



Cajun Clark's Cookbook

One Inch From the Top... The Only Way to Cook!



Cajun Clark's Selected Freebies

Compliments of...

Cajun Clark

Introducin' da ol' mon Caj!

after all, he did the work(?)

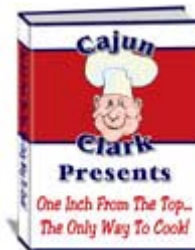
Caj is fond of telling folks on June 30th that he's closer to 64 than 65. Then on July 1st he tells them he's closer to 65 than 64. His friend(s) can't figure out why, except to call attention to his January 1 birthday, and to the fact that he's da ol' mon. Do you have a hint on which way we're headed?

Now to the cookin' stuff. Caj learns something every time he tries to find the kitchen. Seems he cooks so infrequently (because of his primary cookin' philosophy espoused in **Cajun Clark's Cookbook: One Inch From the Top -- The Only Way to Cook**) he forgets how to get there. However, when he does find it, what he whips up will either be good (probably great is a better word) or so-so or a disaster.

Which brings us to his loyal dog Spotless. She's a Queensland heeler and Caj's "official" taster. On certain occasions she shirks her responsibilities when presented with da ol' mon's latest creation. She's been known to turn up her nose, walk away, look back over her shoulder as if to say, "**You expect ME to eat THAT! No way, never ever.**" Not only is this humiliating but it leaves Caj with another mess to dispose of, and more pots to wash before his next cookin' adventure.

If you think this is off beat, off track and something not found in a cookbook, you're right. This is NOT your Mother's Cookbook. Never was intended to be. Caj's cookbooks are filled with mouth-waterin', palate-pleasin', easy-for-the-most-part-to-make recipes, AND -- this is a big one, so pay close 'tench -- more irreverent and irrelevant commentary than you dreamt possible. Which means that if you want to be entertained while enjoying good recipes, da ol' mon's cookbooks are for you.

Here's something else for you to consider while da ol' mon is braggin' it up: Finding a gift for a special occasion can be tough, hard work. You want to give "something" that will be "different" than the presents everyone else gives, right? Right! You also want to give a gift that will be remembered, right? Right! Hey, come on, this is human nature, there's nothing wrong with feelin' this way. And, this is why **Caj's cookbooks make great gifts.**



Think about this: You need a wedding present, so you decide to give the print version of **Cajun Clark's Cookbook: One Inch From the Top -- The Only Way to Cook!** Now do think the person receiving this monster -- 1100+ recipes, 600+ pages in a 1 1/2 inch, 3-ring binder, weighing over 4 pounds -- is gonna forget you? No way -- NEVER EVER! [Yes, a gift that keeps on giving!](#)



Or consider this: You need a gift for a baby shower, so you decide to give **Cajun Clark's Sweet & Sassy!** Will the person receiving the print version with over 475 recipes, 186 pages in a 1 inch, 3-ring binder be likely to forget you? Not hardly. Don't think so. [Check it out!](#)



How about a wedding gift? Then you should consider **Cajun Clark Cooks Chicken, Pork, Fish and Small Wild Game**. This cookbook has entrées, Entrées, and more ENTRÉES, but it also has some side dishes, and some sauces, rubs and marinades. The print version needs a 1/2 inch, 3-ring binder to accommodate the nearly 200 recipes and 100+ pages. It's another one of those never-forget-you gifts. [Yes!](#)

Special Bonus

When you buy any Cajun Clark Cookbook you'll receive:



Filled with over 90 recipes for barbecue sauces, rubs, mops and marinades; dessert sauces; meat, chicken, seafood and vegetable sauces.

Finally, make sure you become a valued subscriber to Cajun Clark's Fortnight Recipe, a fun eCookin' ezine with a good recipe, and some of da ol' mon's choice comments. [Click here to subscribe.](#)



Whew! that's enough about da ol' mon Caj, Spotless, three cookbooks that make great gifts, a special bonus, and a cookin' ezine. Guess it's time to get to some of the "stuff" you came here for. Ah come on, you knew there had to be a commercial. After all...

Whatcha gonna find?

Cajun Seasoning...Caj' Seasoned Pepper

da first one's a must have, da second one ain't bad

Caj's Mother's Recipes

a few of 'em

Miz Amy's Recipes

less than a few of them

Sandy D's Recipes

she's Miz Amy's daughter

Strictly Cajun

if you're known as Cajun Clark ya gotta have a few of 'em

Small Wild Game

livin' in the "real" country it's a must

Caj Sure is a Busy Ol' Mon!

hope you're still wid da ol' mon

Recipe Master Index

yep, they're all listed

Cajun Seasoning...Caj's Seasoned Pepper

Cajun Seasoning

Here's a mix of spices that add zest -- translated: taste great -- to fish, chops, steak, ribs, chicken, beef jerky, even hamburger. And for you veggie proponents, you should give your favorite beans, greens, peas and steamed cabbage a shot, make that a shake or two. Works wonders on the taste buds; unless you over do it, get carried away, forget what you have in your hand. shake...Shake. . .SHAKE!

