Thanks to our cookbook sponsors

Hunting Energy Services
Zealous Energy
# 2018 F5 Bon Temps Awards

<table>
<thead>
<tr>
<th>Category</th>
<th>Company Name</th>
<th>Dish</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIN</td>
<td>ILM - Intracoastal Liquid Mud</td>
<td>Seafood Jambalaya</td>
</tr>
<tr>
<td></td>
<td>Offshore Energy Services</td>
<td>Crawfish Etouffee / Fried Catfish</td>
</tr>
<tr>
<td></td>
<td>EPS-Expeditors &amp; Production Services Company</td>
<td>Shrimp &amp; Cheese Grits</td>
</tr>
<tr>
<td>FUR</td>
<td>Eaton at Da Camp</td>
<td>Wild Hog Sauce Piquant</td>
</tr>
<tr>
<td></td>
<td>FDF-Francis Drilling Fluids</td>
<td>FDF Triple Threat</td>
</tr>
<tr>
<td></td>
<td>King’s Point Consulting</td>
<td>Wild Buck and Boar Jambalaya</td>
</tr>
<tr>
<td>FEATHER</td>
<td>CPW-Church Point Wholesale</td>
<td>Fig Glazed Duck Breast</td>
</tr>
<tr>
<td></td>
<td>Big Blue</td>
<td>Gooda Chicken</td>
</tr>
<tr>
<td></td>
<td>Workstring Grillers</td>
<td>Boneless Stuffed Quail</td>
</tr>
<tr>
<td>DESSERT</td>
<td>IntegriCert</td>
<td>LemaLicious Pie</td>
</tr>
<tr>
<td></td>
<td>Eaton at Da Camp</td>
<td>Apple Delight Camp Snack</td>
</tr>
<tr>
<td></td>
<td>Pro-T / Cardinal Services</td>
<td>Pralines</td>
</tr>
<tr>
<td>CROWDS CHOICE</td>
<td>The C’est Bon Kuyan’s</td>
<td>Cajun Chicken Zingers</td>
</tr>
<tr>
<td></td>
<td>Classic Oil Tools</td>
<td>Goose Jambalaya</td>
</tr>
<tr>
<td></td>
<td>Jaguar</td>
<td>Crawfish Bisque</td>
</tr>
<tr>
<td>SHOWMANSHIP</td>
<td>EPS-Expeditors &amp; Production Services Company</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eaton Oil Tools</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Classic Oil Tools</td>
<td></td>
</tr>
</tbody>
</table>

The AADE Lafayette Chapter thanks all cook teams, sponsors and volunteers who helped make 2019 a success!

You can find an electronic copy of this cookbook and previous years at [AADE.org/lafayette/photo-gallery](http://AADE.org/lafayette/photo-gallery)

Disclaimer: Recipes are based on submissions for participating companies.
## AADE Scholarships and Donations

### 2010 - 2011
- **ULL** ~ $22,500 to Individual Scholarships
- **LSU** ~ $20,000 to Individual Scholarships
- **ULL** ~ $52,736 to PE Dept. Fluids Lab upgrade

### 2011 - 2012
- **ULL** ~ $25,000 to Individual Scholarships
- **LSU** ~ $20,000 to Individual Scholarships
- **Nicholls** ~ $5,000 to Individual Scholarship
- **LSU** ~ $100,000 to the Keller Petroleum Engr. Building
- **LSU** ~ $33,000 to furnish the Keller Pet. Building

### 2013 - 2014
- **ULL** ~ $17,500 to Individual Scholarships
- **ULL** ~ $20,000 to PE Dept. Teachers Assistant(s)
- **ULL** ~ $4,500 Industry Appreciation Crawfish Boil
- **Nicholls** ~ $10,000 to Individual Scholarships
- **LSU** ~ $20,000 to Individual Scholarships

### 2014 - 2015
- **ULL** ~ $22,500 to Individual Scholarships
- **ULL** ~ $9,441 for PE Dept. Lab equipment repair
- **ULL** ~ $38,935 for PE Dept. Lab equipment
- **ULL** ~ $2,225 Industry Appreciation Crawfish Boil
- **ULL** ~ $1,790 for Students to attend AADE National Tech Conf.
- **Nicholls** ~ $14,000 to Individual Scholarships
- **LSU** ~ $20,000 to Individual Scholarships

