turtle Soup

1 cup butter for roux
1/2 cup all-purpose flour
4 T butter
1 lb. turtle meat cut in 1/2-inch cubes
1 1/2 cup onion, diced
1 cup celery, diced
1/4 cup green onion, diced
1 green bell pepper, diced
2 tsp. garlic, minced
2 (14.5 oz.) cans tomatoes, diced
1 quart beef broth
Salt and pepper to taste
4 T Worcestershire® Sauce
1/2 tsp. cayenne
1 tsp. garlic powder
2 fresh bay leaves

Roux:

Melt 1 cup of butter, whisk in the flour and cook to make a brownish colored roux. Set aside.

In a large saucepan or Dutch oven, melt four tablespoons of butter over medium-high heat. Add the cubed turtle meat and sauté until browned. Lower the heat to medium.

Add all vegetables and garlic. Season with salt and black pepper. Sauté until the vegetables are tender. Add

Brother's Favorite

My mother, Bonnie Estelle Ebarb Rogers, has the middle name of my great Aunt Estelle who taught her to cook turtle soup. My mother loved to cook and if she knew your favorite dish she would make it! Nothing made her happier than finding hard-to-locate, fresh turtle to cook for her brother Elton on one of his visits from Henderson, Nev. My late mother gave me the recipe which I am putting in this cookbook because it would make her soooooo happy.

tomatoes and season with a little salt so they will break down. Cook for 10 minutes. Add the beef stock, Worcestershire® sauce, cayenne, garlic powder and bay leaves. Bring to a boil, then turn down to a simmer. Simmer for 20 to 30 minutes, stirring occasionally.

Whisk in the roux, simmer until thick and smooth, then simmer for 15 to 20 minutes more. Serve with rice and cornbread.

Makes 6 servings.

Recipe by April Jessica Zirbes

Fried "Celebrity" Alligator

3 to 4 lbs. alligator meat
1 onion, sliced
2 1/2 cups Wesson® oil
3 cups flour
Tony Chachere's Creole Seasoning®

Cut meat into strips to fry (size of chicken tenders). Season with Creole seasoning and one onion, sliced. Steam for one hour to tenderize. Season tenderized meat with Creole seasoning.

Coat with flour and fry in a skillet. Heat oil to fry strips. Fry and do not turn. Makes 6 to 8 servings.

Recipe by Sharon Ebarb

Celebrity Gator

Roger Rivers, star of the television series "Swamp King" trapped an alligator with the help of his dad, Sammy Rivers, for a show. Roger gave the meat to his aunt, Sharon Ebarb. Roger is a native of Ebarb, La., and lives next door to his aunt.

Baked Hen

4 lbs. whole hen
Pinch of salt
Pinch of red pepper
Pinch of black pepper
5 large spoonfuls of Crisco®
shortening
2 cups water
4 large garlic cloves
1 T ground cinnamon
1 bay leaf
1 sprig of fresh rosemary
1 sprig of thyme
String to tie legs

Rub hen on the inside and out with shortening. Mix together garlic and all seasonings. Place in cavity of chicken. Tie the legs together.

On top of stove, heat a large, heavy pot. Brown breast and back of chicken. Add water and baste.

Preheat oven, cover and bake at 350 degrees for 1 1/2 hours. Baste occasionally. Oven temperatures vary so make sure your chicken is cooked until tender.

Makes 8 servings.

**Recipe by Anna Ebarb Remedies
Zwolle, La.**



Showgirl Seamstress

The mother of seven girls and four sons, Verna Ebarb was called “mother” by children, grandchildren and great-grandchildren. “Amazing” does not begin to describe Mother, but her sister, Rose, does a good job remembering her as a good listener who helped solve problems by not giving advice. Not only was Mother a good listener, but she was an accomplished cook and a talented seamstress. Mother and “Tobe,” our father, lived in Ebarb and south Louisiana in the early years of their marriage. They returned to Ebarb after living in Blue Diamond and Las Vegas, Nev., for 20 years. While living in Las Vegas, Mother “had the time of her life” working as a seamstress at the Dunes Hotel repairing costumes for the French showgirls. She “mothered” one of the showgirls and named her youngest daughter, Julie Colette, after her.

Granny's Hot Tamales

5 lbs. pork butt
2 tsp. salt
1 tsp. garlic powder
1 tsp. black pepper
Corn shucks
4 cups masa flour
Crisco®
Foil

Cut pork butt in three-inch pieces. Put in large pot and cover with water, salt, garlic powder and black pepper. Cook until tender as you would a pot roast, usually about two hours.

Remove from liquid. Save the liquid as this will be used for the seasoned meat. You may shred it if you do not have a grinder. Purchase 15 dozen corn shucks. Soak in warm water for at least one hour to soften. Dry off with paper towel.

Divide masa flour in half in two separate bowls. Add one teaspoon of salt per bowl. Add one clump/handful of Crisco® to each bowl. Add warm water to make dough (similar to biscuit dough; it should not stick to your palm). Put dough on shuck and spread. Place a dab of meat and roll up. Place completed tamales in pot. Put aluminum foil on bottom of pot first. Cover pot and cook one hour on medium heat.

Makes about 15 dozen tamales.

**Recipe by Karen Sloan
Chattanooga, Tenn.**

Mom's Seafood Gumbo

3 lbs. small frozen uncooked shrimp
2 cans minced clams
1 can whole baby clams
1 can oysters
2 bottles clam juice
1/2 lb. smoked sausage, sliced
1 bunch green onions, chopped
1 large onion, chopped
2 cloves garlic, finely chopped
1 small bell pepper, chopped
1 stalk celery, finely chopped
1 cup frozen okra
1 T filé powder
Cajun seasoning
Salt and pepper

Wash and peel shrimp. Save the shrimp shells. Boil shrimp shells in about one quart of water. Add chopped onions, celery and a dash of salt and

pepper. Boil about 10 minutes. Drain. Reserve broth to add to gumbo mixture.

Roux:
3/4 cup flour
3/4 cup vegetable oil

In heavy skillet, heat oil until hot. Add flour and stir constantly until golden brown (as brown as it can get without burning it).

This mixture will keep for several months in the refrigerator for use in gumbo or brown gravy.

Add all vegetables except okra to hot roux. Stir constantly until wilted. Using a large pot, combine all the above except the shrimp. Add Cajun or seafood seasoning and salt and pepper to taste. Simmer about 30 minutes.

Add peeled shrimp, okra and filé powder. Stir pot occasionally and add spices as desired. Cook until shrimp is pink. Serve over rice.

Makes 8 to 10 servings.

Recipe by Karen Sloan

Bird Brine

Quail, turkey or any bird (Reduce marinate by half for smaller birds.)

1 cup salt

1 cup sugar

2 cup bourbon

Water

Onions, chopped

Celery, chopped

Carrots, chopped

Apple, chopped

In a pot, bring salt, sugar and bourbon to a boil.

Rinse bird and place in another pot. Pour dissolved bourbon and salt liquid over bird and add water to completely cover. Put lid on pot and marinate in refrigerator. Marinate quail or

small fowl overnight.

For a larger bird like a Thanksgiving turkey, marinate for 24 to 48 hours to get the best results for moist meat.

When ready to cook, rinse bird with warm water and pat dry.

Mix chopped vegetables (amount depends on size of bird) and stuff bird. Stuffing is optional.

Follow cooking instructions for bird recommended on package.

When cooking turkey, cover the breast and legs with foil for first 20 minutes. Remove foil and finish cooking.

**Recipe by William
Bronson III
Dalton, Ga.**





White Chicken Chili

1/2 cup canola oil
4 lbs. boneless chicken thighs
1 T cumin
1 T chili powder
1 T salt
2 tsp. pepper
2 oz. canola oil
2 oz. butter

12 oz. yellow onion, 1/4-inch diced and chopped
2 T garlic
2 oz. roasted chili
1 oz. green chilies
3 oz. flour
8 cups chicken stock
1/4 cup salsa verde
1 T chili garlic paste
1 T chipotle Tabasco® sauce
1 cup heavy cream
2 cups white beans
White rice
Green onions as garnish

Heat 1/2 cup of oil in pot. Sear chicken on both sides. Add 8 cups of water and boil for 30 minutes. Cool and save stock. Debone, dice chicken and set aside.

Heat additional canola oil and butter in pan. Sauté onions until translucent. Add the garlic and cook for 30 seconds. Add the roasted and green chilies. Add the flour, stir to incorporate and cook for two minutes. Add the chicken stock gradually

and slowly whip out the lumps. Add the salsa verde, chili garlic paste and chipotle Tabasco® sauce.

Return to a simmer and add the chicken back into the pan. Simmer for 5 minutes and add the cream and white beans, stir to incorporate. Serve with rice and garnish with green onions.

Makes about 12 servings.

**By April Jessica Zirbes
Chesapeake, Va.**

Veggie Omelet

6 egg whites
6 egg yolks
6 T milk
1 tsp. salt
1/2 tsp. pepper
1 cup grated cheese (rat trap cheddar, if possible)
2 sticks butter
1 medium tomato
1/2 cup celery, chopped
1 medium onion, chopped
1 cup mushrooms
1 small bell pepper
1 cup spinach
4 asparagus spears, divided into thirds

Beat egg whites well until stiff. Beat egg yolks together with milk, salt and pepper. Add grated cheese. Fold in egg whites.

Melt a stick of butter in heavy skillet. Pour egg mixture in skillet and cook over slow fire for 20 minutes. Cover while it is cooking.

Chop vegetables and sauté lightly in a stick of butter over low heat. Add ham, bacon and/or jumbo lump crabmeat, if you like. Put this mixture on half of the omelet and fold over. Cook for three minutes.

Makes 8 servings.

**Recipe by Olivia Mandy
New Orleans, La.**

Aunt Margie's Fried Chicken

1 fryer chicken, cut up
1/2 cup flour
Tony Chachere's Creole Seasoning®
2 cups Crisco® or vegetable oil
Garlic powder, as desired
Salt and pepper to taste

Mix flour and seasonings in a bag. Put a few pieces of chicken at a time in bag to coat evenly.

Heat oil in iron skillet. Add chicken and cook until light brown on each side.

Cover skillet and cook on low heat for 15 minutes. Uncover, turn pieces, increase heat and cook for 15 more minutes, turning often to brown evenly.

Makes 6-8 servings.

Recipe by Karen Sloan

Police Scanner Hobby

My favorite aunt is Margie Sepulvado Rivers, born in 1920 and the oldest of five sisters. She married Reesing Rivers and raised 10 children while living next door to her parents. Her happy spirit, love for life and always having good food ready

to eat, kept her house filled with company which she loved. A woman of great faith, she would share her blessed holy water, acquired from the priest, with those struggling with a problem. In her 90s she entertained herself listening to a police scanner that one of her sons gave her.

Henry Anthony Ebarb

Shrimp Gumbo

5 lbs. fresh shrimp, peeled (about 2 1/2 lbs. of shrimp meat)

3 cans claw meat, fresh and well picked

4 bunches of green onions

1 white onion, finely chopped

2 cups all-purpose flour

1 3/4 cups olive oil

2 bay leaves

Rice

Dash of black pepper

1 T filé powder

3 boxes (32 oz.) chicken stock

Pour oil in skillet, add flour and stir until roux turns dark brown. (The roux takes 15 to 20 minutes of constant attention and stirring over medium to high heat.) There is a moment just before scorching when the roux is a deep chocolate (Step 5) to black in color. Add onions and stir constantly until wilted (Step 6).