Before you start mixing, playing like you're in the high school chemistry lab, you need to make a decision: Are you going to use teaspoons, tablespoons, cups, pints, quarts, gallons as your measuring stick, your measuring device?

Regardless of which one you choose, just make sure you use the same one from start to finish. Also, when you've created this excellent seasoning mix, make sure you store it in an airtight container. Empty plastic spice containers work great. Oh, one last thing: mix ingredients thoroughly; give the container you're using a couple of good shakes.

Now, open your spice cupboard, get ready to pull out the spices you'll need, and start measuring:

2 1/2 paprika
2 salt
2 garlic powder, granules or minced
1 black pepper
1 onion powder or granules
1 cayenne red pepper
1 1/4 dried leaf oregano
1 1/4 dried leaf thyme
1/2 crushed red pepper, optional

Good, you're done, ready to enjoy some added zest to your menu. But, before you go runnin' off, please understand one fact: Recipes aren't set in concrete, in stone, you make the changes you deem warranted by your own experience. Cooking for many, including da ol' mon Caj, is a feeling-kind-of-thing. Go by the recipe the first time (maybe), then make adjustments to suit your taste.

You'll find many great entrées to use Cajun seasoning on in:



[Cajun Clark Cooks Chicken, Pork, Fish and Small Wild Game](#)

Caj's Seasoned Pepper

In nearly every bread machine recipe book there's one for pepper bread, which is really good, tasty, great for ham sandwiches. But there's a hitch -- relax, you knew there would be -- the recipe calls for unsalted, no salt, seasoned pepper. Now maybe for those of you in close proximity to major well stocked supermarkets it's no big deal, but you can rest assured it is when you have to go to the big city, miles and miles away, to search their shelves. And then...

When you start reading the labels you find that salt is one of the ingredients. Hmm..... If you found that to be the case at the general store, and you found it a real needle-in-the-haystack search for unsalted, no salt, seasoned pepper at the "big" store, what's the answer? Read on...

Here's the answer to that rhetorical question: concoct your own seasoned pepper mix; play scientist, a little of this a little of that. And presto, you have no salt, seasoned pepper ready to go when called on. Now that's not all bad, the price is "right" too.

Again use the same measure for each (teaspoon, tablespoon, cup, etc.)

2 black pepper

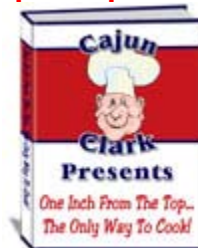
2 cayenne pepper

1 garlic powder or granules

1/2 onion powder or granules

Have fun. Now...Let's carry this "ATTITUDE" to it's logical conclusion. Which is? If you happen to be a creative, no-nonsense cook, which we all are given the chance, and you've created your own seasoned pepper, what about those other special seasonings? Like garlic pepper, garlic salt, seasoned salt, to name a few. Again, the answer's easy: you get out the spices, your measuring tools, and mix your own. True, you'll have to experiment some, but that's what makes it fun. Eventually, you'll get it right according to your taste. And that's all that really matters anyway, isn't it? Finally, don't forget these benefits: when you run out you mix another batch; you save money due to the lower cost of the spices you use; and, here's a biggie, there are no preservatives. Period.

Caj's Seasoned Pepper will spice up many of the excellent recipes in:



[Cajun Clark's Cookbook: One Inch From the Top -- The Only Way to Cook!](#)

[Top Cajun Seasoning](#)

[Back to Whatcha gonna find?](#)

Caj's Mother's Recipes

a few of 'em

Before gettin' into the finger-lickin' good stuff, some explanation -- very little -- is in order. Why? 'Cause Caj's Mother is entitled. To what? Try honor and respect; try thanks for the support, couldn't have done it without you -- all those good words.

After all, if the truth be known, 45-years ago, when da Caj was a whole lot of years younger, he made a fatal cookin' mistake and ask his Mother: "How long do you cook it?" He was immediately given, without a millisecond's hesitation, a universal truth that he would never forget, "Until it's done."

Now how do you eclipse those words of wisdom? You don't. However, later, many, many years later, the opportunity presented itself to da ol' mon Caj when he could remind his Mother of her answer. Because for some reason unbeknownst to either one of them, during a telephone conversation, one thing led to another and Caj brought up that conversation of then 25-years ago, and ask if she remembered. She said she did, then he reminded her of her response. All went silent, except for the retort, "You still remember that?" And the rapidly gettin' to be da ol' mon Caj replied, "Yep, and if you think about it, Mom, you know I've never ask how long you cook something ever again."

Finally, rapidly approaching the end of this anecdotal recipe, one day, not too long ago, when now da ol' mon Caj told his Mother what he was up to on the Internet and that he was writing a [Cajun Clark Cookbook](#), all she said was, "It's about time." Well, there you have it, another tall(?) tale from the pages of living life, havin' fun in the kitchen. Now, go for it, y'all.

