

AADE Fin Feather Fur Food Festival

Cookbook Sponsors



April 18, 2019 | Blackham Coliseum | Lafayette, LA

AADE Fin Feather Fur Food Festival

2019 COOKBOOK

F5 Bon Temps

Lafayette, LA



*Thanks to our
cookbook sponsors*

Hunting Energy Services

Zealous Energy

April 18, 2019 | Blackham Coliseum | Lafayette, LA

2018 F5 Bon Temps Awards

FIN

	Company Name	Dish
1 st Place	ILM - Intracoastal Liquid Mud	Seafood Jambalaya
2 nd Place	Offshore Energy Services	Crawfish Etouffee / Fried Catfish
3 rd Place	EPS-Expeditors & Production Services Company	Shrimp & Cheese Grits

FUR

	Company Name	Entry
1 st Place	Eaton at Da Camp	Wild Hog Sauce Piquant
2 nd Place	FDF-Francis Drilling Fluids	FDF Triple Threat
3 rd Place	King's Point Consulting	Wild Buck and Boar Jambalaya

FEATHER

	Company Name	Entry
1 st Place	CPW-Church Point Wholesale	Fig Glazed Duck Breast
2 nd Place	Big Blue	Gooda Chicken
3 rd Place	Workstring Grillers	Boneless Stuffed Quail

DESSERT

	Company Name	Entry
1 st Place	IntegriCert	LemaLicious Pie
2 nd Place	Eaton at Da Camp	Apple Delight Camp Snack
3 rd Place	Pro-T / Cardinal Services	Pralines

CROWDS CHOICE

1 st Place	The C'est Bon Kuyan's	Cajun Chicken Zingers
2 nd Place	Classic Oil Tools	Goose Jambalaya
3 rd Place	Jaguar	Crawfish Bisque

SHOWMANSHIP

1 st Place	EPS-Expeditors & Production Services Company
2 nd Place	Eaton Oil Tools
3 rd Place	Classic Oil Tools

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



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 ~ \$20,250 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 ~ \$17,400 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 LSU ~ \$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 PETS 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 PETS 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
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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
Expeditors & Prod. Svcs. Co.
GO Marine Services
Hudson Services, Inc
ILM-Intracoastal City Mud
IOS-Inspection Oilfield Services
Knight Oil Tools
Safety Management Systems
Tiger Offshore

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OEG Offshore, Inc. (venue)	Techneaux Technology Services (people's choice judging)
RelyOn NuTec (ice)	Tri-State Environmental (trophies)
Rig Net (PA System)	United Vision Logistics (ice / committee shirts)
Sierra Hamilton (ice)	Zealous Energy (cookbook)

2019 Bon Temps Cook Teams

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

AADE Scholarships and Donations

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 Endowed Professorship
2005 - 2006	ULL ~ \$10,000 to Endowment Scholarship Fund ULL ~ \$10,000 to Individual Scholarships ULL ~ \$6,000 purchased video equipment for PE Dept. LSU ~ \$10,000 to Individual Scholarships
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



Tiger Offshore

FUR

Chili

Chef: Chris Breaux

Sous Chefs: Wes Hunter

Ingredients

Instructions

Notes

2019 Bon Temps Cook Teams

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



American Eagle Logistics

FUR

Deer Chili

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

Ingredients

Instructions

Notes

TAM International
"TAMily Tradition"
TAMquitos



TAM INTERNATIONAL

FUR

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

Ingredients

Instructions

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

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

Notes



Safety Management Systems
"Team SMS"
FEATHER
Stuffed Jalapeno
Stuffed Duck Breasts

Chef: Jeff Vidacovich Sous Chefs: _____

Ingredients

Instructions

Notes

Burner Fire Control

Fried Ribs w/ Steen Syrup

Chef: Ricky Gotte Sous Chefs: _____

Ingredients

- Pork Ribs
- Spices
- Steen's Syrup

Notes

FUR





FIN

Carlisle Energy Group /
Wildcat Coiled Tubing
Alligator Sauce Piquant

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

Ingredients

- 2# bacon fat (or lard)
- 8# lean, cubed alligator meat
- Cajun Seasoning
- 3 cups flour
- 12 cups Trinity blend (onion, celery, bell pepper)
- 1 Head of garlic chopped (2-3 tablespoons)
- 3- 29oz cans Crushed Tomato
- 1-16oz Tomato Paste
- 64 oz Chicken Stock
- ½ cup Balsamic Vinegar
- ¼ cup Worcestershire Sauce
- Crushed Red Pepper
- 1 tablespoon dried Oregano
- 1 tablespoon dried Thyme
- 1 tablespoon black pepper
- Season to taste
- 4-Green onion bunches