In a 12-quart pot, heat stock and add roux and onion mixture. Add claw

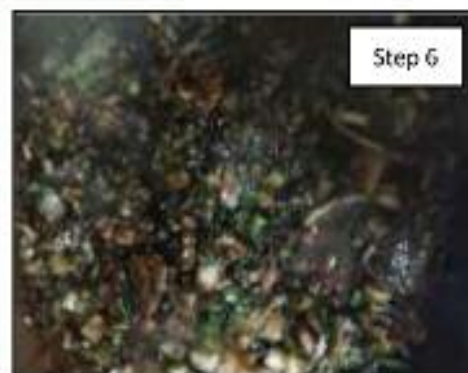
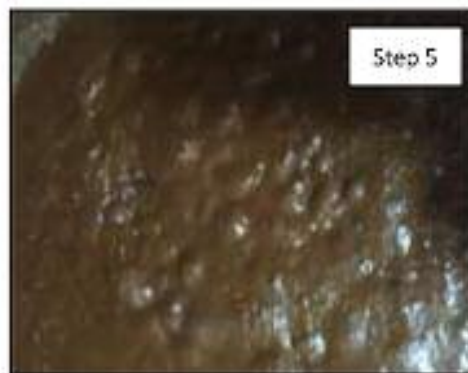
meat, bay leaves, a dash of pepper and filé powder.

Cook for one hour on low to medium heat. Heat to a boil and add shrimp. Bring to boil for two minutes, then turn heat off. If you wish to freeze gumbo, do not add shrimp. Freeze shrimp in water and defrost when ready to cook.

Serve in a bowl over rice.

Makes about 14 to 16 servings.

**Recipe by Dorsey Ebarb Bronson
Mobile, Ala.**







Bonnie's Chicken and Dumplings

4 or 5 lbs. whole hen (have butcher cut up)
Garlic powder
Salt
Pepper
2 T olive oil
1 box (16 oz.) chicken broth
Pillsbury® Pie Crust (from cold section)

Season each piece of chicken with garlic, salt and pepper.

Cover bottom of heavy pot with olive oil and heat. When it is hot but not sizzling, add chicken and cover. Steam for 15 minutes, stirring occasionally to keep from burning. Add chicken broth and cook on low for another 30 minutes. Add dumplings to a slightly bubbling broth. Cover, turn down heat to a simmer and cook for another 30 minutes.

Dumplings

Roll out Pillsbury® Pie Crust on floured board, cut in 1-inch squares. Drop into slightly bubbling chicken broth and gently move around so that pieces are not touching. Makes 8 servings.

Recipe by Jerry Rogers
Lufkin, Texas

The V's Crawfish Bisque

24 tail shells, raw
1 medium yellow onion, chopped
1 fresh tomato, chopped
3 celery sticks, chopped
1 medium green bell pepper, chopped
4 slices lemon
1 (6 oz.) can of tomato sauce
1 T sugar
2 sticks margarine
1 cup all-purpose flour
2 cups oil
2 eggs, raw
2 cups bread crumbs
1/4 tsp. salt
1/4 tsp. pepper
Paprika
1 dash Worcestershire® sauce
1/2 cup warm water, as needed
1/2 cup green onion tops, chopped
1/2 cup parsley, chopped

Remove crawfish tail meat and set shells aside.

Grind the tail meat and half of the chopped onion, celery and green pepper in grinder. Pour off excess juice and reserve. Mix with eggs

(beat eggs slightly with fork), bread crumbs, pepper, salt and color with generous amount of paprika. If mixture is too dry, add excess vegetable juice until a wet consistency.

Stuff in crawfish shells and roll in flour. Fry in fat until they float to top. Set aside to use in bisque.

For roux: In a skillet, melt one stick of margarine with one cup of flour, brown lightly and set aside.

In another pan, sauté one stick of butter, onion, celery, green pepper, chopped tomato, tomato sauce and sugar. Cook over medium to low heat for 15 minutes.

Mix roux, warm water and a dash of Worcestershire® sauce to the sautéed vegetables and bring to a boil. Turn heat to low (checking to make sure it has a liquid consistency and not dry) for two hours. Add fried crawfish tails and cook one more hour. Serve in bowl over boiled rice, sprinkled with green onion tops and parsley.

Note: This half-century old recipe has approximate measurements. Flavor to your taste.

Makes 8 to 10 servings.

Recipe by Verna Marie Ebarb

Craig's Hot Tamales

2 onions, chopped
1 bell pepper, chopped
2 lbs. ground meat
1 T Mexene® chili powder
1 T salt
1 T black pepper
1 red pepper
1 (15 oz.) can diced tomatoes
1 cup white corn meal
Water

Sauté onions, then add meat to onions and brown. Add rest of ingredients and cook until tomatoes are well done.

Add 1/2 cup of corn meal and stir.

Add 1/2 cup of water and remaining corn meal. Make as thin as you want by adding water. Serve over grits.

Makes 6 servings.

Recipe by Craig Ebarb

Chicken Spaghetti

4 organic chicken breasts with ribs
2 boxes (32 oz.) organic chicken broth (one for sauce and one for cooking of chicken breasts)
2 cups broth, reserved from chicken breasts
4 bay leaves
1/2 cup olive oil
1 (14.5 oz.) can of tomatoes
1 (6 oz.) can of tomato paste
1 (8 oz.) can of tomato sauce
1 cup bell pepper
1 cup green onions
2 cups fresh mushrooms, sliced
3 cups onions (one cup for cooking of chicken breasts and two cups for sauce)
2 garlic pods, minced
1/2 tsp. fresh oregano
1/2 tsp. fresh thyme
Angel hair pasta (follow cooking instructions on package)

Chicken: In a three-quart pan, add 32 oz. of chicken broth, two cups of water, bay leaves, one chopped onion and chicken breasts. Bring to a boil and cook over medium heat for 35 minutes. Cool and debone. Set chicken aside to add to sauce. Save broth.

Sauce: In a three-quart pan or larger, sauté the following in olive oil: minced garlic, sliced mushrooms, chopped onion, green onions and bell pepper. Add 32 oz. purchased broth and two cups of reserved broth (from cooking of chicken), tomatoes, tomato paste, tomato sauce, oregano and thyme. Bring to a boil, reduce heat and cook for 45 minutes. Add cooked chicken and cool while cooking to keep from sticking to bottom of pan. Add water if needed.

Serve over pasta with garlic bread and green salad.
Cooking time is one hour.
Makes 6 servings

**Recipe by Dorsey Ebarb
Bronson
Mobile, Ala.**

Buffalo and Indian Fry Bread Taco

Buffalo meat and topping:

1 (12 oz.) package of ground buffalo or hamburger
2 T olive oil
1 medium onion, finely chopped
1 medium green pepper, finely chopped
1 medium tomato, finely chopped
3 cloves of garlic, finely chopped
1 tsp. chili powder
1 tsp. salt
1 tsp. black pepper
1 tsp. garlic powder
2 cups chopped lettuce
1 fresh tomato, chopped
1 bunch of green onion tops
1 cup shredded sharp cheese
1 (15 oz.) can black beans, drained
2 cups shortening

Taco fry bread (prepare before cooking buffalo):

Melt 2 lbs. of shortening in deep pot (5 quarts) and fry.
1 cup warm water
2 cup all-purpose flour
1 1/4 cups powdered milk
2 tsp. baking powder
1 tsp. salt
1 T shortening

Taco bread: Mix flour, baking powder, powdered milk, salt, shortening and warm water with your hands in a bowl. Let it rest for 30 minutes. Cover bowl with cloth.

While taco bread is relaxing, in a heavy skillet, brown buffalo meat, onion, green pepper, tomato, garlic, chili powder, garlic powder, black pepper and salt in olive oil. Stir often so it is cooked, gently, until done. Set aside. Must be reheated and served hot.

Divide taco bread dough into six balls. Flour a board and roll out, using the palm of your hand to flatten. Fry in shortening, turn once until golden brown. Keep warm in tea towel. Serve immediately for best flavor.

To assemble taco: Put warm, taco bread on a plate and add cooked and heated buffalo meat. Top with black beans, fresh tomatoes, cheese, lettuce and green onion. Eat immediately.

Makes 6 servings.

**Recipe by Dorsey Ebarb Bronson
Mobile, Ala.**



Barbecue Sauce and Brisket

4 lbs. brisket
2 cups catsup
4 T brown sugar
Dash of liquid smoke
2 cups water
1/2 cup vinegar
2 T Worcestershire® sauce
2 tsp. salt
Tabasco® sauce
2 onions, sliced

Place brisket in baking pan with the fat side up. Place sliced onions on top. Cover with heavy duty foil and bake 6 1/2 hours at 250 degrees.

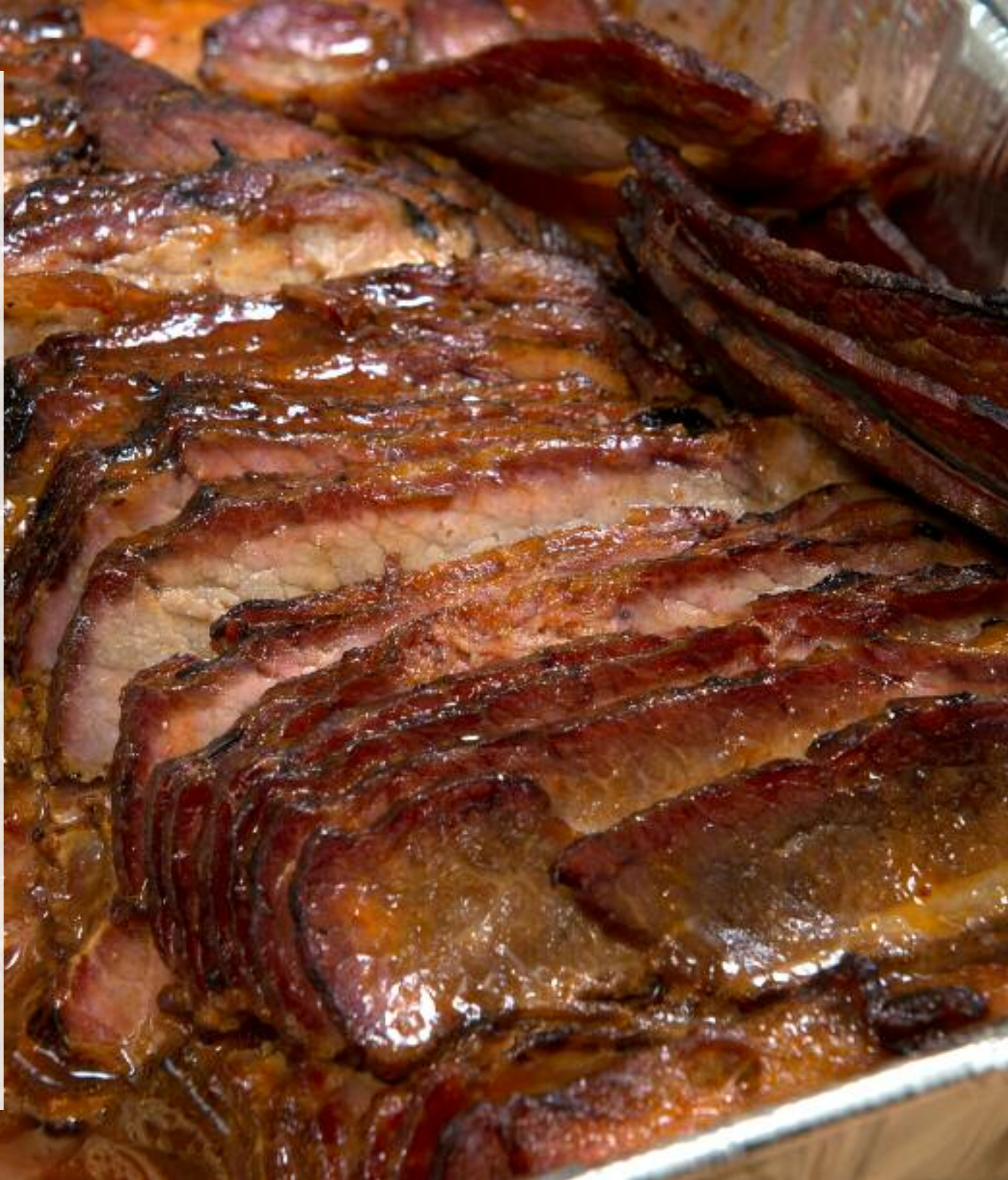
Barbecue sauce: Combine ingredients and simmer for 30 minutes.

Remove brisket from oven, pour off liquid and pour sauce over. Recover with foil. Cook for one more hour at 250 degrees.

Let meat cool about 20 minutes before slicing. Can be reheated after slicing.