### 2015 - 2016
- **ULL** ~ $15,000 to Individual Scholarships
- **ULL** ~ $37,638 for PE Dept. Lab equip (National match)
- **ULL** ~ $1,485 Industry Appreciation Crawfish Boil

### 2016 - 2017
- **ULL** ~ $5,000 to Individual Scholarships
- **ULL** ~ $1,330 Industry Appreciation Crawfish Boil
- **Nicholls** ~ $2,500 to Individual Scholarships
- **Nicholls** ~ $14,068 to Well Control & Drilling Simulation Lab
- **ULL** ~ $2,500 to Individual Scholarships

### 2017 - 2018
- **ULL** ~ $3,300 to Individual Scholarship
- **ULL** ~ $2,955 to UL Mud Lab Equipment Maintenance
- **Hurricane Harvey Relief Effort** ~ $1,500
- **Nicholls** ~ $3,300 to PETSM Well Control & Mud Lab Assistant
- **The Desormeaux Foundation** ~ $500 (memorial cont.-Andre Arceneaux)
- **ULL** ~ $1,443 Industry Appreciation Crawfish Boil

### 2018 - 2019
- **Nicholls** ~ $3,000 to PETSM Well Control & Mud Lab Assistant
- **ULL** ~ $3,000 to Individual Scholarship
- **LSU** ~ $3,000 to PetE PERTT Lab

### Total Contributions = $1,190,970

## 2019 F5 Bon Temps Sponsors

### GOLD COOK TEAMS
- American Eagle Logistics
- Carlisle Energy Group / Wildcat Coiled Tubing
- Eaton Oil Tools, Inc
- FDF Energy Services
- Jaguar Energy Services
- National Oilwell Varco
- Offshore Energy Services
- Oil States Energy Services
- Premium Oilfield Services
- Pro-T Company / Cardinal Energy Services
- TAM International

### SILVER COOK TEAMS
- Burner Fire Control
- Church Point Wholesale
- Crescent Safety Services
- EPIC Companies, LLC
- GO Marine Services
- Hudson Services, Inc
- ILM-Intracoastal City Mud
- IOS-Inspection Oilfield Services
- Knight Oil Tools
- Safety Management Systems
- Tiger Offshore

### OTHER SPONSORS
- Cetco Energy Services (venue)
- Foster Marketing (tickets)
- Hebert’s Specialty Meats (committee dinner)
- Hunting Energy Services (cookbook)
- MONTCO Oilfield Solutions
- OEG Offshore, Inc. (venue)
- RelyOn NuTec (ice)
- Rig Net (PA System)
- Sierra Hamilton (ice)
- Stabil Drill (drinks)
- Stallion Oilfield Services (committee lunch)
- Stokes & Spiehler (venue)
- RWO Oilfield Consultants (wrist bands)
- Tanner/TanMar Rentals (judges/regstration trailer)
- Technaeux Technology Services (people’s choice judging)
- Tri-State Environmental (trophies)
- United Vision Logistics (ice / committee shirts)
- Zealous Energy (cookbook)
**2019 Bon Temps Cook Teams**

<table>
<thead>
<tr>
<th>Company (Team Name)</th>
<th>F5</th>
<th>Recipe</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Eagle Logistics</td>
<td>Fur</td>
<td>Deer Chili</td>
<td>5</td>
</tr>
<tr>
<td>Burner Fire Control</td>
<td>Fur</td>
<td>Fired Ribs w/ Steen Syrup Glaze</td>
<td>6</td>
</tr>
<tr>
<td>Carlisle Energy Group / Wildcat Coiled Tubing</td>
<td>Fin</td>
<td>Alligator Sauce Piquant</td>
<td>7</td>
</tr>
<tr>
<td>Church Point Wholesale (CPW Cookers)</td>
<td>Fur</td>
<td>Fried Rabbit &amp; Waffles</td>
<td>8</td>
</tr>
<tr>
<td>Crescent Safety Services</td>
<td>Dessert</td>
<td>Bread Pudding</td>
<td>9</td>
</tr>
<tr>
<td>Eaton Oil Tools (Eaton at Da Camp)</td>
<td>Feather</td>
<td>Gouda Chicken Sliders</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Fur</td>
<td>Wild Hog Sauce Piquant</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Dessert</td>
<td>Camp Style “Apple Crack”</td>
<td>12</td>
</tr>
<tr>
<td>EPIC Companies, Inc</td>
<td>Fin</td>
<td>Crawfish Etouffee</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>Feather</td>
<td>Duck and Chicken Pastalaya</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>Dessert</td>
<td>Oreo Cheesecake</td>
<td>15</td>
</tr>
<tr>
<td>Expeditors &amp; Prod. Svcs (EPS)</td>
<td>Fin</td>
<td>Shrimp-n-Grits</td>
<td>16</td>
</tr>
<tr>
<td>FDF Energy Services (The Screwballs)</td>
<td>Fin</td>
<td>Kiss my Shrimp &amp; Grits</td>
<td>17</td>
</tr>
<tr>
<td>GO Marine Services</td>
<td></td>
<td></td>
<td>18</td>
</tr>
<tr>
<td>Hudson Services (Team Hudson)</td>
<td>Fin</td>
<td>Crawfish Bisque with Stuffed Mushroom</td>
<td>19</td>
</tr>
<tr>
<td>Intracoastal Liquid Mud (ILM)</td>
<td>Fin</td>
<td>Seafood Jambalaya</td>
<td>20</td>
</tr>
</tbody>
</table>

