

# FOOD

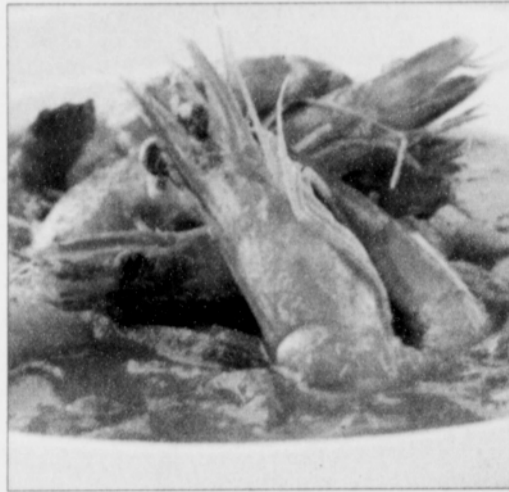
## Smoked Sausage and Crawfish Stew

### Ingredients

- 3 lb. crawfish tails
- 1 lb. smoked sausage
- 1/2 c. flour
- 1/2 c. shortening
- 1 c. finely chopped green onions
- 1 1/2 c. water
- 1 tbsp. Season-All
- Salt and pepper to taste

### Directions

1. In iron skillet, saute crawfish tails, then slightly fry smoked sausage.
2. In another iron pot, make a brown roux with flour and shortening.
3. Add green onions and simmer. Add water, crawfish, smoked sausage, Season-All, salt, and pepper.
4. Let simmer for 20 minutes on low heat. Serve over rice. This stew is much better the following day.



## Stir Fried Shrimp and Zucchini

### Ingredients

- 1 medium zucchini, cleaned and sliced
- 2 tbsp. olive oil
- 1 sm. clove of garlic, minced
- 1 1/2 lb. medium shrimp, shelled and deveined
- 1 tbsp. low-sodium soy sauce
- 1/4 tsp. dill
- 1/2 red or green pepper, seeded and cut into strips
- 1/4 c. pine nuts

### Directions

1. Heat oil in large skillet on high heat.
2. Add pine nuts and stir fry until golden (about 3 minutes).
3. Add peppers and garlic; stir-fry for 2 minutes.
4. Add zucchini and cook, stirring frequently, until slightly softened (about 3 minutes).
5. Add shrimp and stir-fry until pink but slightly undercooked (about 8 minutes longer).
6. Sprinkle with soy sauce and flavor with pepper to taste. Mix until thoroughly blended.
7. Transfer your stir-fry mixture to a serving dish and serve with rice.



## Mandarin Orange Chicken

### Ingredients

- 1/4 cup all-purpose flour
- 4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1/3 cup hoisin sauce
- 1/3 cup orange juice
- 1 (11 ounce) can mandarin oranges, drained
- 1 tablespoon chopped green onions
- 1/4 cup chopped cashews

### Directions

1. Place flour in a small bowl. Dredge chicken in the flour to lightly coat.
2. Heat olive oil and butter in a medium skillet over medium heat, and saute the chicken breasts until no longer pink and juices run clear.
3. Set aside, and keep warm.
4. Stir hoisin sauce and orange juice into the skillet, and scrape up the browned bits.
5. Mix in mandarin oranges, green onions, and cashews. Return chicken to the skillet.
6. Continue cooking until all ingredients are heated through.

## Black Forest Cheesecake

### Cake Ingredients

- 1 pkg. crisp chocolate cookies, crushed (Such as Oreos, devil's food, chocolate wafers, etc.)
- 2/3 c. butter, melted
- Blend together crushed cookies and melted butter. Press into bottom of a 9 or 10 inch springform pan. Chill for about 15 minutes.

### Filling Ingredients

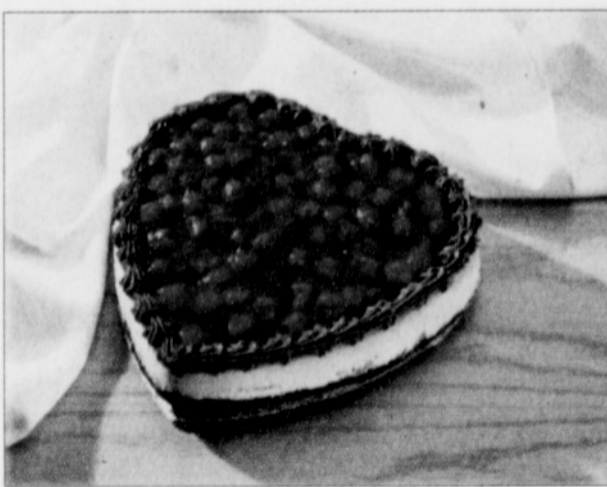
- 4 pkgs. (2 lbs.) cream cheese, softened
- 1 1/3 c. sugar
- 4 eggs
- 1 tsp. almond extract
- 12 oz. BAKERS' semi-sweet chocolate, melted

### Topping Ingredients

- 1 can cherry pie filling

### Directions

1. Cream sugar, cream cheese and almond extract.
2. Add eggs one at a time, beating well after each addition.
3. Blend in melted chocolate. Pour into prepared crust.
4. Bake at 350 degrees for approximately 50 minutes.
5. Let set in oven with door partially ajar for 1 hour to cool after baking.



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