Makes about 8 to 10 servings.

Recipe by Craig Ebarb



Estel's Catfish Couvillon

5 or 6 catfish filets
3 T olive oil
2 cups bell pepper
1 (15 oz.) can diced tomatoes
1 (6 oz.) can tomato sauce
4 bay leaves
2 cups water
2 bunches of green onions
1 white onion, chopped

In a large skillet, sauté olive oil, bell pepper and onions. Add tomato sauce, water and tomatoes and bring to boil. Turn heat to low/medium.

Add bay leaves and simmer for one hour. Add water if necessary.

During the last five minutes, add catfish and heat to a bubble.

Turn down and simmer for five minutes.

Catfish should be firm but cooked. Serve over rice.

Makes 6 to 8 servings.



T Henry

“Aunt Estel’s Crawfish Bisque recipe has been in the family for generations. Aunt Estelle was beautiful and charmed everyone, speaking with a French accent. She married a Cajun man from New Orleans in the 1930s and settled in

Ebarb. They shared their life and lots of Cajun food with their priest, young couples and a favorite nephew, Henry Lee Rivers, who they nicknamed “T Henry.” He grew up and married Carla Martinez, and they are widely respected for their deep faith. They live in Zwolle.”

A niece



Oven Fried Chicken Parmesan

8 pieces (4 oz. each) organic,
boneless chicken breasts
1/2 lb. oleo
1 1/2 cups panko bread
crumbs, plain
3/4 cup parmesan cheese
Salt

Salt chicken lightly and
refrigerate overnight (or at
least an hour). In the morning,
rinse salt from chicken. Dry
on paper towels. Melt oleo.
Mix bread crumbs and
parmesan cheese together.

Roll chicken in oleo then in
crumb mixture. Place on
cookie sheet and do not
crowd.

Bake uncovered for one
hour at 350 degrees.

Makes 8 servings.

Recipe by
Dorsey Ebarb Bronson
Mobile, Ala.

Enchilada Casserole

2 lbs. ground meat
1 large onion, chopped
1 (10 oz.) can Ro*Tel® tomatoes
1 pkg. frozen spinach, cook and squeeze dry
Salt
Ground pepper
1 (10.5 oz.) can cream of mushroom soup
1 (10.5 oz.) can golden mushroom soup
1 carton sour cream (2 cups)
1/4 cup milk
1/4 T garlic
12 to 16 tortillas
1/2 stick melted butter, usually more
2 (4 oz.) cans green chilies, chopped
1/2 lb. longhorn cheddar cheese, grated

Combine and brown

ground meat and onions. Add tomatoes, spinach, salt and pepper.

Combine soups, sour cream, milk and garlic in bowl.

Dip half tortilla in butter and arrange on bottom and sides of a large shallow 9x13 casserole dish. Spoon in half of mixture and add chopped chilies and all but 1/2 cup of cheese. Put remaining tortilla dipped in butter.

Finally, add remaining soup and sour cream sauce.

Cover with plastic wrap and refrigerate overnight.

Sprinkle with remaining cheese before baking. Bake at 325 degrees for 35 to 40 minutes.

Makes 12 servings.

Recipe by Susan Ebarb Raines

Aunt Retta's Chili

1 lb. ground beef
1 lb. ground pork
3 large onions, chopped
1 green bell pepper, chopped
3 T shortening
1 large can tomatoes
4 pods garlic (put through press)

1 (1 oz.) jar of Mexican chili

Onion Soup

1 stick butter
4 big onions, sliced
1 T flour
3 cans of Swanson® beef broth
Toast, French bread or plain
Mozzarella cheese
Black pepper

In a heavy saucepan, melt butter. Stir in onions and cook over low heat, stirring occasionally until onions are a rich golden brown. Sprinkle flour over onions and cook for two to three minutes.

powder
2 cans red kidney beans
2 cans water

Sauté onions and bell pepper in Crisco® and add beef and pork. Cook until brown.

Drain off excessive grease. Add the other ingredients and simmer for one hour.

Makes 12 servings.

Recipe by Danny Ebarb

In a separate pot, heat beef broth. Add onions to the broth. Cook partially covered for 30 to 40 minutes. Add black pepper.

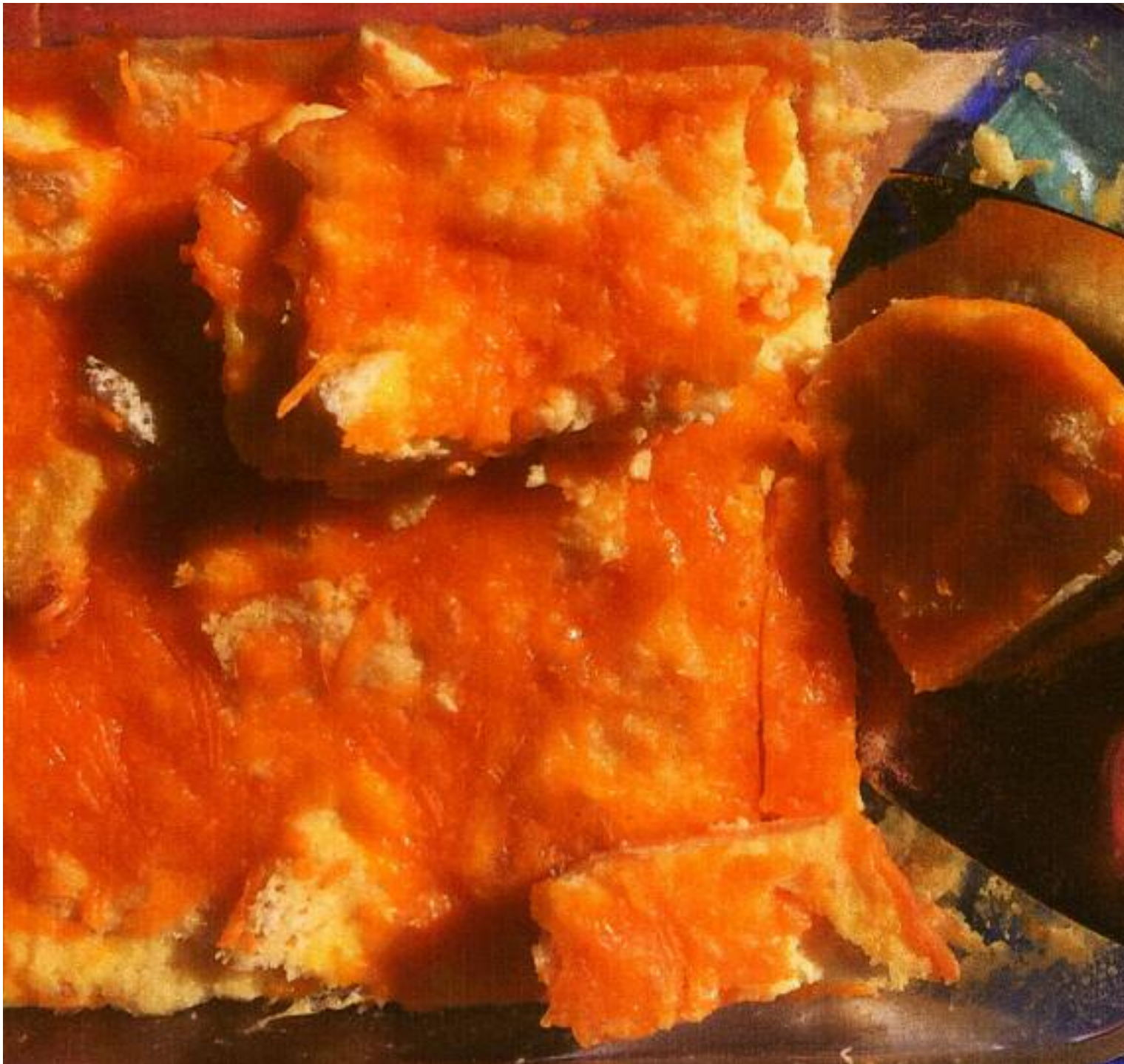
Bake bread in about four squares to the slice. Cook until the bread is completely dry and lightly browned toast.

To serve, place toast in a large tureen or individual soup bowls and ladle soup over them.

Grate cheese and put in oven until melted.

Makes 8 to 10 servings.

**Recipe by Dorsey Ebarb Bronson
Mobile, Ala.**



Bread and Cheese Casserole

10 slices of bread
with crust removed
1/2 lb. cheese, mild
or garlic, grated
2 cups milk
1 tsp. salt
3 eggs
Butter

Remove bread crust, butter well on both sides and cut into cubes. Put in 7x11 baking dish, alternating with grated cheese. Mix milk, salt and well-beaten eggs and pour mixture over. Let stand several hours.

Bake in oven at 275 degrees for about 45 minutes.

Makes 8 servings.

**Recipe by Anna
Ebarb Remedies**

First Place Chicken Casserole

2 to 3 cups of cooked chicken, diced
4 hard boiled eggs, chopped
2 cups cooked rice
1 1/2 cups celery, chopped
1 small onion, chopped
1 cup mayonnaise
2 (10.75 oz.) cans cream of mushroom soup
1 (3 oz.) pkg. slivered almonds
1 tsp. salt
2 T lemon juice
1 cup bread crumbs
2 T margarine

Mix all ingredients except bread crumbs and margarine. Place mixture in buttered 9x13 pan or casserole dish.

Brown bread crumbs lightly in margarine. Sprinkle over casserole and refrigerate overnight. Remove from refrigerator one hour before cooking.

Bake 40 to 45 minutes at 350 degrees. (We suggest cooking rice in broth from chicken.)

Makes 8 servings.

Recipe by Julie Ebarb Crittenden

Meat Casserole

1/2 lb. ground steak
1/2 lb. noodles
1 large onion, finely chopped
1 small green pepper, finely chopped
Celery, finely chopped
2 T butter
Salt and pepper
1 (15 oz.) can niblet corn
1 (10.75 oz.) can Campbell® tomato soup
1 (14.5 oz.) can tomatoes (if desired)

Add noodles and salt to boiling water.

Cook approximately 10 minutes and drain.

Melt butter and add ground steak, onion, green pepper and celery. Brown.

In buttered 9x13 casserole dish, place layer of noodles, meat, corn mixture, vegetables and tomato soup.

Makes 8 servings.

**Recipe by Julie Ebarb Crittenden
New Boston, Texas**

Shrimp Gumbo Moderne

2 T butter or margarine
1/2 cup cooked ham, diced
1/4 cup celery including tops, chopped
1/4 cup green pepper
1/4 cup onion, chopped
1 small clove garlic, minced
1/8 tsp. thyme
2 (10 oz.) cans condensed chicken gumbo soup
2 soup cans water
1 cup cooked shrimp (or can of shrimp)

Heat butter in saucepan.

Add ham, vegetables and seasonings and cook, stirring occasionally until vegetables are tender and ham is thoroughly heated, usually about 7 minutes.

Stir in remaining ingredients.

Heat thoroughly and stir occasionally.

Takes about 30 minutes to prepare and heat.

Makes 6 servings.

Recipe by Danny Ebarb



Pork Chops and Rice

1 cup raw rice
4 to 5 pork chops
Salt and pepper
Onions, sliced thick
1 can beef consommé
Tomatoes, sliced thick
Green pepper, cut in rings
Pinch of marjoram
Pinch of thyme

Cover bottom of 9x13 baking dish with raw rice. If it doesn't cover the baking dish, add more rice. Brown pork chops. Lay on top of rice. Pour pork drippings over rice and pork chops. Salt and pepper each layer.

On top of pork chops, lay thick slices of onions, tomatoes and a ring of pepper.

Pour beef consommé over all of it. Add marjoram and thyme. Cover with foil.

Bake at 350 degrees for one hour.

Makes 5 to 6 servings.



Pork Chop Sauce Piquant

Four pork chops, cut into serving-sized pieces

2 T oil

1/2 cup water

2 (4 oz.) cans tomato sauce

1/2 cup chopped onions

3 T green pepper, minced

1/4 cup celery, chopped

1 tsp. garlic, minced

1 (8 oz. can) of Ro*Tel tomatoes

Pan fry the pork chops in oil until lightly brown. Add 1/2 cup of water and simmer on low heat.