**AADE Scholarships and Donations**

<table>
<thead>
<tr>
<th>Year</th>
<th>ULL Scholarships and Donations</th>
</tr>
</thead>
</table>
| 2001 - 2002 | ULL ~ $12,000 donation to Petroleum Engineering Dept.  
ULL ~ $8,000 to Individual Scholarships  
LSU ~ $5,000 to Craft & Hawkins Endowed Scholarships  
LSU ~ $10,000 to Individual Scholarships  
Nicholls ~ $6,500 to Individual Scholarships  
Nicholls ~ $5,000 to Endowed Professorship |
| 2002 - 2003 | ULL ~ $20,000 to Endowed Scholarships  
ULL ~ $10,000 to Individual Scholarships  
LSU ~ $5,000 to Craft & Hawkins Endowed Scholarships  
LSU ~ $5,000 to Individual Scholarships  
Nicholls ~ $5,000 to Individual Scholarships  
Nicholls ~ $5,000 to Endowed Professorship |
| 2003 - 2004 | ULL ~ $10,000 to Endowed Professorship  
Nicholls ~ $10,000 to Endowed Professorship |
| 2004 - 2005 | ULL ~ $10,000 to Endowment Scholarship Fund  
ULL ~ $5,000 to Individual Scholarships  
ULL ~ $1,000 students attend AADE National Convention  
ULL ~ $1,650 to refurbish PE Dept. Study Room  
LSU ~ $5,000 to David Kamolsiri Fund  
Nicholls ~ $5,000 to Individual Scholarships |
| 2005 - 2006 | ULL ~ $10,000 to Endowment Scholarship Fund  
ULL ~ $10,000 to Individual Scholarships  
ULL ~ $6,000 purchased video equipment for PE Dept.  
ULL ~ $92,880 to PE Dept. Fluids Lab upgrade |
| 2006 - 2007 | ULL ~ $12,000 to Individual Scholarships  
ULL ~ $5,000 Industry Appreciation Crawfish Boil  
LSU ~ $15,000 to Individual Scholarships |
| 2007 - 2008 | ULL ~ $10,000 to Individual Scholarships  
LSU ~ $10,000 to Individual Scholarships  
ULL ~ $42,800 to PE Dept. for Fluids Lab upgrade |
| 2008 - 2009 | ULL ~ $31,500 to Individual Scholarships  
LSU ~ $20,000 to Individual Scholarships  
Nicholls ~ $15,000 to Individual Scholarships  
ULL ~ $92,880 to PE Dept. Fluids Lab upgrade |
| 2009 - 2010 | ULL ~ $35,000 to Individual Scholarships  
LSU ~ $32,500 to Individual Scholarships  
Nicholls ~ $9,550 to Individual Scholarships  
ULL ~ $6,600 to PE Dept. Fluids Lab upgrade |
**2019 Bon Temps Cook Teams**