Antipasto

PARBOIL:

2 cups carrots

2 cups celery

MIX with:

8 tablespoons oil

4 cans packed in water tuna fish, drained

1 large catsup

1 bottle chili sauce

2 cups sweet mixed pickles

2 cups green stuffed olives

2 cups button mushrooms

STORE in fridge. Makes about 6 pints.

Barbecue Sauce

1 cup catsup or tomato sauce
1/4 cup brown sugar, packed
1/2 teaspoon celery seed
1/8 teaspoon salt
1/4 cup vinegar
1/2 clove garlic
1 tablespoon Worcestershire sauce
Dash of Tabasco sauce
COMBINE all ingredients, and COOK until garlic is tender.

Cranberry Salad

BRING to a boil:
3/4 cup water
1 1/2 cups sugar
ADD:
1 pound fresh cranberries -- boiled until they pop open
DISSOLVE:
1 package lemon jello in 3/4 cup hot water
ADD to cranberries and COOL.
THEN ADD:
1 cup diced celery
1 cup finely cut up marshmallows
1/2 cup nut meats
POUR in mold, and CHILL. It will set so that it will come out of the mold.

Note: For as long as da ol' mon Caj cares to remember, this dish was always on the table at holiday meals. No, you guessed it, it wasn't his favorite, even though his Mother thought it was the best taste-treat to come down the pike in years. And, even though this meant it was going to be served, as soon as young Caj was old enough to fill his own plate, he quickly passed it on when it landed in front of him at the table. That's the tale, now give it a try, take a vote, Caj or his Mother.

Devil Food Cake

2 cups sugar -- 3 cups
1/2 cup butter -- 3/4 cup
2 eggs -- 3
1/2 cup cocoa -- 3/4 cup
1/2 cup hot water -- 3/4 cup
1 cup milk -- 1 1/2 cups
1 teaspoon baking soda -- 2 teaspoons
2 cups flour -- 3 cups
2 teaspoons vanilla -- 3 teaspoons

CREAM sugar and butter. ADD eggs and beat well. MIX cocoa and hot water to a smooth paste and MIX with the 1st mixture. ADD milk and vanilla alternately with dry ingredients. BAKE 350°F for 25 to 30 minutes. MAKE 2 layers or 9x13 cake pan.

Note: Measurements on the left are for increasing this recipe by one-half. All depends on how large a cake you need when you're in your baking mode. Hmmm...another decision.

Cream-Cheese Glaze for Devil Food Cake

Or, any other cake for that matter.

1 -- 3 ounce package cream cheese, softened

3 tablespoons shortening

1 1/4 cup powdered sugar

1/2 teaspoon vanilla

1 tablespoon white corn syrup (optional)

BEAT until creamy and spreading consistency.

Sweet mouth-watering recipes, more than you can make in a year, grace:



Cajun Clark's Sweet & Sassy!

Magic Cookies

2 egg whites

2/3 cup sugar

Pinch of salt

1 teaspoon vanilla

1 cup mint chocolate chips

1 cup chopped nuts

BEAT egg whites to soft peaks and GRADUALLY add sugar. BEAT to stiff peaks and ADD rest of ingredients. DROP by teaspoonful onto foil covered cookie sheets. PLACE in 350°F preheated oven. TURN heat off, LEAVE in oven overnight, THEN remove. *Now that's magic!*

Mexican Cornbread

1 cup cornmeal

1/2 teaspoon baking soda

1/2 teaspoon salt

STIR:

2 eggs

1 can cream style corn

ADD dry ingredients. POUR half of batter into greased pan.

SPRINKLE;

1 chopped bell pepper

3/4 pound grated cheese

POUR remaining batter over first layer. BAKE at 400°F for 30 to 40 minutes.

[Top Caj's Mother's Recipes](#)

[Back to Whatcha gonna find?](#)

Miz Amy's Recipes

less than a few of them

Where to start is really the question. We could begin with the fact that there are over 400 recipes in Miz Amy's collection -- and they're all in [Cajun Clark's Cookbook: One Inch From the Top -- The Only Way to Cook!](#) Or, that when you come to recipes bearing the same name, don't be surprised or fooled; they are not -- repeat, are not -- the same. Each one is different in one way or another.

We could start with the fact that the newest recipes are 10 to 20 years old, while the oldest are well over 100-years old. And were handed down to Miz Amy not only by her mother, but her grandmother as well. Or, in order for you to be forewarned, you need to understand that some recipes have step-by-step instructions, some only the basics, while others only list the ingredients needed to make that particular recipe.

Or maybe, it should be noted that Miz Amy kept her recipe cards in a manner that would make the folks at the Library of Congress sit up and pay attention. Neat, by category, legible, which sure made it a lot easier on da ol' mon Caj. That brings up another point: The recipes contained herein have been copied nearly word-for-word, exactly as Miz Amy wrote them. In some cases, after and sometimes before a recipe, you'll find a "Note," an explanation that will provide you with more information, a greater understanding of the treasure being shared with you.