In a separate pan, combine tomato sauce, onions, peppers, celery, garlic and Ro*Tel. Blend well and pour over simmering pork chops.

Cook over low heat about 30 minutes. A small amount of water may be added if sauce becomes too thick. Serve with rice.

Makes 4 to 6 servings.

**Recipe by Julie Ebarb
Crittenden
New Boston, Texas**

Fried Vinson Back Strap

Fresh deer back strap

Milk

Salt

Pepper

Flour

2 cups lard or olive oil

1 egg

milk and let meat reach room temperature, usually about one hour. Slice thin.

Season with salt and pepper, then dip in beaten egg and dust with flour.

Fry over medium heat. It must be watched and turned once, as it dries out fast.

Makes about 8 servings.

Soak whole back strap overnight, covered in milk. The next day, take out of

**Recipe by Anna Ebarb
Remedies
Zwolle, La.**

Corn Soup

Soup bone – brisket

1 (28 oz.) can tomatoes

4 large onions, chopped

1 large package frozen corn

2 cups water

2 cups beef stock (natural, no MSG)

Bring soup bone, water and stock to a boil and skim off top until clear. Bring to a boil, turn heat to medium low, then add tomatoes, onions and corn and simmer for 45 minutes. Season with black pepper and salt. You may use fresh corn cut off the cob. Makes 6 servings.

Recipe by Craig Ebarb

OLD INDIAN WAY

From soup and sausage to tamales and tortillas



Cornbread

Aunt Estel's Cracklins

1 fresh pig
Large hook to hang pig
2 cups lard (saved from last hog)
Very sharp knife
Boat paddle
Fat skimmer
Tony Chachere's Creole Seasoning®
Pinch of salt
One- or two-quart jar
Kindling wood

Build a fire under pot and heat lard until it is smoking hot. While the lard is heating, carve out one- or two-inch strips of fat by slicing open the pig's back from shoulder to tail. Cut two inches deep through skin and lean meat.

Tear out fat strips. Cut the fat strips into one-inch squares, sprinkle with seasoning and salt and drop into hot grease. Stir with boat paddle until cracklings float to top and are golden brown in color. Scoop up with skimmer.

Put on wire rack to cool and season to taste. Save old grease in jars for next hog kill.

Servings depend on the size of the pig.

Recipe by Danny Ebarb

Hog Killing

In 1983, I took my 12-year-old godson and nephew, William Bronson III, to visit his great-grandparents Goodmama and Papa for his first hog killing. Through the years, William was taught by Papa to trap animals and to hunt. On this day it was a lesson on hog killing.

1. Shoot the pig. (It was a prize pig that Papa had bought at a county fair.)

2. Stab the jugular. (Save blood for Pouch (Blood Sausage) recipe.)

3. Lay hog on large table and pour boiling water over it.

4. Scrape the hair off.

5. Gut it neck to tail.

6. Remove guts and save.

7. Carve it up.

Pig can be eaten from nose to tail.

A recipe is available for Pouch (Blood Sausage) and Goodmama's Pork Roast.

Note: William Bronson III, is publisher of The Daily Citizen in Dalton, Ga. He is a member of the Ebarb Choctaw-Apache Tribe and cookbook founder.

Pork Backbone and Crushed Red Pepper Stew

2 lbs. pork backbone, including pig tail

2 cups yellow hominy
1 cup crushed red pepper

2 tsp. salt
1 tsp. black pepper
10 cloves of garlic
1 cup lard or bacon grease

6 cups cold water
Four-quart cast iron

pot with cover

Cut up backbone into small pieces so each vertebrae of backbone equals one piece. Cut pig tail into one-inch pieces. Heat cast iron pot over medium heat until hot. Add one cup of lard or bacon grease and heat until hot. Add

pork backbone and pig tail, brown lightly.

Peel and add garlic. Cook until garlic cloves are lightly browned. Add 6 cups of water and bring to boil. Add ingredients and bring to boil.

Cover pot, lower heat and simmer for four hours. Serve with cornbread, rice or mashed potatoes.

Makes 6-8 servings.

Recipe by Tony Ebarb

Goodpapa's Fresh Kill Roasted Liver

Raw fresh liver taken directly from slaughtered animal
Large wooden stick

Spread out hot coals from open oak wood or hickory wood fire, smoking hot fire. Take liver from an animal, put immediately onto hot coals. Turn once for about two minutes on each side.

Recipe by Henry Ebarb (oldest grandson)

Aunt Margie's Squirrel Head Soup

10 squirrel heads
1 cup rice
Garlic
Salt and black pepper
Lard or bacon grease
5 cups water
Large cooking pot

Heat pot with lard or bacon grease until smoking hot. Put in all other ingredients. Bring to high boil for one hour.

Makes about 5 servings.

Recipe by Henry Ebarb

Goodmama's Pork Roast

Fresh pork shoulder roast (4 to 5 lbs.)
Black pepper
Salt
Lard or bacon grease
Garlic shoots from garden
White bread
Cast iron skillet

Cut deep holes in pork roast.

Fold up garlic shoots into one-inch squares into holes spaced about one inch apart over entire roast — the deeper, the better.

Heat lard or bacon grease in cast iron skillet until smoking hot. Add roast and season with salt and pepper.

Cook at extreme heat until tender. Enjoy with white bread.
Makes 8 servings.

Recipe by Henry Lee Ebarb
Prescott, Ala.

The Washing Branch

Goodmama helped her mother, Mary, by walking miles each day to her house and doing the laundry. Goodmama's daughter, Rose, remembers those times when she accompanied her mother to the



nearby branch and did the washing for her grandmother.

Goodmama's Chicken Soup

1 (3 lb.) farm raised chicken, cut up
1 cup shortening or oil (enough to cover bottom of skillet)
Pinch of salt
Pinch of black pepper
4 cups hot water

Heat oil in skillet. Place chicken pieces, season and simmer on one side for five minutes.

Turn and season, then simmer for five minutes on the other side. Continue turning until no pink blood is showing.

Add hot water, cover and steam for 15 minutes. Turn pieces and add two cups of water.

Cook for 15 more minutes. The broth should be bubbling but not boiling.

Makes 4-6 servings.

Recipe by Margie Procell and Pam Rivers

Goodmama's Quilt

Goodmama's hand-sewn baby quilt from scraps of material was given to her great-grandson, Harold Procell Jr., at his birth in 1972.

His parents are Margie Procell and the late Harold Procell Sr. Goodmama's visit, soup and baby quilt gift was a special treat to welcome new babies.



Goodmama's century old outdoor cooking pot

Tobe's Fried Meat

1 lb. meat (pork, beef, deer or elk)
Salt
Pepper
1 cup lard or bacon grease
Loaf of white bread
Heavy iron or cast iron frying pan

Heat up lard or bacon grease until smoking hot.
Cut up meat into small two-inch cubes. Add to pan. Cook until very dark brown and hard. Add salt and pepper to taste.
Roll each piece into a piece of white bread. Makes 6-8 servings.

Recipe by
Henry Ebarb
Prescott, Ariz.

First Settlers

Dad's mom, Grandma Irene (Rehina), ironed his shirts because she did not like the way our Mother ironed. Grandma would cook starch and heat her flatiron on a wooden stove. My grandmother, Rehina Rivers Procella Y'barbo (Ebarbo), was born about 1865 and died in 1967.

According to 1880 census, she is listed in

the house as niece of Alcario Y'barbo, the first settler in Ebarb, La. He dropped the "Y" from his name and made it an "E" and dropped the "O," making his name Ebarb. As a young widow she married my Dad's father, Jacob Y'barbo (Ebarbo), born about 1875. He died in Sabine Parish on Dec. 29, 1935. They were parents of 10 children.

Henry Anthony Ebarb

Uncle Jack's Wild Game Stew

2 lbs. shortening in deep heavy pot
3 or 4 onions, whole
4 pods garlic
5 or 6 white potatoes, chopped
Salt
Black pepper
Any wild game (armadillo, opossum, raccoon, rabbit, pig, duck, squirrel, turtle or fish)

Heat a large cast iron or three- to four-quart pot until smoking hot. Melt lard or grease, then add wild game. Brown well. Add potatoes, whole onions, garlic, salt and pepper. Fill pot with water. Cover with lid and cook until tender. Makes 4-6 servings.

Recipe by Henry Ebarb
Prescott, Ariz.

Harmony in the Woods

Uncle Jack Ebarb loved life at his campground. It wasn't just a place in the woods but it was a way of life where he found harmony, had a relationship with and shared his wisdom of hunting and fishing with family and friends. They respected the land and animals as he did. He was born on Feb. 22, 1912, and died in 1963 in Sabine Parish. His parents, my grandparents Irene and Jacob Ebarb, named him Jacob "Jake" Ebarb but he was called "Jack." His Wild Game Stew recipe is in this cookbook.

Danny Ebarb

Mother's Metate Loaf

2 cups Masa white corn
Pinch of salt
1 1/4 cups warm water

Mix together in a bowl with hands. Shape dough into an oval loaf 1 1/2 inches thick. Put in greased loaf pan. Preheat oven to 350 degrees and bake for 20 minutes. Makes 4-6 servings.

Recipe by Dorsey Ebarb Bronson

Teenage Bride

My father, "Tobe" Ebarb, was a romantic and good man who never gave up trying.

When he was a senior in high school he fell madly in love with my mother, Verna Sepulvado, who was 15 at the time.

Her parents refused to let him court her because of her age so he repeated his senior year to be near her.

His plan worked and she fell for him and they eloped. They had eleven children, loved Cajun music and dancing. He died at the age of 55.

Years later, during one of my Mother's chemotherapy treatments, my late sister, Henrietta, asked her their favorite song. Mother told Henrietta their song was "Blueberry Hill" by Fats Domino and sang a few notes.

Dorsey Ebarb Bronson

Cow Patties

I remember my mother, the late Verna Ebarb, telling stories of collecting cow patties before school and plowing the fields after school.

Mom was proud of being able to hitch a mule to a plow. Her mother, Goodmama, dried the collected manure and burned it for fuel. She also used it as fertilizer for the spring planting.

The patties were burned to repel mosquitoes while the family visited on the porch.

Susan Ebarb Rains

Mother's Tortilla

2 cups Masa white corn
Pinch of salt
1 1/4 warm water
2 or 3 tsp. Crisco®

Place dough in a bowl. Add water and mix with hands. Roll into 16 to 18 balls.

Cover with damp cloth to keep soft.

Heat skillet on medium-high heat. Take each ball, place in skillet and press down with palm of hand.

Cook, turning every 15 to 20 seconds.

Makes 4-6 servings.

Recipe by Verna Sepulvada Ebarb

Mother's Zwolle Tamales

4 cups Maseca® Masa for Tamales flour (gluten free)
3 pods garlic, chopped
2 cups lard
Salt
Black pepper
1 tsp. baking powder
Red pepper, crushed
3 lbs. of hog head or 3 to 4 lbs. fresh pork butt with bone
48 shucks (approximately)
Water
2 cups broth from cooked meat

Shucks: Buy shucks with ends not trimmed off because the long ends fold under the best for cooking. Clean shucks by soaking in warm water for one hour. Take out and rinse in warm water until it is clear. Remove from water and pat dry. Stack in pile for assembling.

Hog head or pork butt: In a large pot or pressure cooker, cover meat with water and add chopped garlic. Cook for two hours or until meat falls off the bone. Save broth. Let cool completely, remove all meat and grind to a paste. Season with black pepper and red pepper according to "heat" preference. For mild tamales, do not add red



Five generations in 1985: Christina Meshell Sepulvado, Verna Sepulvado Ebarb, Henrietta Ebarb Rivers, Suzanne Rivers Ebarb, holding her daughter, Jana Ebarb Wright.

pepper. For medium hot tamales, add large three-finger dab. For smoking hot tamales, add a palm full of red pepper.

Masa dough: In large bowl, mix flour, lard and salt, using hands. Mix with enough warm meat broth to make a paste of spreadable consistency.