<table>
<thead>
<tr>
<th>Company (Team Name)</th>
<th>F5</th>
<th>Recipe</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inspection Oilfield Services (IOS)</td>
<td>Fin</td>
<td>Seafood Gumbo</td>
<td>21</td>
</tr>
<tr>
<td>Jaguar Energy Services (Jaguar)</td>
<td>Fin</td>
<td>Turtle Sauce Piquant'</td>
<td>22</td>
</tr>
<tr>
<td>Knight Energy Services (Knight)</td>
<td>Fur</td>
<td>Brisket</td>
<td>23</td>
</tr>
<tr>
<td>NOV</td>
<td>Feather</td>
<td>Chicken Fettuccine</td>
<td>24</td>
</tr>
<tr>
<td>Offshore Energy Services</td>
<td>Fin</td>
<td>Crawfish Etouffee over Fried Catfish</td>
<td>25</td>
</tr>
<tr>
<td>Oil States Energy Services (Oil States)</td>
<td>Feather</td>
<td>Duck Poppers</td>
<td>26</td>
</tr>
<tr>
<td>Premium Oilfield Services</td>
<td>Fur</td>
<td>Venison Chili</td>
<td>27</td>
</tr>
<tr>
<td>Pro-T Company / Cardinal Energy Services</td>
<td>Fur</td>
<td>Beef Tip Stew</td>
<td>28</td>
</tr>
<tr>
<td>Safety Management Systems</td>
<td>Feather</td>
<td>Smoked Jalapeno Stuffed Duck Breasts</td>
<td>29</td>
</tr>
<tr>
<td>TAM International (TAMily Tradition)</td>
<td>Fur</td>
<td>TAMquitos</td>
<td>30</td>
</tr>
<tr>
<td>Tiger Offshore</td>
<td>Fur</td>
<td>Chili</td>
<td>31</td>
</tr>
</tbody>
</table>
### Deer Chili

**Chef:** Van McNeil  
**Sous Chefs:** Kathy Meyers

**Ingredients**
- tortillas
- 24-hour slow smoked pulled pork
- cole slaw
- melted cheddar cheese
- homemade tangy bbq sauce
- mango chutney dipping sauce

**Instructions**
- Assemble ingredients in a tortilla.
- Deep Fry. Serve with dipping sauce.

### TAMquitos

**Chef:** Nathan Bounds  
**Sous Chefs:** Bryan Cartie

**Ingredients**
- tortillas
- 24-hour slow smoked pulled pork
- cole slaw
- melted cheddar cheese
- homemade tangy bbq sauce
- mango chutney dipping sauce

**Instructions**
- Assemble ingredients in a tortilla.
- Deep Fry. Serve with dipping sauce.
FEATHER
Stuffed Jalapeno
Stuffed Duck Breasts

Chef: Jeff Vidacovich  Sous Chefs: ________________________

Ingredients

Instructions

Notes

Burner Fire Control
Fried Ribs w/ Steen Syrup

Chef: Ricky Gotté  Sous Chefs: ________________________

Ingredients
Pork Ribs
Spices
Steen’s Syrup

Instructions

Notes
Alligator Sauce Piquant

**Chef:** Chance Reon  
**Sous Chefs:** Troy Fontenot, Kyle Thibodeaux

**Instructions**
Season Cubed alligator with Cajun seasoning, brown in Bacon fat. Remove meat and save. Add flour to bacon fat. Cook roux until peanut butter to light brown. Add vegetable trinity to stop roux from cooking. Add garlic once cooled. Cook until vegetables are tender. Season. Add tomatoes, chicken stock, balsamic vinegar, Worcestershire and simmer for 30 minutes stirring occasionally to prevent sticking. Season. Add Alligator back to sauce along with herbs. Season with Cajun Seasoning and Pepper to taste. Simmer for 30-45 until meat is tender. Add chopped Green Onions. Serve over rice.

**Notes**
Yields 30-40 dinner servings

Beef Tip Stew

**Chef:** Joe Bernard  
**Sous Chefs:** Lynn Gothreaux, Laura Bernard

**Instructions**
Season beef tips, brown in a skillet with a light coat of Oil until dark brown, add onion, Bell Pepper, Garlic sauté until tender, Add 3 cups of water with beef paste, add corn starch mixed with a cup of water to thicken gravy, cook on medium heat until beef tips are tender. serve over rice.