Baked Chicken & Rice

1 fryer, cut up

1/4 cup flour

Salt

Pepper

1/4 cup oleo

3 chicken bouillon cubes

1 teaspoon fine chopped onion

1 cup raw rice

Paprika

MIX flour, salt, pepper, and FLOUR chicken. MELT oleo in shallow 2 quart baking dish in hot oven (400°F). PLACE chicken skin side down and bake 20 minutes. REMOVE and pour in 2 cups boiling water with dissolved chicken bouillon cubes. ADD all ingredients except paprika. MIX well. ADD chicken skin side up. BAKE 40 minutes. SPRINKLE with paprika.

Batter-Fried Pork Chops

1 cup flour

1/2 cup bread crumbs

1 cup milk

1 egg, beaten

Salt

Paprika

4 pork chops

Hot salad oil

COMBINE flour, crumbs, milk, egg, salt, paprika. DIP chops in batter. BROWN on both sides. COOK slowly 'til tender. DRAIN on paper towel.

Chicken Gumbo with Tomatoes

1 hen or fryer

5 tablespoons flour

5 tablespoons shortening

1 cup each of:

Onion

Celery

Green pepper, chopped fine

Garlic salt

1 teaspoon pepper sauce

Salt

Pepper

Cayenne Pepper

4 quarts water

1 cup tomatoes, chopped

COOK chicken 'til done. CUT in bite size pieces. BROWN flour in shortening 'til brown (roux); ADD onions, celery, green pepper, salt, Worcestershire sauce, pepper sauce; COOK 5 to 10 minutes on low heat. ADD chicken to vegetables; COOK a few minutes. POUR out fat where chicken browned leaving brown drippings. TO this ADD broth, chicken, tomatoes. COOK slowly for 1 to 2 hours. SERVE over hot rice.

Note: Can cut chicken as for frying and brown pieces in fat. Cook several hours slowly. Freezes well.

Cinnamon Rolls

Make Georgia Raised Biscuit dough (see following recipe).

3 tablespoons oleo, melted

1/2 cup sugar

1 1/2 teaspoons cinnamon

ROLL dough to rectangular sheet 1/4 inch thick. SPREAD with oleo. SPRINKLE with sugar-cinnamon mix. ALLOW oleo to absorb sugar. ROLL like jelly roll and CUT in 1 inch slices. BAKE in well greased pan or muffin tins at 375°F for 10 minutes. Can SPRINKLE with raisins or nuts with sugar-cinnamon mix.

Georgia Raised Biscuit

1 package yeast
2 cups warm water
5 cups flour
1 teaspoon salt
1 tablespoon sugar
1/2 cup shortening
Oleo, melted

SPRINKLE yeast over water. LET stand. SIFT flour, salt, sugar. CUT or mash in shortening and yeast. ADD flour for soft dough. KNEAD and ROLL 1/4 inch thick. SPREAD with oleo. CUT OUT with juice can. TOP 1/2 rounds with other half. PRESS together. LET rise. BAKE 425°F -- 10 minutes.

Country Fried Pork Chops

4 pork chops
1/2 cup water
1 can cream of celery soup
1 tablespoon shortening
1/2 cup chopped onion
1 cup sliced carrots

IN skillet, BROWN chops in fat. POUR off fat; ADD soup, water, onion, carrots. COVER and COOK over low heat 45 minutes 'til tender.

Miz Amy's Menu: Serve with wide noodles, hot biscuits, green salad, hot cinnamon apple sauce and cookies.

Easy Peach Cobbler

1/4 teaspoon salt
1/4 teaspoon cornstarch
1/3 cup sugar
1/4 cup water
2 cups sliced peaches
1/2 cup biscuit mix
1/4 teaspoon vanilla
2 tablespoons sugar
1/2 teaspoon lemon juice

MIX 1st 5 ingredients. PLACE in casserole. MIX rest of ingredients; SPREAD over peaches. BAKE at 350°F for 40 minutes.

Pan Broiled Liver-Onion Gravy

5 tablespoons flour

Salt

Pepper

1 pound calf liver

1/4 cup oleo or drippings

2 small onions, sliced

1 beef bouillon cube

MIX 3 tablespoons flour, salt, pepper; coat liver and brown slowly in drippings in skillet. REMOVE and keep warm. MELT rest of fat in same skillet, ADD onions and SAUTÉ 3 minutes. STIR in rest of flour, 2 tablespoons; ADD beef bouillon cube in 1 cup hot water; COOK 'til thickened. POUR over liver.

**If Chicken, Pork, Fish and Small Wild Game recipes are your obsession...
here's your answer!**



[Cajun Clark Cooks Chicken, Pork, Fish and Small Wild Game](#)

Pork Chops with Cream Gravy

4 pork chops

Salt

Pepper

1/4 cup salad oil

2 tablespoons flour

1 1/2 cups milk

SEASON chops with salt and pepper; BROWN in oil; DRAIN on paper towel; SAVE drippings. ADD flour to drippings; cook medium heat 'til bubbly.

STIRRING, ADD milk -- salt and pepper to taste -- and COOK 'til thick. ADD chops to gravy, COVER and SIMMER 45 minutes.