Assembly: On the kitchen table, stack cleaned shucks, a bowl of masa, meat mixture and pot or pressure cooker lined on the bottom with foil or one with a wire rack on bottom. Use your fingers to spread masa everywhere but the edges of the shuck. About 1 1/2 inches of shucks should be left uncovered by masa at each end and about one inch on each side. After adding meat mixture down the center of masa, approximately one tablespoon,

Old Indian Way Tamales

I grew up helping my grandmother, "Mother," make hot tamales on a small kitchen table overloaded with corn shucks, meat and cornmeal masa, barely leaving enough assembling space to work. Her tamales, made the old Indian way with fresh cooked hog heads, were much sought after and she could make 60 dozen at one time. I remember her hard work and her habit of putting on red lipstick before going to church.

Mandy Olivia

fold the sides of the shucks together lengthwise, folding the dough so that it encloses the filling. The dough should be completely and tightly enclosed inside the shuck in the rolled up tamale. Fold ends under and place in pot, stacking in layers. Pour meat stock over tamales three inches high. Do not completely cover with liquid.

Cover and steam for one hour.

Makes approximately 48 tamales.

Recipe by Dorsey Ebarb Bronson

Mother's Breakfast Green Onion and Eggs

4 green onions, chopped
2 freshly laid eggs
Dab of Crisco® or bacon grease
Pinch of salt
Pinch of black pepper

In a large black skillet, heat Crisco® or grease until smoking hot but not burning.

Add onions and stir for 30 to 60 seconds.

Crack eggs on top of green onions, salt and pepper. Stir for about 60 seconds. Makes one serving.

Recipe by Henry Ebarb

Grandma Rehina's Cornmeal Mush

2 cups of cornmeal, white or yellow
Pinch of salt
Pinch of black pepper
8 cups of water
3- to 4-quart cast iron pot

Heat up water until smoking hot. Add cornmeal, salt and black pepper. Cook at high temperature for at least one hour. Makes 4 to 6 servings.

Recipe by Henry Anthony Ebarb
Prescott, Ala.

Aunt Eve's Pouch (Blood Sausage)

Fresh hog stomach
Fresh hog, lungs, liver, heart and spleen
Hog blood, fresh (no more than 30 minutes old)
Crisco® and/or bacon grease
Salt
Crushed red hot pepper
White bread
Needle and thread
Cast iron pot

Wash out hog stomach and cut up ingredients into half-inch pieces. Put ingredients into hog stomach and pour in fresh hog blood.

Add salt and crushed hot red pepper. Sew up and place upright with stitched side up.

Heat up cast iron pot with lard and or bacon grease until smoking hot.

Bake in oven at extreme heat until tender.

Set aside to cool and place in refrigerator overnight.

Next morning, slice into half-inch thick slices and serve between white bread.

Recipe by Henry
Anthony Ebarb
Prescott, Ala.

Antie's Snow Ice Cream

Fresh snow (bowl)
1 can Carnation® milk
1 cup sugar
1 tsp. vanilla flavor

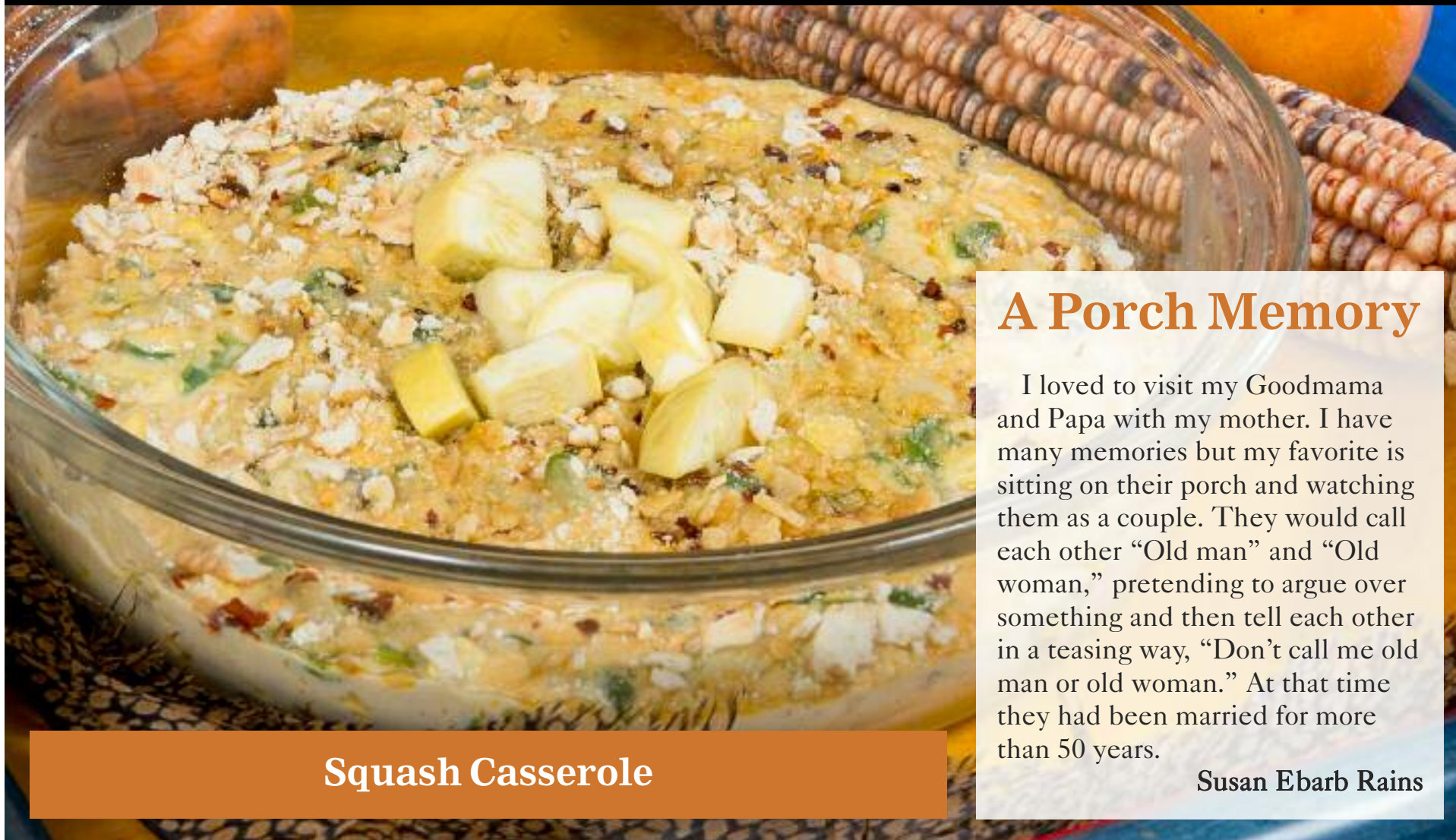
Scoop up snow and pack down in bowl.

Combine milk, sugar and vanilla flavor in another bowl and pour over snow. Makes one serving.

Recipe by Henry Ebarb

VEGETABLES

From peppers and pickles to salads and sandwiches



A Porch Memory

I loved to visit my Goodmama and Papa with my mother. I have many memories but my favorite is sitting on their porch and watching them as a couple. They would call each other “Old man” and “Old woman,” pretending to argue over something and then tell each other in a teasing way, “Don’t call me old man or old woman.” At that time they had been married for more than 50 years.

Susan Ebarb Rains

Squash Casserole

Squash Casserole

15 small squash
1 onion, chopped
1 bell pepper, chopped
6 green onions, diced
2 (10.75 oz.) cans cream of mushroom soup
1 1/2 cups Ritz® cracker crumbs
1 egg
1 1/2 sticks butter
Salt and pepper to taste
1 small box Velveeta® cheese
Dash of crushed red pepper

Chop squash, onions and bell pepper. Sauté in butter until tender.

Mix one cup of cracker crumbs, egg and soup. Add this to squash mixture. Stir in cheese until melted. Add salt and pepper. Pour in a 3-quart baking dish, top with remaining crumbs and bake at 350 degrees for 30 minutes.

Makes 10 servings.

**Recipe by Susan Ebarb Rains
Zwolle, La.**

Oven Roasted Brussels Sprouts

1 (16 oz.) bag Brussels sprouts (ready to cook and serve)
1/4 cup olive oil
1/2 cup lemon juice
1/4 cup honey
1 tsp. cardamom
Salt
Pepper

Mix all seasonings together in a plastic bag.

Drop in Brussels sprouts to thoroughly coat each piece.

Preheat oven on broil and place Brussels sprouts on cookie sheet. Roast for 3 to 4 minutes on each side. Remove and serve.

Makes 6 servings.

Recipe by Dorsey Ebarb Bronson

Crisp Bread and Butter Pickles

4 quarts medium size cucumbers, sliced	5 cups sugar
6 medium white onions, sliced	3 cups cider vinegar
2 green peppers, chopped	1 1/2 tsp. turmeric
3 cloves of garlic	1 1/2 tsp. celery seed
1/3 cup salt	2 T mustard seed

Do not parboil cucumbers. Slice very thin and set aside.

Combine onion, pepper and whole garlic cloves and salt to taste. Mix well and cover with cracked ice.

Let stand for 3 hours. Drain well.

Add remaining ingredients. Pour over cucumbers. Heat to a boil. Set aside to cool. Store in Mason jars sealed with tight lids.

Makes about 4 quarts.

Recipe by Sharon Ebarb



Mother's Hot Potato Salad Garnished with Bacon

8 whole white potatoes, peeled
1 yellow onion, chopped
2 cups Miracle Whip®
Pinch of salt
2 to 3 pieces of bacon
6 boiled eggs

4 eggs, chopped

Boil whole potatoes, cut in fourths and mix in serving bowl with Miracle Whip®, raw chopped onions, four chopped eggs and salt to taste.

Serve warm and garnish with two whole and peeled boiled eggs and three or four pieces of crisp bacon.

Makes 8 servings.

Recipe by Danny Ebarb

Lillie Meshell's Sweet Pickles

1 bushel of cucumbers
2 cups water
1 cup red or white vinegar
1/4 cup allspice
2 cups sugar
Cloth
Mason jars

Wash cucumbers and place in pot. Cover cucumbers with liquid (2 cups water to 1 cup red or white vinegar).

Take allspice and tie up in a piece of cloth. Put it in the pot with the cucumbers and water/vinegar mixture. Add two cups of sugar to each cup of vinegar.

Bring to a boil. Boil until the cucumbers lose their color. Remove cucumbers from the pot and place in jars with a little of the cucumber water in each jar. Place canning lid on jars.

(Note: These sweet pickles are

Wash Tub of Cucumbers

I remember my mother Lillie Meshell picking a full “wash tub” (bushel) of cucumbers to make sweet pickles for the lean winter months. She would wash her Mason jars and prepare her “tips” and “bands” (lids). Then she would cook her pickles on a wood stove using white ash wood. No meal was ever complete without these pickles!

Mary Helen Carlin

delicious with fresh cooked pork or beef on cold winter days. Optional: Soak cucumbers overnight in salty water to get rid of the bitter taste.)

Servings depend on size of cucumbers.

Recipe by Mary Helen Carlin

New Potatoes

3 lbs. tiny new potatoes, unpeeled
6 T butter, melted
2 T parsley, minced
1 tsp. salt
1 tsp. seasoned butter

Cover and cook potatoes in boiling water until tender (about 20 minutes).

Drain and peel jackets from potatoes and return to pan.

Combine butter, parsley, salt and pepper.

Pour mixture over potatoes. Cover pan and shake to distribute butter.

Makes 8 servings.

Recipe by Susan Raines

Salsa Dip

Dish pan full of tomatoes picked from garden, peeled and chopped
1/2 onion, finely chopped

2 cups ground green pepper
Pinch of salt
Pinch of garlic powder

Combine all ingredients. Season to

personal taste. Simmer for 45 minutes, then cool and refrigerate.

Recipe by Margie Procell and Sharon Ebarb

Meshell Pepper Sauce

(Note: This pepper sauce was a must to serve on a plate of field peas with fresh ripe tomatoes and cornbread. It wasn't really a sauce. It was more like chutney. Peppers of different degrees of hotness can be used.)