**Notes**

---

**Carlisle Energy Group / Wildcat Coiled Tubing**

**Pro-T Company / Cardinal Energy Services**

**FIN**

**FUR**
Premium Oilfield Services

FUR

Venison Chili

Chef: Bryan Leger  Sous Chefs: ________________

Instructions

Ingredients

Notes

Church Point Wholesale

“CPW Cookers”

Fired Rabbit & Waffles

Chef: Charles Sonnier  Sous Chefs: ________________

Instructions

Ingredients

Notes
## DESSERT

**Bread Pudding**

### Ingredients

- Chef: Hope Savoie
- Sous Chefs: 

### Instructions

<table>
<thead>
<tr>
<th>Notes</th>
</tr>
</thead>
</table>

---

## FEATHER

**Duck Poppers**

### Ingredients

- Chef: Tab Hebert
- Sous Chefs: Alvin Primeaux

### Instructions

<table>
<thead>
<tr>
<th>Notes</th>
</tr>
</thead>
</table>
Crawfish Etouffee

**Ingredients:**
- 2 lb. Crawfish peeled with fat
- 2 medium onions chopped
- 2 sticks margarine
- 2 tbs. Cayenne pepper
- 1 cup flour

**Instructions:**
In heavy bottom pot on high heat melt margarine and onions, stir frequently until onions start to liquefy still on high heat. Add Crawfish. Add water until it covers Crawfish. Bring to a boil. In a bowl add flour and water and mix with a whisk to a pancake batter consistency. Pour into crawfish to desired thickness. Turn down heat to medium, stirring occasionally. Cook until bubbles are gone. Season with cayenne to taste. Serve over catfish.

Notes

---

Fried Fish

**Ingredients:**
- 1 lb. Seasoned Zatarain's Fish-fry
- 1 lb. Crappell's fish market
- Catfish chips
- 2 oz. Cayenne pepper
- 1 gallon peanut oil

**Instructions:**

Notes

---

Offshore Energy Services

Crawfish Etouffee over Fired Catfish

**Chefs:** Mark Dore, Glenn Meaux, Jeff Istre
**Sous Chef:** Mark Lalande

---

Eaton Oil Tools

“Eaton at Da Camp”

Gouda Chicken Sliders

**Chef:** Rusty Noel
**Sous Chefs:** Derik Eaton, Justin Eaton

---

**Ingredients**
- Chicken
- Onions
- Peppers
- Mushrooms
- Smoked Gouda
- Bacon

**Instructions**
Grill chicken then add topping
Cook down onions, pepper, mushrooms w/ bacon
Add smoked gouda then top burger
Serve on bun

Notes

---

Notes
Eaton Oil Tools
“Eaton at Da Camp”
Wild Hog Sauce Piquant

Chef: Rusty Noel  Sous Chefs: Derik Eaton, Justin Eaton

Ingredients
- Wild Hog
- Onions
- Celery
- Bell Pepper
- Tomato Sauce
- Rotel

Instructions
- Brown hog low & slow
- Add vegetables until cooked down
- Add Rotel & tomato sauce and stew cook 3 hours
- Serve over rice

Notes

---

FEATHER

Chicken Fettuccine

Chef: Chris Courville  Sous Chefs: ___

Ingredients
- 8 lbs chicken breast cut and seasoned
- 8 lbs chicken thigh meat cut and seasoned
- 16 sticks of butter
- 4 lbs Tasso, diced
- All purpose flour
- 8 quarts half & half
- 16 pints of heavy whipping cream
- 3 block of Velveeta cheese
- Olive oil
- Fettuccine noodles

Instructions
- Brown chicken in olive oil and set aside.
- Sauté seasoning blend and diced Tasso in butter until tender. Add in flour and whisk to make blonde roux.
- Cut cheese into chunks and melt in roux.
- Add heavy whipping cream and half & half.
- Bring up to a simmer; add in chicken and let simmer until cooked thoroughly.
- Season to taste.
- Mix in noodles and let stand with heat off to thicken.