Skillet Calf Liver

1/2 pound calf liver, cut in serving sizes

1/2 cup chopped onion

1/2 cup chopped green pepper

1 can tomatoes

BROWN liver 'til done. REMOVE from pan, keep warm. IN pan, cook onion, green pepper, tomatoes 15 minutes. Serve over liver.
CAN ADD 1/2 cup sliced franks or Vienna sausage and 1 can corn, drained.

Skillet Sweet Potatoes

3 tablespoons oleo
1 tablespoon bacon drippings
4 sweet potatoes, peel and slice thin
1/3 cup water
1 1/2 cups sugar
MELT oleo and drippings in large heavy skillet. ADD potatoes and water.
SPRINKLE sugar over all. COOK uncovered, low heat. STIR 'til tender and thick sauce.

Sweet Potato Pie or Pudding

1 1/2 cups cooked and mashed sweet potatoes
1/2 cup brown sugar
1 cup evaporated milk, heated
3 eggs
Oleo
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
MIX spices with sugar. ADD eggs to milk, then STIR potatoes into mixture.
POUR in crust and BAKE at 350°F for 45 minutes.
For PUDDING:
POUR in shallow oiled casserole dish. PLACE in hot oven, 425°F for 10 minutes.
LOWER heat to 350°F and BAKE slowly 'til firm and brown.

Taco Fried Chicken (Oven)

4 to 6 chicken breasts or whole chicken
1 slice bread
1/2 cup sweet milk
1 teaspoon parsley flakes
1/2 envelope instant chicken broth with seasoning mix
1/2 teaspoon salt
Dash pepper
1 package chicken taco seasoning -- use 1/4 teaspoon
1/4 teaspoon garlic powder
TOAST bread and make crumbs. ADD all dry ingredients to crumbs. SOAK chicken in milk, then roll in crumbs. PUT in baking dish in one layer. BAKE 350°F -- 30 minutes. TURN and bake 30 minutes, 'til tender.

[Top Miz Amy's Recipes](#) [Back to Whatcha gonna find?](#)

Sandy D's Recipes

she's Miz Amy's daughter

Special thanks to the good neighbor up at the beginning of this dead end road who contributed greatly when this idea was in its infancy, and who has been a faithful supporter from the git-go. -- Cajun Clark.

Chicken Liver Pate

1 pound chicken livers
1/2 pound butter -- soft; not melted
1/2 teaspoon thyme
Pinch cinnamon
2 tablespoons dry sherry
1 small onion, finely chopped
1 teaspoon salt
1/4 teaspoon pepper

1 hard boiled egg, finely chopped
WASH chicken livers and REMOVE any greenish spots. BLANCH them in enough boiling water to cover -- no longer than 3 minutes, leaving them slightly *undercooked. DRAIN the livers and put them in the blender with the butter; PUREE until smooth. ADD thyme, cinnamon, sherry, chopped onion, salt, pepper, and BLEND until smooth. CHILL WELL before serving. GARNISH with chopped egg.

Note: Cooking time, as well as doneness, is a personal decision; recipes are suggestions from the person experienced in cooking said item.

Cole Slaw

1 head grated cabbage
Seasoned salt to taste
1/2 cup sugar
1/4 cup vinegar, maybe a little more, to taste
Pinch of mustard seed, again to taste
Pinch of celery seed, once again to taste
1 onion, chopped
COMBINE all ingredients.

Coleslaw Dressing

1 egg
1 cup sugar
1/3 cup vinegar
1/2 cup water
1 tablespoon corn starch

BEAT egg until fluffy. Gradually ADD sugar and vinegar. COOK on medium heat to boiling point. DISSOLVE corn starch in water and ADD to make sauce. COOL before serving.

Mom's Favorite Pecan Pie

1 unbaked 9 inch pie shell
1/4 cup butter or margarine
1/2 cup white sugar
3/4 cup white corn syrup
1/4 cup maple syrup
3 eggs, slightly beaten
1 teaspoon vanilla
1 1/2 cups pecan meats
1 cup heavy cream, whipped

HEAT oven to 325°F. WORK butter with spoon until creamy. ADD sugar slowly, and CONTINUE to work until light. SLOWLY stir in syrups, ADD eggs and vanilla. STIR to blend. STIR in nuts and POUR into chilled pie shell. BAKE in 325°F oven for 1 hour, or until done in center. COOL. When serving top with rings of whipped cream.

Old Fashioned Butter Cookies

1 cup butter
3/4 cup sugar
1 egg
2 tablespoons milk
1 1/2 teaspoons vanilla
3 cups flour
1 teaspoon baking powder
1/2 teaspoon salt

CREAM butter and sugar. BEAT in egg, milk, and vanilla. SIFT flour with baking powder and salt; GRADUALLY ADD to creamed mixture. DIVIDE dough into thirds. CHILL for 1 to 2 hours. PREHEAT oven to 400°F. On a floured board, ROLL dough out about 1/8 inch thick. CUT into desired shapes; PLACE on ungreased baking sheets. BAKE for 5 to 7 minutes. DECORATE with Decorator's Frosting.