1 cup fresh hot peppers
and/or mild peppers
2 T shortening
Pinch of salt
Pinch of black pepper
2 eggs, slightly beaten

Cover chopped peppers in water. Boil until water is almost gone. Turn heat down and add lard, eggs and seasoning. Mix well and cook until eggs are cooked.

Remove from heat and serve. A heaping tablespoon is usually enough to season the peas.

Makes about 6 servings.

**Recipe by
Mary Helen Carlin**



Winter Treat

The Meshell pepper sauce was a treat for a cold winter evening. My mom, Lillie

Meshell, used fresh green onions from the garden and fresh yard eggs. There was always plenty of food for a family of six.”

Mary Helen Carlin



Black-Eyed Pea Soup

1 (28 oz.) can beef broth
2 (15 oz.) cans Trappey's® black-eyed peas
1 (10 oz.) can Ro*Tel® tomatoes
1 (15 oz.) can stewed tomatoes
1 lb. smoked sausage, cut in bite-size pieces

Combine all the above together in crock pot and cook on low heat for 3 hours. Serve with cornbread. Makes 8 to 10 servings.

Recipe by Susan Ebarb Rains

Bertie Bottrell's Vegetable Soup

- 1 lb. hamburger meat
- 1 (15 oz.) can small sweet peas
- 1 (15 oz.) can whole corn golden or sweet
- 1 (15 oz.) can white hominy
- 1 (15 oz.) can Ro*Tel® diced tomatoes and green chilies
- 1 cup potato, diced and cooked
- 1 cup carrots, diced and cooked
- 1 (15 oz.) can ranch style beans
- 1 T olive oil

Brown meat in olive oil and set aside.

In a large pot, combine all vegetables including liquid. Bring to a boil. Reduce heat and cook for 45 minutes. Add meat and cook 15 more minutes.

Makes 12-14 servings.

Recipe by Sharon Rivers Ebarb

Walking at 100

Bertie Bottrell was 103 years old when she died, and she was still walking for exercise. Sam A. Rivers remembers her as petite, weighing not much more than 100 pounds. Bertie was special because she raised Sam's mother, Mary Louise Rivers, whose mother died giving birth to her. She was a good cook and her recipes for peanut butter cookies and vegetable soup are in the cookbook, courtesy of Sharon Ebarb.

Cheese Dressing for Vegetables

Use the amount of French dressing needed to serve the number of guests you have.

Heat and add a generous amount of sharp cheddar cheese to the heated dressing. Allow to melt and pour over heated broccoli, cauliflower or Brussels sprouts.

Serve at once. This gives a most unusual taste to these vegetables.

Recipe by Susan Rains

Spinach Casserole

- 6 oz. yellow jalapeno cheese
- 2 pkg. spinach, cooked and chopped (reserve 1/2 cup of liquid)
- 4 T butter
- 2 T flour
- 1/2 cup Pet® evaporated milk
- 1 T Worcestershire® sauce
- 1/2 cup liquid from cooked spinach
- 3/4 tsp. celery salt
- 3/4 tsp. garlic salt
- Bread crumbs

Mix all together. Cook in buttered 3-quart casserole dish and sprinkle bread crumbs on top.

Bake at 350 degrees for 45 minutes. Makes 8 servings.

Mom's Beans and Bison

1/4 cup olive oil
1 medium white onion, chopped
1 medium bell pepper, chopped
1 lb. bison or hamburger meat
1/2 bottle of barbecue sauce
2 large cans pork and beans
1 cup zesty Italian dressing
Salt
Pepper
Ketchup
Mustard
Worcestershire® sauce
1 cup brown sugar
1 tsp. garlic powder

Sauté in olive oil, meat with onion and bell pepper. Mix in baked beans, brown sugar, salt, pepper, zesty Italian dressing, garlic powder and barbecue sauce in 9x13 Pyrex® dish.

Make a diagonal zigzag pattern with mustard and ketchup. Make a straight line with Worcestershire® sauce.

Mix all ingredients together and bake at 350 degrees for 45 minutes.

Makes 12 servings.

**Recipe by Jerry Rogers
Lufkin, Texas**



Marinated Dill Carrots

2 cups carrot sticks
1/4 cup green goddess dressing
1/4 cup Wishbone® Italian dressing
1/4 tsp. salt
1/2 tsp. pepper
1 tsp. dill seed
1/4 cup onion, grated
1 tsp. parsley flakes

Boil carrots until tender in salted water, then drain.

Mix the remaining ingredients and pour over the cooked carrots. Marinate overnight.

(The carrots can be used as a salad or a vegetable.)

Makes 6 servings.

Recipe by Susan Rains

Broccoli Marinate

2 to 3 bunches fresh broccoli, cut up
1 cup cider vinegar
1 T sugar
1 T dill weed
1 T Accent® seasoning

1 tsp. salt
1 tsp. pepper
1 tsp. garlic salt
1 1/2 cups vegetable oil

Cut broccoli. Mix marinade and pour over broccoli. Cover and refrigerate for 24 hours.

Turn pieces often, drain and serve.
Makes 6 to 8 servings.

Recipe by Susan Rains

Cushaw

4 lbs. cushaw (a species of winter squash)
1 tsp. cinnamon
1 tsp. nutmeg
2 cups sugar
1 stick butter or oleo

Cut outside peel off. Cut inside into squares and boil until tender. Drain.

Mix remaining ingredients. Melt butter or oleo and add to mixture.

Pour into a greased 9x13 Pyrex® dish and bake 30 to 40 minutes at 350 degrees.

Makes 6 servings.

Recipe by Susan Rains

Marinated Carrots

2 lbs. carrots
1 (15 oz.) can Ro*Tel® tomatoes
1 cup sugar
3/4 cup vinegar
1/2 cup Wesson® oil
1 tsp. salt
1 tsp. pepper
1 tsp. mustard
1 tsp. Worcestershire® sauce
Onion, sliced
Bell pepper, sliced
Celery, chopped

Wash and peel carrots. Cut into bite-size pieces and cook in small amount of water until barely tender and drain.

Mix remaining ingredients and marinate carrots overnight in refrigerator.

Add sliced onion, bell pepper and celery.

Makes 6 to 8 servings.

Recipe by Susan Rains



Howard's Okra and Tomatoes

2 large white onions, chopped
3 cups fresh okra, cut up (not
thinly sliced)
1 whole tomato, diced
1 (28 oz.) can of whole peeled
tomatoes, diced
1 T olive oil

In a skillet, heat olive oil and sauté
onions and fresh tomato. Add okra
and sauté, stirring constantly to keep
from burning.

Add can of tomatoes and bring to a
gentle boil. Turn heat to low
medium and cook for 15 minutes.
The okra should be slightly crunchy.
Makes 6 servings.

**Recipe by Howard Bronson
Mobile, Ala.**

Poke Salad

3 lbs. pokeweed stalks
3 eggs
1 bunch green onions, chopped
1/4 cup cooking oil
Salt and pepper to taste

Pull the leaves from the pokeweed stalks and boil down for about 20 minutes. Rinse thoroughly with cold water.

In a large black iron skillet, add the cooking oil to medium heat. Add the pokeweed, eggs and green onions. Salt and pepper to taste.

Cook approximately 15 minutes and serve with hot cornbread.

Makes about 6 servings.

Recipe by Anna Ebarb Remedies

Hot Mushroom Sandwiches

1 lb. fresh mushrooms, chopped
2 onions, chopped
1/2 cup oleo plus 1/2 stick of butter
1 (8 oz.) package cream cheese
10 pieces of bread

Sauté mushrooms and onions in oleo, then work in cream cheese.

Remove crust from bread and roll thin. Spread mushroom mixture and roll up.

Drizzle rolled-up sandwiches with melted butter. Bake

at 350 degrees for 30 minutes (can be frozen before baking).

Makes 8 servings.

Recipe by Betsy Ebarb

Broccoli Ring

1 (10 oz.) package frozen broccoli
1 envelope unflavored gelatin
1/2 cup water
1 can condensed chicken broth
2/3 cup mayonnaise
1/3 cup sour cream
1 T lemon juice
1 T onion, minced
3 hard-boiled eggs

Cook broccoli according to package. Season with salt. Drain well. Chop broccoli fine.

Soften gelatin in water and add chicken broth. Heat and stir until gelatin is dissolved. Add mayonnaise, sour cream, lemon juice and onion juice. Beat smooth with beater. Chill until slightly congealed.

Chop eggs and fold into gelatin with broccoli.

Put in cup molds. Chill overnight. You can serve on lettuce or plain.

Makes 8 servings.

Recipe by Betsy Ebarb

Green Beans Piquant

1 can (16 oz.) whole green beans
1 medium onion, thinly sliced
1 cup water
1/2 tsp. salt
2 tsp. sugar
4 slices bacon
3 T red wine vinegar
1 tsp. Worcestershire® sauce
1/4 tsp. salt

In saucepan, combine green beans, onion, water and the 1/2 teaspoon of salt. Cover and cook for 25 minutes or until beans are tender and drain.

In a skillet, cook bacon until crisp, then drain and reserve 3 tablespoons of bacon drippings. Crumble bacon and set aside.

Return reserved drippings to skillet and stir in vinegar, sugar, Worcestershire® sauce and 1/4 teaspoon of salt.

Bring mixture to boil. Pour sauce over drained beans in saucepan and sprinkle with crumbled bacon. Toss lightly to mix.

Cover and return to heat for 2 to 3 minutes to heat through and blend flavors. Serve at once.

Makes 6 servings.

Recipe by Julie Ebarb Crittenden



BREAD & SWEETS

All the after-dinner goodies from your childhood



Verna's Sweet Potato Pies

Papa's Peanut Candy

2 cups roasted
peanuts
2 cups sugar cane
syrup, dark
1/2 cup sugar
1/4 tsp. vanilla
flavoring

Boil syrup and sugar
until a soft ball is
formed when dropped
in cold water. This is
done by dropping about
a teaspoon of syrup in a
cup of cold water.

Using your fingers,
form a soft ball that does
not fall apart. Test about
every five minutes
during cooking. When
done, remove from heat.

Add vanilla and mix
thoroughly. Add roasted
peanuts and cook
peanuts in syrup for
about five minutes.
Pour into a 9x13
greased pan. Cool and
slice. Should be gooey
and not crisp like a
peanut patty.

Makes about 6
servings.

**Recipe by
Rose Wanat**



Papa and his six daughters



Papa's Popcorn Balls

Popped corn, about one gallon
2 cups sugar cane syrup, dark
1/2 cup sugar
1/4 tsp. vanilla flavoring

Boil syrup and sugar until a soft ball is formed when dropped in cold water. This is done by dropping about a teaspoon of

syrup in a cup of cold water.

Using your fingers, form a soft ball that does not fall apart. Test about every five minutes during cooking. When done, remove from heat.

Add vanilla and mix thoroughly.

Pour over popcorn and form into balls. If it becomes sticky, dip hands in water.

Makes about 8 to 10 servings.

Recipe by Rose Wanat

Verna's Sweet Potato Pies

4 large sweet potatoes
1 cup sugar
Pinch of allspice
Pinch of cloves
3/4 cup lard
1 tsp. grated orange peel
2 cups all-purpose flour
1/2 tsp. salt

Rub sweet potatoes with lard and wrap in foil. Bake on cookie sheet at 300 degrees for two hours. Potatoes are baked when they are very soft.

Peel cooked potatoes and mix with sugar, orange peel, cloves and allspice using electric mixer.

Pastry: Mix flour, lard and salt in bowl, adding enough water to form a ball. Use hands. Divide dough into eight balls. Roll into 4-inch round pastries, one at a time. Fill bottom half with sweet potato mix and fold the top half over. Seal by pinching together with fingers.

Bake at 350 degrees for 25 minutes or until golden brown.

Makes 8 to 10 servings.

**Recipe by Craig Ebarb
Zwolle, La.**

Mom's Fry Cakes

4 c. self rising flour
1/3 c. shortening
2 c. buttermilk
1 tsp. sugar
Powdered sugar

Mix flour, shortening, buttermilk and sugar. Knead until firm. Add flour as needed.