Notes
<table>
<thead>
<tr>
<th>Chef: Trey Guidry</th>
<th>Sous Chefs: Paul Breaux, Ray Daughtrey</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FUR</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Brisket</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Instructions</strong></td>
<td>Slow roll for 6 hours</td>
</tr>
<tr>
<td><strong>Notes</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chef: Kristy &amp; Nichole Noel</th>
<th>Sous Chefs: Derik Eaton, Justin Eaton</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EATON</strong></td>
<td></td>
</tr>
<tr>
<td><strong>DESSERT</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Instructions</strong></td>
<td>Add cream cheese</td>
</tr>
<tr>
<td></td>
<td>Cover with caramel</td>
</tr>
<tr>
<td></td>
<td>Then cover w/ crushed toffee</td>
</tr>
<tr>
<td></td>
<td>Dip with apple spear</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chef:</th>
<th>Sous Chefs:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stuffed and seasoned brisket</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chef:</th>
<th>Sous Chefs:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Apples</td>
</tr>
<tr>
<td></td>
<td>Caramel</td>
</tr>
<tr>
<td></td>
<td>Cream Cheese</td>
</tr>
<tr>
<td></td>
<td>Homemade toffee</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chef:</th>
<th>Sous Chefs:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Apples</td>
</tr>
<tr>
<td></td>
<td>Caramel</td>
</tr>
<tr>
<td></td>
<td>Cream Cheese</td>
</tr>
<tr>
<td></td>
<td>Homemade toffee</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chef:</th>
<th>Sous Chefs:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Notes</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chef:</th>
<th>Sous Chefs:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Notes</strong></td>
<td></td>
</tr>
</tbody>
</table>
Crawfish Etouffee

Chef: Kaleb Pope  Sous Chefs: Heidi Nelson

**Ingredients**
- 2 cups (1 pound) butter
- 2 ounces crawfish fat (or as much as you can get)
- 3 large onions, chopped fine
- 1 cup water
- 2 bell peppers, chopped fine
- 2 pounds fresh crawfish tails
- 2 teaspoons salt
- 1 cup green onions, finely chopped
- ¼ teaspoon ground red pepper
- ½ cup fresh parsley, finely chopped
- ½ teaspoon ground black pepper
- ½ teaspoon ground white pepper

**Instructions**

Melt butter in a Dutch oven or other large heavy pot; add the onions and bell peppers, and sauté over medium-high heat. Brown well, being sure to scrape the bottom of the pot frequently to loosen any stuck particles. (You want to caramelize the onions to bring out their sweetness.) This process will take about 45 minutes.

Reduce the heat to medium-low and add the salt, peppers, crawfish fat, and water. Stir well and let simmer 30 minutes more. (You can prepare the dish in advance to this point; about 30 minutes before serving, reheat the mixture over medium-high heat.)

Raise the heat to medium, stir in the crawfish, and cook for 10 minutes. Then add the green onions and parsley and let cook for another 5 minutes. Place generous servings of hot cooked rice in the middle of large flat plates and spoon the crawfish all around.

**Notes**

Serves 6

---

Jaguar Energy Services
“Jaguar”
Turtle Sauce Piquant

Chef: Colby Pommier  Sous Chefs:

**Ingredients**

**Instructions**

**Notes**
**Inspection Oilfield Services**

**“IOS”**

**Seafood Gumbo**

Chef: Blake Higbie  
Sous Chefs: Blake Moorhead, Victoria Sherrod

---

**Utility Inspection Services**

**“UIS”**

**Seafood Gumbo**

Chef: Blake Higbie  
Sous Chefs: Blake Moorhead, Victoria Sherrod

---

**EPIC Companies**

**Duck & Chicken Pastalaya**

Chef: Kaleb Pope  
Sous Chefs: Heidi Nelson

---

**EPIC Companies**

**FEATHER**

**Duck & Chicken Pastalaya**

Chef: Kaleb Pope  
Sous Chefs: Heidi Nelson

---

**Ingredients**

- 1 lb. chicken thighs cut into pieces
- 2 lbs meat. - Pork butt
- 1 lb smoked sausage sliced at 1/4" pieces
- 2 large yellow onions diced
- 1/2 bell pepper diced. (optional)
- 1 large tablespoon of diced garlic
- 8 cups of chicken broth
- 1 lb #4 spaghetti
- 2 oz. hot sauce
- 1/2 cup veg. oil
- Seasoning - I use LeBlanc's
- Hand full of diced green onion

---

**Instructions**

Brown pork in veg oil till brown and sticking to the bottom of the pot. Season while cooking

Remove pork and brown sausage. Do not overcook. Just lightly brown.

Remove sausage and drain oil from pot but reserve/preserve the gratin on bottom of pot.

Add a splash of stock and cook onions, bell pepper and garlic. Cook till clear and while cooking stir all gratin off bottom of pot for color.

Add all meats back in pot cook together for few min. Season.

Add broth and bring to rolling boil. Taste liquid and add seasonings as needed and hot sauce.

Add pasta. Add green onion. Bring to a boil and cook pasta till its nearly al dente.