Decorator's Frosting

1/2 cup shortening
1 pound powdered sugar, sifted
1 egg white
1/4 teaspoon salt
1 tablespoon water
Food coloring, if desired

CREAM shortening. GRADUALLY BEAT in half of the sugar. BEAT in egg white and salt. BEAT in remaining sugar and water until fluffy. ADD coloring. Makes about 2 1/4 cups.

Sweet tooth satisfying recipes just keep coming back, YES!



[Cajun Clark's Sweet & Sassy!](#)

[Top Sandy D's Recipes](#)

[Back to Whatcha gonna find?](#)

Strictly Cajun

if you're known as Cajun Clark ya gotta have a few of 'em

Please pay 'tench for at least a millisecond, it could be interesting, you might get a chuckle or two, and that's not all bad in this hectic, cyberspace cyclonic world in which we live. Now, that said...

When you're a Cajun by executive proclamation, not by blood, an explanation is in order, and here it is: Being know for making excellent beef jerky, moving from East Texas to Louisiana, and having a friend(?) with a sense of humor(?) who owned a printing press resulted in labels that read: *Straight from Castor, Louisiana... **Cajun Clark's Handmade Beef Jerky**...Made from all natural ingredients in Clark's own kitchen, just for your enjoyment. *This product is not for sale under any circumstances.**

Yep, you guessed it, da ol' mon Caj used the labels, gave away some beef jerky, and as they say, the rest is history. And now that you know more than you ever wanted to about how River Rat bestowed this honorary moniker, it's past time to get to the Cajun Recipes.

Whoa! Thanks go to several fine folks who contributed their recipes for this section. There's Patti, Sandy D, and what's-her-name. Now let's do it, there has to be something interesting for supper.

Cajun Baked Catfish

Vegetable cooking spray

1 1/2 pounds catfish fillets

3/4 teaspoon dried basil

1/4 teaspoon dry mustard

1/2 teaspoon paprika

3/4 teaspoon red pepper (or less if you want less spicy)

1/2 teaspoon dried thyme

1/2 teaspoon garlic powder

1/4 teaspoon onion powder

1/2 teaspoon salt

3/4 teaspoon dried parsley

1/8 teaspoon sugar

1 tablespoon plus 2 teaspoons melted diet margarine, plus 1 1/2 teaspoons water, stirred well

2 ounces lemon juice (or juice of one lemon)

SPRAY large baking sheet with cooking spray. ARRANGE fillets, placing skin side down. COMBINE all dry seasonings, mix well. POUR melted margarine over fish. With small spoon, carefully sprinkle seasonings on fish. Lightly sprinkle with lemon juice. BAKE in 350°F oven for 30 minutes, baste in at 20 minutes and immediately before serving.

Chicken Gumbo or Chicken & Seafood Gumbo

The choice is yours!

But here's what you'll need:

2 fryers or hens
2 boxes frozen cut okra or 4 cups fresh sliced okra, chopped
2 large bell peppers, chopped
2 large onions, chopped
6 stalks celery, chopped
1 tablespoon parsley
1 tablespoon thyme
1 teaspoon marjoram
3 cloves garlic, minced
3/4 cup vegetable oil
3/4 cup flour
1 -- 15.25 or 16 ounce can stewed tomatoes
1 -- 10 ounce can Ro-Tel tomatoes
5 bay leaves
Salt and Pepper to taste

Boil and debone chicken; retain broth. Put vegetable oil and flour in skillet; mix and cook on low temperature until dark brown. Stir constantly, you're making a roux. Add chopped vegetables; cook until tender. Add mixture to large soup kettle. Add tomatoes, strained broth from chicken, and a little water. Simmer 1 to 2 hours. Add chicken meat and herbs/spices. Cook approximately 10 minutes. YOU MAY add seafood at this time; like shrimp, oysters, crab, etc. Serve over rice in a soup bowl.

Note: If file' is available you may want to add it over gumbo after gumbo has been put over rice in bowl.

Crawfish Etouffé

1 stick oleo
1 pound crawfish tails
1 medium onion, chopped
2 stalks celery, chopped
1/2 bell pepper, chopped
1 tablespoon paprika
1/2 teaspoon salt
1/4 tsp black pepper
pinch of thyme
1 bay leaf
1 can chicken broth
Onion tops

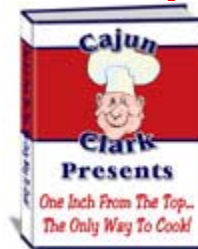
MELT oleo. ADD crawfish and cook 2-3 minutes. REMOVE crawfish with slotted spoon. ADD vegetables and seasonings. SAUTE' 10 minutes. REMOVE bay leaf after 5 minutes. RETURN crawfish to pot. ADD broth and cook on low for 30 minutes. ADD green onions and cook 10 minutes. Thicken with cornstarch if desired. Serve over rice.