Roll out thick and cut into squares, then fry in hot shortening a few at a time.

Sprinkle with powdered sugar while hot. Similar to beignets.

Makes 6 to 8 servings.

Recipe by Karen Sloan

Mom's Lemon Cake

1 box Duncan Hines® Lemon Supreme cake mix
2 cups apricot nectar
1/4 cup cooking oil
4 eggs, beaten
1/4 cup sugar

Louisiana Cooking



Mix eggs and sugar together. Add oil and apricot nectar, then mix. Add in cake mix and beat with mixer until smooth and creamy.

Follow baking directions for cake or cupcakes.

Makes 8 servings.

Recipe by Suzanne Ebarb



Early Morning Chat

My mom, Bonnie Ebarb Rogers, and I talked on the telephone each day of her life and she would tell me what she was cooking. I memorized her recipes.

Mom's Banana Pudding

2 (14 oz.) cans Eagle® condensed milk
4 egg yolks, beaten with fork
1/2 cup sugar
1 tsp. vanilla
1/2 cup all-purpose flour
5 to 6 bananas
1/2 cup milk
1 T butter
1 box vanilla wafers
4 to 5 bananas
2 cups heavy cream, whipped

In a double boiler, melt butter and add all ingredients except the vanilla wafers, bananas and cream. Cook until rich and creamy (about 10 to 15 minutes). If it is not the desired thickness, add a pinch of cornstarch.

Layer the bottom of a two-quart dish with vanilla wafers, bananas and pudding. Repeat layers and top with whipped cream. Makes 6 to 8 servings.

Recipe by Jerry Rogers Jr.
Lufkin, Texas

Dot's Butter Cookies

3/4 cup white sugar
3/4 cup light brown sugar
1/2 lb. butter
2 T buttermilk
1 1/2 cups flour
1 egg
1 tsp. vanilla

Cream butter and sugar. Add egg and other ingredients. Blend until smooth.

Drop by 1/2 teaspoons on greased cookie tins.

Bake in oven at 400 degrees for 10 to 15 minutes. Watch carefully because they burn easily. Let cool slightly before removing from the rack. Store in cookie tin.

Makes more than 12 cookies.

(This is an old family recipe. Don't use measuring cups or spoons. Just use teacups and teaspoons.)

Recipe by Betsy Ebarb

Peanut Butter Cookies

2 eggs
1 1/2 cups sugar
1 cup Wesson® oil
1 cup peanut butter
1 cup self-rising flour

Mix ingredients together and drop one at a time with a tablespoon onto a greased cookie sheet. Do not let cookies touch.

Bake in pre-heated oven at 350 degrees for 8 minutes. Check after 6 minutes. Makes 6 to 8 servings.

**Recipe by Bertie Bottrell
Ebarb, La**

Banana Pudding

1 large box instant vanilla pudding
1 large container whipped cream

2 bags of vanilla wafers
9 bananas
1 (14 oz.) can Eagle® condensed milk
1/2 cup coconut

Make pudding in a plastic bowl with a lid. Follow pudding cooking directions on the package. Add whipped cream, milk and coconut.

Repeat layers of wafers, mixture and bananas. Make sure bananas are covered by mixture and wafers.

Seal tightly in plastic bowl and refrigerate.

Makes 12 servings.

Recipe by Margie Procell

Mom's Chocolate Sheet Cake

2 sticks oleo or butter
2 T cocoa or more
1 cup water
2 cups sugar
2 cups flour

1/2 cup buttermilk mixed with 1 tsp. soda
2 eggs, beaten
1 tsp. vanilla

Frosting

1 stick butter
2 T cocoa
6 T milk
1 box powdered sugar
Bring oleo, cocoa and water to a boil.

Pour into a large mixing bowl and add sugar, flour and buttermilk with soda, eggs and vanilla.

Bake in a 9x13 pan at 350 degrees for 20 minutes.

For frosting, mix first three ingredients and bring to a boil. Add powdered sugar. Cool and spread on cool cake.

Makes 8 servings.

**Recipe by Betsy Ebarb
Shreveport, La.**

Crazy for Mayhaw Jelly

“Mayhaw Jelly is my most favorite jelly because it reminds me of being with my mother, Bonnie Ebarb Rogers, picking mayhaws in the woods. She died in 2013, and I remember the fun we had together by storing jelly year-around. My friends know how ‘crazy’ I get over mayhaw jelly, so they give it to me and I search farmers’ markets to find it.”

Olivia Mandy

Mom’s Mayhaw Jelly

4 cups mayhaw juice
1 gallon mayhaws
1 T lemon juice
1 package Sure-Jell® fruit
pectin
5 1/2 cups sugar

Wash mayhaws, place in deep pot, cover with water and simmer for 20 minutes. Drain in colander and save liquid.

To obtain the most berry juice, gently mash berries

against side of colander.

To achieve a clear liquid, pour the four cups of mayhaw juice through a strainer.

Combine the fruit juice and lemon juice. Stir in fruit pectin and sugar. Bring quickly to a full boil about one minute. Remove from heat, skim off and discard foam.

Ladle into sterilized 8 oz. jelly jars to half-inch from top and seal.

Makes about 10 servings.

**Recipe by Olivia Mandy
New Orleans, La.**



Oatmeal Lace Cookies

3/4 cup all purpose flour
1/2 tsp. baking soda
1/2 tsp. salt
3/4 cup butter (room temperature)
3/4 cup firmly packed light brown sugar
1/2 cup granulated sugar
1 egg
1/2 tsp. vanilla
1 1/4 cups oatmeal
3/4 cup finely chopped walnuts

Heat oven to 350 degrees.

Sift together flour, baking soda and salt.

In a large bowl, beat butter with sugars until smooth and very fluffy. Add egg and beat well. Mix vanilla into batter. Gradually add sifted dry ingredients and mix until blended. Stir in remaining ingredients.

Drop rounded tea spoonfuls (very small, these spread while baking) about two inches apart, on ungreased cookie sheets. Bake for about 12 minutes until golden brown.

Remove from cookie sheet with a flat spatula and place cookies on wire cake rack to cool. (Support cookie

sheet so it is perfectly flat when removing cookies. Also wait a second after removing from oven or they push together too easily.)

Loving care and a little practice and they come off slick! Store in airtight container.

Makes more than 12 cookies.

Recipe by Christina Ebarb

Pumpkin Bread

3 1/2 cups self-rising flour
1 tsp. cinnamon
1 tsp. nutmeg
1 cup raisins
1 cup chopped nuts
3 cups sugar
2/3 cup water
1 cup Wesson® oil
1 can (16 oz.) pumpkin
4 eggs, beaten

In a bowl, mix thoroughly the first five ingredients and put aside.

Beat eggs, then add sugar and mix well. Add water, oil, pumpkin and mix. Add flour mixture.

Bake for one hour in two 9x5x3 loaf pans at 350 degrees. Can freeze.

Makes two loaves.

Lemon Gelatin Cake

1 box Duncan Hines® yellow cake mix
1 small box lemon Jell-O®
3/4 cup water
4 eggs, beaten
3/4 cup cooking oil

Icing

2 cups powdered sugar
Juice from 2 lemons

Preheat oven to 350 degrees.

Grease and flour oblong 9x13 flat pan. Combine cake mix, gelatin and water. Mix thoroughly.

Add beaten eggs to cooking oil, then add to other ingredients and mix thoroughly using mixer on medium speed.

Pour into pan and bake for 35 minutes at 350 degrees.

When done, remove from oven and pierce cake with drinking straw over top.

For icing, mix sugar and juice until smooth. Pour icing over hot cake.

Makes 8 to 10 servings.

Recipe by Margie Procell

Persimmon Pudding

2 cups mashed and sieved
persimmon pulp
1/2 tsp. baking soda
3 eggs, beaten
1 3/4 cups milk
2 cups sifted flour
1/2 tsp. salt
1 1/2 cups sugar
1 tsp. ground coriander
3 T butter, melted
Heavy cream, whipped

Mix persimmon pulp, eggs and milk.
Sift together flour, baking soda, salt,
sugar and coriander.

Pour persimmon mixture into dry
mixture and add butter.

Stir briefly.

Bake in buttered 9x13 shallow pan
in oven at 325 degrees for one hour.

Serve with whipped cream.

Makes 12 servings.

Recipe by Sharon Ebarb

Persimmon Bread

2 cups sifted flour



1 tsp. baking powder
1/2 tsp. salt
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 cup shortening or oleo
3/4 cup sugar
2 eggs, beaten
1 tsp. vanilla
1 cup persimmon pulp
1/2 cup walnuts, chopped

Sift together first six ingredients in a
bowl.

In a separate bowl, cream
shortening, sugar, eggs and vanilla.

In another bowl, mix persimmon
pulp and nuts.

Blend all mixtures and pour batter
into a greased 9x5x3 loaf pan and let
set for 20 minutes before baking. Bake
55 to 60 minutes at 375 degrees.

Makes about 8 servings.

Louisiana Cooking

Prune Cake

1 cup sugar
3/4 cup butter
3 eggs
3 T sour cream
2 cups flour
1 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. allspice
1/4 tsp. salt
1 cup cooked, sweetened prunes,
chopped

Cream butter that is room temperature using a mixer until light and fluffy, then add sugar and blend thoroughly using electric mixer. Add eggs without separating. Then add sour cream and blend.

Sift flour. Add spices, soda and salt. Sift three times. Add gradually to other mixture.

Add chopped prunes (well drained) and bake in two 9-inch layer pans at 350 degrees.

Makes about 8 servings.

**Recipe by Sharon Ebarb
Ebarb, La.**



Fig Preserves

4 cups figs, peeled and mashed
1 (6 oz.) package strawberry Jell-O®
3 cups sugar
Mason jars

Peel figs and mash. Boil all ingredients over medium heat, stirring occasionally for three minutes.

Put in 8 oz. jelly jar and seal with lid. Cool for 12 hours.

Makes about 5 pints.

**Recipe by Margie Procell
and Sharon Ebarb
Ebarb, La.**

Pumpkin Patch- Jalapeno Jelly

1 lb. green peppers (medium to large)
1/4 lb. jalapenos (three)
5 cups sugar
1/2 T butter
1 1/4 cups white vinegar
1/3 cup lemon juice
2 (3 oz.) packages Certo® liquid fruit pectin
Mason jars

Seed peppers, quarter and cut up. Process peppers in food processor.

Combine peppers, sugar, butter and vinegar in pot. Bring to a boil. Boil five minutes. Stir in lemon and return to boil.

Add fruit pectin and return to boil for one minute. Pour into clean, hot 8 oz. jelly jars.

Makes about 8 to 10 pints.

**Recipe by Sharon Ebarb
Ebarb, La.**

Mother's Biscuits

2 cups flour
3 tsp. baking powder
1 tsp. salt
1 cup lard
1 cup water
1 cup powdered milk

Use your hands for mixing ingredients. (That is how Mother cooked. She did not own measuring or mixing utensils.)

Fill a bowl one-half full of flour. Use your hand to scoop out a hole.

Combine all ingredients in the scooped-out center of the bowl of flour. Mix together and fold over a number of times until you can shape the mixture into balls of dough. Separate into large or small balls, depending on the size of biscuits you want to cook.

Pat balls into biscuits and place in lightly greased skillet. Most of original flour remains in bowl.

Cook at 450 degrees for 8 to 10 minutes. Eat with pure cane syrup or chocolate gravy.

Makes 6 to 8 servings.

Recipe by Dorsey Bronson



Lillie Meshell's Rosen-Ear Bread

6 to 8 fresh ears of corn from the garden
1 to 2 T shortening
Pinch of salt
Table top grinder (mill)

Shave 2 to 3 cups of corn off the cobs into a pan. Place another pan under the mill to catch the white corn milk. Grind the corn.

Mix the corn and milk together. Add salt and melted shortening to mixture. Mix well.

Pour into a 9-inch iron skillet. Bake for 40 minutes at 400 degrees until brown on top.