Cut heat and cover. Remove and fold every five mins until ready.
DESSERT

Oreo Cheesecake

Chef: Kaleb Pope  Sous Chefs: Heidi Nelson

Instructions

1. Heat oven to 350 degrees F. Place 16 of the cookies in re-sealable plastic bag. Flatten bag to remove excess air, then seal bag. Finely crush cookies by rolling a rolling pin across the bag. Place in bowl. Add butter; mix well. Press firmly onto bottom of 9-inch spring form pan.

2. Beat cream cheese, sugar and vanilla in large bowl with electric mixer on medium speed until well blended. Add eggs, 1 at a time, beating just until blended after each addition. Chop or crush remaining 8 cookies. Gently stir half of the chopped cookies into cream cheese batter. Pour over prepared crust; sprinkle with the remaining chopped cookies.

3. Bake 45 min. or until center is almost set. Cool. Refrigerate 3 hours or overnight. Cut into 12 pieces. Store leftover cheesecake in refrigerator.

4. Add Carmel Sauce and Whip Cream on top if desired.

Notes

Ingredients

24 OREO Cookies, divided
3 tablespoons butter, melted
3 (250 g) packages Brick Cream Cheese, softened
3/4 cup sugar
1 teaspoon vanilla
3 eggs
Carmel Sauce and Whip Cream

FIN

Intracoastal Liquid Mud
“ILM”
Seafood Jambalaya

Chef: Scott Boudreaux  Sous Chefs: 

Instructions

Notes

Ingredients

32 OREO Cookies
3 tablespoons butter, melted
2 (8 oz) packages cream cheese, softened
1/4 cup sugar
1/4 teaspoon cayenne pepper
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon dry mustard
1/2 teaspoon pepper
3 eggs

Instructions

1. Preheat oven to 350°F. Place 8 of the cookies in re-sealable plastic bag. Flatten bag to remove excess air, then seal bag. Finely crush cookies by rolling a rolling pin across the bag. Place in bowl. Add butter; mix well. Press firmly onto bottom of 9-inch spring form pan.

2. Beat cream cheese, sugar and spices in large bowl with electric mixer on medium speed until well blended. Add eggs, 1 at a time, beating just until blended after each addition. Chop or crush remaining 8 cookies. Gently stir half of the chopped cookies into cream cheese batter. Pour over prepared crust; sprinkle with the remaining chopped cookies.

3. Bake 45 min. or until center is almost set. Cool. Refrigerate 3 hours or overnight. Cut into 12 pieces. Store leftover cheesecake in refrigerator.

4. Add Carmel Sauce and Whip Cream on top if desired.

Notes
Hudson Services
“Team Hudson”
Crawfish Bisque w/
Stuffed Mushrooms

Chef: Jimmy Bienvenu
Sous Chefs: Darian Angel, Jason Kilchrist

Ingredients

Stuffed mushrooms:
- 2 lbs. Crawfish tails chopped
- 1/4 lb. butter
- 2 cups onion
- 1 cup celery
- 1/2 cup bell pepper
- 1 tablespoon salt
- 1/2 teaspoon cayenne
- 2 tablespoons minced garlic
- 1 1/2 cups bread crumbs
- 1/2 cup water
- 2 tablespoons parsley
- 50 - 60 mushrooms

Bisque:
- 3/4 cup oil
- 1 cup flour
- 3 cups onions
- 1 1/2 cups celery
- 1 cup bell pepper
- 1 tablespoon salt
- 1/2 teaspoon black pepper
- 2 lbs. Crawfish tail meat
- 3 - 4 quarts' stock
- 1/4 cup parsley
- 1/4 cup chopped green onion

Instructions

Melt butter and sauté onions celery bell pepper salt and cayenne until soft (6-7 minutes)
Add crawfish and garlic and cook 8 - 9 minutes stirring occasionally
Add water and simmer 2 minutes
Add water, bread crumbs and parsley and mix well. Remove from heat and let cool
Pull stems from mushrooms and stuff caps with mixture
Roll stuffed mushrooms in flour, then egg wash (egg, milk or water) and bread crumbs
Deep fry at 350 degrees until golden brown

Bisque:
heat oil on high heat in pan add flour and whisk constantly lowering heat if necessary to achieve a medium brown roux. Add onion, celery, bell pepper and spices. Sauté 6 - 7 minutes until soft. Add crawfish and cook 2- 3 minutes. Add stock or water stirring as added until consistency desired. Bring to a boil and lower heat to a simmer for 1 hour 15 minutes stirring occasionally. Add parsley and green onion just before serving over rice.
Stuffed mushrooms can be heated in bisque or served on top