Shrimp & Crab Stew

1 cup flour
1/2 cup oil
1 can tomato sauce
2 cans Ro-Tel tomatoes
2 cans crab meat
Peeled shrimp
Tabasco sauce
Worcestershire sauce
2 bay Leaves
Salt
Pepper

Make roux with flour and oil. Does not have to be as dark as you would make it for gumbo. Add enough water to thin to add tomato sauce, Ro-Tel tomatoes, Tabasco sauce, Worcestershire sauce, bay leaves, salt, pepper. Let simmer and add more water if necessary. Mixture should be thick as a stew is and to serve over rice. Add crab meat and shrimp. Cook until shrimp are done.

When Cajun Cookin' is your passion...



[Cajun Clark's Cookbook: One Inch From the Top -- The Only Way to Cook!](#)

[Top Strictly Cajun](#)

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Small Wild Game

livin' in the "real" country it's a must

Basically two people contributed to this section, "Soul Food" Brother Willie and Farmer John, but credit also goes to JoAnn for the "road kill" contribution she made to [Cajun Clark's Cookbook: One Inch From the Top -- The Only Way to Cook!](#) With that said here's a little somethin' 'bout those two:

When "Soul Food" Brother Willie was 14 his Grandma bought him a .22 rifle with money he had earned. His old bb-gun was relegated to the back of the closet, and fishing did not hold the lure it once had; after all, now he could hunt small wild game indigenous to the poor dirt tobacco farm where he lived. So, whenever he wasn't in school, doing chores at home, working for his neighbors, and his grandma would let him he went huntin'. Yes, he was a good shot. He had to be, ammunition was expensive, and if he didn't bring home the "goods" more often than naught, he'd lose his huntin' privileges. 'Nuff said. -- Caj.

Farmer John has this to say:

Whether I'm cookin' raccoon ("coon") or opossum ("possum") certain basics apply. Everything I know about skinnin', cleanin' and fixin' I learned while growin' up. In this part of the country, when you live in the "real" country, huntin' is a part of life. But I was taught, as many of us were, to only hunt those birds or mammals that are good for food. Or to put it another way, ya don't kill somethin' just to kill it. And before you ask, this is the same trainin' we're givin' our kids today.

Okay, there you have it, now to their unique recipes...

Barbecued Raccoon

- 1 Coon
- 1 bunch celery
- 3 cloves garlic, chopped
- 2 large red onions, quartered
- 3 hot red peppers
- 1 cup vinegar
- 3 tablespoons salt

Separate and wash celery. Place all ingredients in pot with enough water to cover coon. Bring to slow boil; cook until tender, or until fork goes in easily -- about 1 to 2 hours depending upon size and age of coon. Remove meat from pot, cut off front and back legs; cut remainder into four pieces. Place on rack, brush with your favorite barbeque sauce. Place in 400°F oven; turn and baste frequently with barbecue sauce until a golden brown -- 45 minutes to 1 hour.

Fried Rabbit

Rabbit hunting was big near where I was raised. It was an inexpensive way to supplement our diets. I often grabbed my .22 as soon as I got home from school and headed for the woods. I'd sometimes get lucky and shoot a rabbit or squirrel. I never shot anything we couldn't eat. Here is my simple recipe for fried rabbit. It seems you can butter and fry just about anything. :) "Soul Food" Brother Willie.

Ingredients:

Cut up rabbit

Flour

Salt

Pepper

Garlic powder

Cooking oil

1. Clean and cut the rabbit into pieces. Rinse thoroughly.
2. Sprinkle the seasoning on all pieces of the rabbit.
3. Dip the rabbit into the flour coating on all sides. If you want, just toss all of the pieces into a paper bag containing the flour.
4. Get the oil fairly hot.
5. Put in the rabbit and brown on 1-side.
6. Turn and brown the other side.
7. Turn heat down, and cook for another 20 to 30 minutes to ensure rabbit is thoroughly done. How long it takes depends on how old (tough) the rabbit is, and how high your flame is.

Serve with rice and your favorite vegetable.

Hot Water Cornbread

Can't leave out this vital staple for stews and other fine dishes. "Soul Food" Brother Willie and Farmer John would never let me hear the end of it! -- Caj

Ingredients:

3 cups white cornmeal

1/3 cup milk

1/3 teaspoon baking powder

1 1/2 teaspoons salt

1 teaspoon sugar

1 1/2 tablespoons vegetable oil

1 pinch black pepper

2 cups boiling water

1/2 cup cooking oil

1. Boil water in small pot.
2. Mix meal, salt, sugar and baking powder in a mixing bowl.
3. Add milk and mix thoroughly.
4. Add oil, sprinkle pepper, and mix thoroughly.
5. Slowly stir in boiling water, a little at a time. You want it the consistency of a thick pancake batter.
6. Heat 1/4 cup cooking oil in cast iron skillet (medium-high heat).
7. Pour 1/4 cup batter into hot grease for each piece of bread.
8. Fry 2 to 3 minutes on each side (or until golden brown).