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

Pro-T Company /
Cardinal Energy Services
Beef Tip Stew

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

FUR



Ingredients

- 20# Beef Tips
- 2 Onion
- 2 Bell Pepper
- 2 pods of Garlic
- Seasoning
- Beef Broth
- Beef Paste
- Cooking Oil
- Corn starch

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



Premium Oilfield Services

FUR

Venison Chili

Chef: Bryan Leger **Sous Chefs:** _____

Ingredients

Instructions

Notes

Church Point Wholesale
"CPW Cookers"
Fired Rabbit & Waffles

FUR



Chef: Charles Sonnier **Sous Chefs:** _____

Ingredients

Instructions

Notes



Crescent Safety Services

DESSERT

Bread Pudding

Chef: Hope Savoie **Sous Chefs:** _____

Ingredients

Instructions

Notes

Oil States Energy Services

“Oil States”

Duck Poppers

FEATHER



Chef: Tab Hebert **Sous Chefs:** Alvin Primeaux _____

Ingredients

Instructions

Notes

Crawfish Etouffee over Fired Catfish

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

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:

Combine Catfish and Cayenne pepper. Coat catfish with Fish-fry. Heat oil in heavy pot 350 degrees. Fry fish until golden brown.

Notes

Crawfish Etouffee

Ingredients:

- 2 lb. Crawfish peeled with fat
- 2 medium onions chopped
- 2 sticks margarine
- 2 tbs. Cayenne p3pper
- 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.

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



FUR

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

NOV



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 bls seasoning blend (onions/bell pepper)
- 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



FUR

Knight Oil Tools "Knight" Brisket

Chef: Trey Guidry **Sous Chefs:** Paul Breaux, Ray Daughtrey

Ingredients

Stuffed and seasoned brisket

Instructions

Slow roll for 6 hours

Notes

Eaton Oil Tools "Eaton at Da Camp" Camp Style "Apple Crack"

DESSERT



Chef: Kristy & Nichole Noel **Sous Chefs:** Derik Eaton, Justin Eaton

Ingredients

Apples
Caramel
Cream Cheese
Homemade toffee

Instructions

Add cream cheese
Cover with caramel
Then cover w/ crushed toffee
Dip with apple spear

Notes

Crawfish EtouffeeChef: 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
- ¾ teaspoon ground red pepper
- ½ cup fresh parsley, finely chopped
- ½ teaspoon ground black pepper
- ½ teaspoon ground white pepper

Notes

Serves 6

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.

Turtle Sauce Piquant’Chef: Colby Pommier Sous Chefs: _____**Ingredients****Instructions****Notes**



FIN

Inspection Oilfield Services
"IOS"
Seafood Gumbo

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

Ingredients

Instructions

Notes

EPIC Companies



**Duck & Chicken
Pastalaya**

FEATHER

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

Notes

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**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

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**Intracoastal Liquid Mud
“ILM”
Seafood Jambalaya****FIN**Chef: Scott Boudreaux Sous Chefs: _____**Ingredients****Instructions****Notes**



FIN

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
- Flour, egg wash breadcrumbs (for bread-
ing)

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
- 1/2 teaspoon cayenne
- 2 lbs. Crawfish tail meat
- 3 - 4 quarts' stock
- 1/4 cup parsley
- 1/4 cup chopped green onion

Notes

10-12 servings

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 crumb
 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

Expeditors & Production Services "EPS" Shrimp-n-Grits

FIN



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)
- 1/4-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 3/4-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 3/4-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 stir 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 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.

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

Notes

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.

Chef: _____ **Sous Chefs:** _____

Ingredients

Instructions

Notes