Notes

10-12 servings

Expeditors & Production Services
“EPS”
Shrimp-n-Grits

Chef: Lauren Adams
Sous Chefs: Kevin Dore’, Robbie Broussard

Ingredients

3 cups seafood stock (shrimp stock or chicken stock)
1/2-teaspoon salt
1/2-teaspoon pepper
1/2 cup cheddar cheese shredded
1/2 cup Gouda cheese shredded
1/2 stick butter
2# 21/25 shrimp peeled and deveined
1/4 # diced ham (Small dice)
1 onion (diced small)
1 Belle Pepper (diced small)
2 stalks celery (diced small)
1/4 can rotel or diced tomatoes
3 green onions (cut in small pieces)
2 Tablespoons Roux (Dry or wet)
5 cups Seafood Stock (shrimp stock or chicken stock)
3/4-cup Olive oil
2 ears corn

Instructions

Shuck the two ears of corn.
Slather with Butter and salt and pepper to taste. Wrap in Aluminum foil.
Grill on pit for 10 minutes rotating every minute and a half. Remove from grill and set aside to cool.
When cool cut corn from cob, set aside again till later. Heat 1/4-cup olive oil on medium high heat.

Notes

Shrimp and Cheesy Grits serves four 1/4-cup Quick grits

Instructions (continued)

Add diced onion, bell pepper, and celery, cook for about 15 to 20 minutes until vegetables are soft.
Add diced ham and rotel cook 8 more minutes.
Add the two tablespoons of Roux, cook stirring for 3 minutes or until roux is dispersed throughout mixture.
Add 2 cups seafood stock, bring to a boil, turn down heat and simmer until thickness of your liking. Remember when you add shrimp they will give off some liquid also to thin mixture out. Set to side when mixture is to your liking.

Cook Grits (see instructions below)

Grits
Bring 3 cups stock to boil.
Stir in 1/4-cup quick grits and 1/2-teaspoon salt and pepper, bring back to boil.
Reduce heat to medium low and cover, cook 5 to 7 minutes until thickened, stirring once every minute.
Remove from heat and add both cheeses, grilled corn, and the butter stirred until cheese and butter or melted and blended throughout cover and set to side until last step below is completed.
After grits are complete bring sauce back to boil and add shrimp. Cook shrimp for 6 to 8 minutes. Remove from heat.
When all is plated put a few chopped green onions on top of mixture and enjoy.
# Kiss My Shrimp & Grits

**Chef:** Alden Sonnier  
**Sous Chefs:** Steve St. Amand, Todd Sloane

## Ingredients

**Creamy Grits**
- 8 slices of bacon
- 1 yellow onion
- 2 cups stone ground grits (coarse)
- 4 cups broth
- 2 cups water
- 2 cups Heavy whipping Cream
- 2 cups of shredded cheese (Cheddar, White Cheddar, Monterey Jack – any or all)
- 1 stick of butter
- Salt, pepper, and cayenne pepper to taste

**Shrimp**
- 1 lb. of peeled and deveined shrimp (20-25 count)
- Extra virgin olive oil
- Salt, pepper, and cayenne to taste (mix in bag and shake shrimp coating all with seasoning)
- 1 cup of broth
- Onion and green onion
- ¼ cup of white wine
- ¼ stick of butter

## Instructions

**In a heavy pot,** cook bacon over medium heat for a couple of minutes to render fat. Add onions and cook with bacon for a few minutes, or until bacon is chewy and onions are golden.

Add grits, broth, and water. Stir together and bring to a boil. Reduce heat to simmer, cover pot, and cook 30-40 minutes, stirring occasionally and making sure the liquid level is okay. If grits begin to get dry, add a little warm broth.

After 30-40 minutes of cooking time, pour in cream slowly, and add butter. Cover pot and continue to simmer on very low heat for another 30 minutes. Taste and add salt, pepper, and cayenne to taste. Remove from heat and add in grated cheese. Keep warm and serve.

Prepare black iron pot with olive oil and butter. Get oil hot, sauté onions until translucent. Add shrimp and sauté shrimp until turning pink. Add broth and white wine – simmer for 10 minutes and remove from fire.

## Notes