KEOGH COX

COOKBOOK

Featuring
Leon's original Louisiana Cajun Seasoning



The right ingredients for complex cases in Louisiana

HISTORY

In the state of Louisiana, Cajun seasoning is a true delicacy. There's something about that extra kick of spice that Louisianians love.

In 2004, Keogh Cox began to buy ***Leon's original Louisiana Cajun seasoning*** from Mr. Leon Myers, a friend of the firm and many in the Baton Rouge area, who created his own homemade Cajun seasoning. Keogh Cox loved the unique blend of spices so much that we bought the seasoning to share with our friends and family. We would like to give a special thanks to the Myers family for such a delicious spice that we have shared with our friends throughout the United States and beyond for more than 15 years. What better way than through a Louisiana delicacy can Keogh Cox say that we have the right ingredients for complex cases in Louisiana?

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WHAT'S INSIDE

As a treat for our 50th Anniversary, the Keogh Cox team contributed family favorite recipes all using ***Leon's original Louisiana Cajun seasoning***.

We hope you enjoy. Bon Appetit!

ARGENTINA PULLED PORK TACOS WITH CILANTRO jalapeño LIME SAUCE

JOHN P. WOLFF, III.

John is a senior partner with Keogh Cox who handles complex and high exposure litigation. In his spare time, John is an amateur chef, who enjoys cooking for his wife, children and grandchildren. Please enjoy John's recipe that has won honors at the Baton Rouge Bar Association's annual cooking competition.



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INGREDIENTS

- Boston butt pork (bone in)
- Flour tortillas
- 1 can beef consommé
- 3 garlic cloves
- Fresh thyme
- 1 Tbs. ***Leon's original Louisiana Cajun seasoning***
- 2 bunches of cilantro
- 1 Tbs. cumin
- 1 Tbs. onion powder
- 2 tsp. kosher salt
- 1 large lime (about 4 oz.)
- 1 fresh jalapeño (cut stem and remove seeds)
- ⅛ cup pickled jalapeño
- 1 cup of good olive oil

DIRECTIONS:

Pork

1. *Liberally coat Boston butt pork (bone-in) with **Leon's original Louisiana Cajun seasoning.***
2. *Place in roaster fat side up with garlic pod (cut top) and fresh thyme.*
3. *Add 1 can beef consommé.*
4. *Cook covered at 300° F for 3-4 hours or until fork tender. Check during cooking to reserve juices (reserve juices and discard fat).*
5. *Pull the pork and incorporate garlic, herbs, and juices.*

Cilantro Lime Sauce

1. *Combine the following in a blender and blend until smooth: cilantro (cut excessive stems), **Leon's original Louisiana Cajun seasoning**, onion powder, cumin, salt, garlic cloves, lime juice, fresh jalapeño, pickled jalapeño, and olive oil. Drizzle olive oil while blending. (Best to prepare the day before and will hold for 3 weeks).*

Assembly

1. *Pile pulled pork and cilantro lime sauce on warmed or grilled flour tortillas. (For extra flavor, brush tortillas with cilantro lime sauce before grilling).*

CLASSIC LOUISIANA GUMBO

ANDREW BLANCHFIELD

Drew is the managing partner at Keogh Cox and is a sought-after trial lawyer with a reputation for forthrightness and civility. He also enjoys creating delicious recipes for his friends and family. He offers his take on a true Louisiana classic- gumbo.



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INGREDIENTS

- 1 whole cooked chicken cut into small chunks
- 3 medium onions, chopped
- 1 ½ pound andouille sausage, cut into 1/3 inch-thick rounds
- 1 ½ tsp. freshly ground black pepper
- 2 ribs of celery, finely chopped
- 3 Tbs. minced garlic
- 1 green bell pepper, seeded and finely chopped
- ½ tsp. cayenne pepper
- 1 bay leaf
- 3 cups chicken stock
- 1 cup vegetable oil
- 1 cup all-purpose flour
- 1 bunch green onions, thinly sliced
- ⅓ cup chopped fresh flat-leaf parsley
- Cooked white rice, for serving
- Louisiana hot sauce, for serving
- Filé powder, for serving (optional)
- ***Leon's original Louisiana Cajun seasoning*** to taste

DIRECTIONS:

1. *With the oil and flour, make a roux the color of milk chocolate.*
2. *Immediately add the onions, celery, garlic, bell pepper, cayenne, and sausage, and cook, stirring, until the vegetables are softened (7 to 10 minutes). Add stock to the roux mixture along with the salt, black pepper, and bay leaf, and bring to a gentle simmer. Continue to simmer, skimming any foam or excess oil on the top, until any trace of floury taste is gone, about 2 ½ hours.*
3. *Add the chicken, green onions, and parsley to the gumbo and continue to simmer about 30 minutes longer. Don't stir too much or the chicken will fall apart into shreds. Adjust the thickness, if necessary by adding water or more stock. Adjust the seasoning with salt, cayenne as preferred and* ***Leon's original Louisiana Cajun seasoning****.*
4. *Serve the gumbo over hot white rice. Have hot sauce and filé at the table for guests to use to their liking.*

OMI'S TEMPTING PORK TENDERLOIN

EDWARD "ED" F. STAUSS, III.

Ed is a partner with the firm who grills but does not cook. He practices primarily in the areas of worker's compensation, premises liability, auto liability and subrogation. His mother-in-law, affectionately nicknamed "Omi" by her grandchildren, is a native of Weiden, Germany. Sweet and savory have met their match with this Bavarian family recipe.



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INGREDIENTS

- 1 pound of bacon
- ¾ cup soy sauce
- 1 Tbs. minced onions
- ¼ tsp. garlic
- 1 Tbs. white wine vinegar
- ½ tsp. salt
- 3 pounds pork tenderloin (1 package of 2 tenderloins), cut into 4 pieces
- Dash of ***Leon's original Louisiana Cajun seasoning***
- ¾ cup brown sugar

DIRECTIONS:

1. *Wrap the tenderloin pieces in bacon. Place in an 8 ½ X 11" pan. Poke holes in the meat with a fork.*
2. *Combine rest of ingredients in a small bowl; stir well. Pour marinade over meat. Refrigerate, uncovered 2 to 3 hours or overnight*
3. *Bake in 300° F oven for 2 to 3 hours. To keep bacon from burning, place foil over the top after approximately 1 ½ hours of baking.*
4. *Remove from oven, cut meat into small pieces and allow the meat to soak up the excess juices in the pan.*

SPRING PANZANELLA SALAD

KIRK L. LANDRY

Kirk is a partner with the firm who primarily represents employers, insurers and third-party administrators in the defense of workers' compensation claims. He is not the cook of his family because his wife is a skilled amateur chef.



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INGREDIENTS

- 1 bunch asparagus, cut into 1 inch pieces
- 5 oz. fresh or frozen peas
- 2-3 large handfuls of spinach-arugula salad mix
- 1/2 cup of olive oil, plus more for drizzling
- ***Leon's original Louisiana Cajun seasoning***
- 1 tsp. of Dijon mustard
- 1 clove of garlic
- 3 Tsp. of white wine vinegar
- 4 Tbs. of butter
- 2 Tbs. fresh basil, torn
- Shaved parmesan cheese
- 2-3 radishes, thinly sliced
- 1 tsp. minced garlic
- 1 10 oz loaf rustic bread (e.g. round French boule), cut into chunks
- ¼ cup of grated Parmesan cheese

DIRECTIONS:

Salad

1. *Steam asparagus and peas separately in the microwave until crisp-tender. Let cool completely.*
2. *Grate the garlic into a large bowl, add white wine vinegar, and let sit for 10 minutes*
3. *Add olive oil and Dijon mustard, whisk to combine*
4. *Add the basil, asparagus, peas, radishes, and salad mix. Toss to coat*
5. *Taste and adjust seasoning, adding more* ***Leon's original Louisiana Cajun seasoning*** *as needed.*
6. *Add croutons and toss again. Top with shaved parmesan and a drizzle of olive oil and serve.*

Croutons

1. *Preheat oven to 375°.*
2. *In a large Dutch oven over medium-high heat, melt the butter until foamy.*
3. *Add the garlic and sauté for 30 seconds, remove from heat.*
4. *Add the bread cubes and toss to coat in the butter.*
5. *Sprinkle the parmesan and* ***Leon's original Louisiana Cajun seasoning***
6. *Spread the bread cubes on a foil-lined baking sheet*
7. *Bake for 8-9 minutes or until crispy and lightly browned. Let cool.*

CHICKEN TIKKA MASALA

COLLIN J. LEBLANC

Collin is a partner with the firm and handles complex litigation matters involving industrial, casualty, and premises liability claims, insurance coverage and subrogation disputes, legal malpractices, and other difficult cases. In his spare time, he enjoys cooking worldly meals including "Tikka". Collin shares this seemingly complicated, but really quite simple, dish with his family and friends.