Roasted Possum

1 dressed possum
3 red pepper pods, or Cajun Seasoning
1 teaspoon salt
1 teaspoon black pepper
1/4 teaspoon sage
2 tablespoons lemon juice
4 large yams (sweet taters), peeled and quartered
1/4 cup brown sugar
3/4 teaspoon cinnamon
1/4 teaspoon ginger

Place possum in a large pot with pepper pods or Cajun Seasoning. Cover with cold water, bring to boil; simmer for at least 1-hour, maybe longer depending on fat content and age of possum. Remove and place on rack in cast iron Dutch oven. (Roasting pan will work, but it doesn't seem quite as well.) Add 1 cup water. Sprinkle possum with salt, pepper, sage and lemon juice.

Place yams around roast. Combine sugar, cinnamon and ginger; sprinkle on top of yams. Cover and cook over very low heat on top of stove; or, bake at 325°F for 2 hours -- or until the meat is crisp and brown.

Variation: Boil down whole possum; stuff with taters; prepare honey glaze; roast; use same spices.

You can trap more of these wild game palate pleasers in...



Cajun Clark Cooks Chicken, Pork, Fish and Small Wild Game

Squirrel Jambalaya

- 1 squirrel, cut into serving pieces
- Salt
- Cayenne pepper
- 4 tablespoons oil
- 2 large onions, chopped
- 2 celery stalks, chopped
- 1 clove garlic, chopped
- 1/4 bell pepper, chopped
- 4 tablespoons parsley, chopped
- 2 cups uncooked rice
- 1 1/2 cups water
- 2 tablespoons salt

Season squirrel well; sauté in oil until brown; remove from skillet. Sauté onions, celery, garlic, bell pepper and parsley until tender. Replace squirrel in skillet; cover and cook on low heat for about 20 minutes or 'til tender. Add rice, water and salt; stir well. Cook on low heat for about 30 minutes, or 'til rice is done.

Venison Stew

- 4 pounds venison (I prefer hind quarter meat)
- 1 1/2 cups red wine vinegar
- 1 cup fresh mushrooms
- 2 tablespoons Lawry's Seasoned Salt
- 3 cups cooking sherry
- 2 cups beef stock
- 3/4 cup pearl onions, trimmed
- Pinch ground allspice
- 2 whole bay leaves
- 3 cloves garlic, crushed
- 1 cup celery
- 2 cups carrots
- 2 cups leeks

1 pinch ground oregano, chopped
1 pound fatback, diced
2 tablespoons sugar
1 small bottle cheap red wine
2 tablespoons butter

Preparation:

1. Pour half bottle of red wine and half the wine vinegar into a non-aluminum pan. Add bay leaves, allspice and vegetables.

2. Bring to a boil for 30 minutes. Cool to room temperature. This can be done overnight in the refrigerator, BUT allow to return to room temperature before adding meat.

3. Strain the mixture through cheesecloth. Discard the vegetables and spices in the cheesecloth.

4. Add two tablespoons sugar and 2 tablespoons seasoned salt to the liquid.

5. Cut venison into 2-inch cubes. Add to the strained mixture. Let mixture stand in the refrigerator for 24 hours.

6. Sauté mushrooms, onions and leeks in butter until limp. Add gravy, garlic, oregano and the remaining red wine.

7. Fry salt pork until crisp. Drain. Add salt pork to mushroom/gravy mixture.

8. Remove venison from marinade. Throw away marinade. Sauté venison until brown. Add to mushroom/gravy mixture. Place mixture in oven-proof casserole and cover.

9. Bake at 350°F for two hours or until venison checks done.

Serve stew over wild rice with cranberry sauce on the side.

[Top Small Wild Game](#) [Back to Whatcha gonna find?](#)



Cajun Clark's Other "Stuff"



Caj Sure is a Busy Ol' Mon!

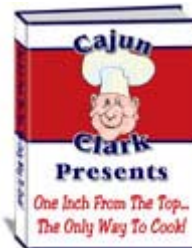
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Cajun...Soul Food...Ethnic
Cakes...Cookies...Candies...Desserts
Country...Southern...Traditional
Specialty Cookbooks From A to Z
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If you've reached this point you are to be commended, awarded crossed-wooden-spoons with grape cluster. You have endured, and because you have, you know -- beyond a shadow of a doubt -- that statements made by da ol' mon Caj throughout this book, but especially at the beginning, are true.

Ah, come on, that's not all bad. You've been entertained, found some great recipes, and have to agree that...This is NOT your Mother's Cookbook! But ya also gotta admit, Caj's cookbooks are filled with mouth-waterin', palate-pleasin', easy-for-the-most-part-to-make recipes, AND are filled nearly to overflowing with irreverent and irrelevant commentary. So guess you could say, the bottom line question is, Did you have fun?

Whew! that's about enough for da ol' mon Caj and Spotless. Y'all have a good time, have some fun in the kitchen, and Bon Appetit. What's that? how can you get in touch with da ol' mon? That's the easiest question yet. Send an email to olmoncaj@cajunclarks.com Now we be outta here, there's somethin' burnin' to be mixed in da kitchen.

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