(Variation: For crackling bread, add crumpled pieces of fried cracklings. Do not add grease.)

Makes 6 servings.

Recipe by Mary Helen Carlin
Baton Rouge, La.

Delicacy

This was a summer "delicacy." Like making hot tamales, it was labor intensive but a treat for the family. This bread was baked in a wood stove oven using white ash wood.

Mary Helen Carlin

Healthy Cornbread

When I was a little girl, my mom, Lillie Meshell, baked cornbread for dinner (lunch) and supper. For supper, we would add crumbled up cornbread to fresh cow's milk as a side dish. We were so healthy.

Mary Helen Carlin

Lillie Meshell's Hot Water Cornbread

2 cups plain pure white cornmeal
Pinch of baking soda
Pinch of salt
Hot water

Mix corn meal, baking soda and salt together in a pan. Add enough hot water so that the dough sticks together. Add a bit of cool water so that you can stir it.

Bake in greased 9-inch iron skillet until brown on top. Makes about 6 servings.

Recipe by Mary Helen Carlin
Baton Rouge, La.

Mom's Chocolate Gravy

1/2 cup sugar
3 T cocoa powder
1/2 tsp. vanilla flavor
3 T flour
1 1/2 cups milk

Mix all ingredients except vanilla. Cook and stir constantly until bubbly and thickened. Remove from heat and add vanilla. Serve over hot buttered biscuits.

Makes 4 to 6 servings.

Recipe by Clark Rivers
Zwolle, La.

Coffee With Mom

Chocolate gravy on a biscuit and stopping by for early morning coffee before going to work in the woods as a logger is Clark Rivers' sweet memory of his late mother, Henrietta Ebarb Rivers. Today Clark, who married Paula Martinez Rivers, makes memories with their two daughters by deer hunting with Alex, a teenager, and shopping with Samantha, a college student. They live in Zwolle, La.

Clark Rivers

The Best

My mom, Lillie Meshell, always said that Margie Rivers and Christina Meshell knew how to make the best rice custard! She said that you could cut Margie's rice custard with a knife! Maybe someone knows the secret.

Aunt Christina's Rice Custard

2 cups white rice, cooked
3 eggs, separated
1 cup sugar
1 cup confectioner's sugar
1 tsp. vanilla extract

Cook rice separately. Add beaten egg yolks to rice. Add sugar and vanilla. Stir rice mixture well. Place to the side.

Beat egg whites with vanilla and confectioner's sugar to make a white meringue.

Pour rice mixture into a deep, 9-inch round cake pan. Spoon meringue on top of rice.

Bake at 400 degrees until the meringue is brown in parts. Serve warm.

Makes 6 servings.

Recipe by Mary Helen Carlin
Baton Rouge, La.



Margie Rivers, born in 1920, right, is pictured with her sister, the late Virginia "Janie" Procell (1921-2001).

A white ceramic bowl with a braided rim is filled with a thick, creamy dip studded with dark chocolate chips. Several graham cracker sticks are stuck into the dip, some standing upright. The bowl sits on a green surface with scattered chocolate chips and graham cracker sticks. The background is a green fabric with a subtle floral pattern.

Chocolate Chip Dip

1 package (8 oz.) cream cheese,
softened

1/2 cup butter, softened

3/4 cup confectioner's sugar

2 T brown sugar

1 tsp. vanilla extract

1 cup (6 oz.) miniature semisweet
chocolate chips

Graham cracker sticks

In a small bowl, beat cream cheese and butter until light and fluffy. Add the sugars and vanilla, then beat until smooth. Add chocolate chips. Serve with graham cracker sticks.

Makes 6 to 8 servings.

Recipe by Jessica April Zirbes

Persimmon Cookies

1 egg
2 cups flour
1 cup sugar
1/2 cup butter
1 tsp. soda
1 cup ripe persimmon pulp
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. cloves
1/4 tsp. salt
1 cup pecans, chopped

Beat egg well, set aside. Cream sugar and butter well, then mix with egg, soda and persimmon pulp. Add flour, cinnamon, nutmeg, cloves, salt and pecans to that mixture and stir together.

Use a tablespoon to drop the cookies on a greased cookie sheet. Bake at 350 degrees for about 15 minutes. Let cool. Makes more than two dozen.

**Recipe by
Sharon Rivers Ebarb**

Country Life

Sharon Rivers Ebarb and her husband, “Ray Ray” Ebarb, grandparents of two young granddaughters, live across the branch from where she grew up on Ebarb Road near her grandparents’ old home place and next door to nephew, Roger Rivers, the “King of the Swamp” television celebrity.

Roger gives credit to his Uncle Reese, Sharon’s dad, for teaching him to hunt and fish.

Sharon and Ray’s country life in a lovely modern home is flavored with some of the old ways. They cure meat in a custom built smoke house and raise ducks, geese and chickens. They have two daughters who have careers in Shreveport, La. One is a rescue flight nurse and the other has a doctorate in psychology.

Goodmama Kept The Fire Burning

Tom Meshell, my grandmother’s (Christina) father, told me he gave her a box of matches as a wedding present at the beginning of the summer to use for her cooking and at the end of the summer she showed him that she had only used three matches to light cooking fires. She had learned well from her mother on how to keep fire coals covered in ashes and smoldering all

night and day and how to transfer the burning coals to the various stoves, fireplace and outdoor fires for cooking.

I loved to watch how she uncovered the coals, blew air gently on coals and added kindling wood until she had a roaring fire going. She had wood from special trees to get a fire going quickly. The starter wood was chopped into small pieces stacked in a certain way to dry it out and protect it from the weather. She loved to cook in her large black pot in the outdoors.

Henry Ebarb

Dora and Christina Sepulvado’s Indian Fry Bread

3 cups flour
2 eggs, beaten
1 tsp. soda
1/2 teacup (4 oz.) of lard
A bit of milk

In a mixing bowl, use hands to work all ingredients together until thoroughly mixed.

Make into a ball. Roll out

on floured board and cut into squares. Heat a skillet half full of lard until smoking hot. Drop squares in to fry, and do not let the pieces touch. Turn over once.

Makes more than one dozen.

**Recipe by Chief Tomas Rivers
Ebarb, La.**



Rose Wanat's Sweet Potato Pie

3 medium sweet potatoes, cooked
and mashed

2 T butter or margarine

3 tsp. allspice

1 pkg. of 10 refrigerated biscuits (use
large biscuits)

Note: Add 2 tablespoons of brown
sugar and 3 tablespoons of sugar to
reach desired sweetness.

Peel and boil sweet potatoes until
tender. Drain. Mix butter and allspice
and add to mashed potatoes. Add more
allspice to taste.

Roll out biscuits on floured board
until thin. Fill with potato mixture,

about 1/4 cup. Fold over and crimp
edges. Forms a crescent shape. Cut
slits in tops of pies prior to baking.

Bake at 350 degrees for 10 to 15
minutes. Will keep several days
without refrigeration. Good for a snack
on a trip. Makes 8 servings.

Recipe by Rose Wanat
Ringgold, Ga.

Amazing Coconut Pie

2 cups milk
3/4 cup sugar
1/2 cup Bisquick® mix
4 eggs
1/2 cup oleo
1 1/2 tsp. vanilla
1 cup Baker's® angel flake coconut

Combine all ingredients and mix with electric mixer except coconut. Pour into greased 9-inch pie pan. Let stand for five minutes. Sprinkle with coconut.

Bake at 350 degrees for 40 minutes. Serve warm or cool.
Makes 6 servings.

Pralines

3 cups sugar
1 (14 oz.) can condensed milk
1 can water
1 T butter
Pinch of salt
2 cups pecans, chopped

Cook all ingredients in a double boiler until it forms a soft ball. Add

pecans just before you stop cooking. Beat until creamy.

Spoon mixture onto a greased marble slab or waxed paper. Cool.
Makes 6 to 8 servings.

Recipe by Sarah Ebarb

Chocolate Ice Box Cake

2 dozen ladyfingers
4 T water
5 egg yolks
4 T sugar
8 squares dark chocolate
1 tsp. vanilla
5 egg whites
Whipped cream
16 chopped nuts

Melt chocolate in double boiler. Add sugar, water and well-beaten yolks. Cook until smooth and thick. Cool. Add vanilla and stiffly-beaten egg whites. (Note: Egg whites should be at room temperature before beating.)

Line a spring pan with wax paper, then line with ladyfingers split in half. Pour in chocolate mixture. Cover with remaining ladyfingers split in half.

Store in refrigerator for 3 to 4 hours.

Turn out on plate. Cover with whipped cream and chopped nuts.
Makes 8 servings.

Peach Cobbler

8 or 9 peaches, peeled and sliced
1/2 cup water
1 1/2 cups sugar
2 T flour
Pinch of salt
1/2 cup margarine or melted butter

Cook peaches until tender in water. Mix flour, salt, sugar and add to peaches. Add margarine.

Dough

1 c. flour
1/2 tsp. salt
1/3 cup shortening
4 T sweet (whole) milk, enough for stiff dough

Mix flour, salt, shortening and milk. Chill for one hour. Roll dough on floured board. Cut enough dumplings to cover first layer of peaches.

Make a lattice top to go over second layer of peaches. Bake in 9x13 pan for 40 to 45 minutes at 350 degrees.

Makes 8 to 10 servings.



Party Raspberry Cheese Ball

1 cup green onions, diced
 1 cup mayonnaise
 1 1/2 cups crushed pecans
 1 1/2 cups four-blend Mexican cheese
 1 1/2 cups real bacon pieces
 1 jar (4 oz.) seedless red raspberry preserves
 1 box crackers

Stir until mixed thoroughly,

all ingredients except red raspberry preserves and crackers.

Using your hands, form into a ball and place in a small bowl or mold and refrigerate until chilled.

Remove from container after chilling and cover with red raspberry preserves.

Serve on a party tray with crackers.

Makes about 20 servings.

**Recipe by Brad and Jana Ebarb Wright
 Zwolle, La.**

Old-fashioned Tea Cakes

1/2 cup milk
 2 cups sugar
 1 cup lard
 2 eggs
 2 tsp. vanilla extract
 4 cups self-rising flour

Drop one-teaspoon balls of dough onto a cookie sheet and bake at 450 degrees until golden brown (about 10 minutes).

Makes about 2 dozen cookies.

Put flour in a bowl. Mix milk, sugar, lard, eggs and vanilla extract in another bowl and then add to flour and mix thoroughly.

**Recipe by Margie Procell
 Zwolle, La.**

Syrup Tea Cakes

1 stick butter
 1 cup sugar
 1 egg
 1 cup ribbon cane syrup
 2 T milk
 4 to 5 cups self-rising flour

add flour until blended.

Drop a teaspoon of mixture onto cookie sheet. Do not let cookies touch.

Bake for 10 to 15 minutes at 350 degrees.

Makes about 2 dozen cookies.

Cream the butter, sugar and egg. Add syrup and milk. Slowly

Recipe by Pam Rivers Ebarb, La.

Chief Thomas' Choctaw-Apache Fry Bread

1/2 bowl flour (four cups)
2 eggs, beaten
1/2 teacup of lard (less than 4 oz.)
Baking soda or baking powder
Bit of milk

Knead until you have hard dough then roll it out. Cut in squares and fry. Makes 8 to 10 servings. (Note: This is a Goodmama and Papa recipe.)

Recipe by Chief Thomas Rivers

Rosen-Ear Bread

12 ears corn
1 tsp. salt
1/2 cup oil
1/2 cup sugar
1 cup flour
1/2 cup milk
3 eggs, beaten

Cut corn from cob and grind. Add all ingredients to ground corn. Bake in 9-inch heavy skillet at 400 degrees until brown.

Makes 8 to 10 servings.

Recipe by Chief Thomas Rivers



Charity is Legend

Christina and Dora Sepulvado are talked about today as if they were alive because their acts of charity are legend. In the early 1900s, the Ebarb community was

rural and isolated and without electricity or indoor plumbing. When someone died, Dora made the coffin and Christina hand-sewed the burial clothes. During the building of the coffin, the loved one was laid out on a door in the home for the “setting up” or “wake.”

Danny Ebarb