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INGREDIENTS

- 3 chicken breasts
- 1 ½ cup of Basmati rice
- ½ cup heavy whipping cream
- 14 oz. tomato puree
- 1 stick of butter
- 2 white or yellow onions
- 2 bay leaves
- ***Leon's original Louisiana Cajun seasoning***
- Salt and pepper
- 1 tsp. cumin
- 1 tsp. garam
- 1 tsp. turmeric
- 1 tsp. paprika
- 1 tsp. ginger
- 1 tsp. garlic
- Cilantro
- 1 tsp. brown sugar
- 1 tsp. red chili powder
- 1 tsp. oil (any kind)

DIRECTIONS:

Rice

1. *Use any kind you want. I use Basmati rice. Combine 3 ½ to 4 cups of water, 1 ½ cup of rice, 1/5 teaspoon of oil, a small amount of butter, 2 bay leaves and a dash of salt. Bring to boil and simmer until done.*

Chicken

1. *Cut chicken breasts in half, and pound to tenderize. Season liberally with **Leon's original Louisiana Cajun seasoning**, turmeric, garam masala, cumin, coriander, red chili powder (gently), paprika, and black pepper - or any combination.*
2. *Grill the chicken on a skillet until ¾ done. Dice chicken into bite size chunks or strips when cool.*

Sauce

1. *Finely dice a white or yellow onion, and add oil and butter. Begin to reduce the onions while you grate fresh ginger into the pot or skillet. When onions begin to soften, add 1 tsp. of minced garlic and ¼ tsp. of brown sugar.*
2. *In a minute or so, add the tomato puree, ¼ cup water, and ¼ cup of chicken stock. Bring almost to a boil and turn on medium heat. Then add chicken and spices. Cook for 3-4 minutes on high side of medium.*
3. *Begin to simmer and stir in ½ cup of heavy cream. Squeeze ½ lime over the dish. Assemble on plate and serve with Naan bread.*

SHRIMP & CRAWFISH PISTOLETTES

CHAD A. SULLIVAN

Chad is a partner with the firm and a Registered Nurse who regularly handles difficult cases involving insurance defense, malpractice, defective products, impaired professionals and licensure claims. Chad went back to his Southwest Louisiana roots to offer one of his homemade specialties - shrimp/crawfish pistolettes! Talk about Cajun!



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INGREDIENTS

- 1 stick butter
- **Leon's** ***original Louisiana Cajun seasoning***
- 1 small onion
- 1 can Rotel
- 1 can cream of mushroom soup
- 1 box of Velveeta cheese (cut into small cubes)
- 1 pound of boiled shrimp and/or crawfish
- Pistolettes

DIRECTIONS:

The Filling

1. *Cook down onions with a stick of butter until the onions are translucent*
2. *Add 1 can of Rotel and simmer on low heat for a couple of minutes*
3. *Add 1 can cream of mushroom and stir.*
4. *Add in small cubes of Velveeta cheese until creamy.*
5. *Add cooked crawfish or shrimp.*
6. *Add* ***Leon's original Louisiana Cajun seasoning***

Assembly

1. *Make a slit in the pistolettes, stuff with shrimp/crawfish filling, and arrange on a sheet pan.*
2. *Cook in oven at 350° F for around 10-15 minutes or until pistolettes are done.*

NEW ORLEANS BBQ SHRIMP

CHRISTOPHER K. JONES

Chris is a partner at Keogh Cox whose primary practice areas include class actions, complex litigation, insurance matters, and sales and franchise tax matters. Although the firm's signature seasoning is perfect for any number of recipes, this one is a particularly indulgent option that is a traditional Louisiana favorite.



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INGREDIENTS

- 1 pound jumbo shrimp
- ½ cup Worcestershire sauce
- Juice from 2 lemons
- 2 tsp. cracked black pepper
- 2 tsp. ***Leon's original Louisiana Cajun seasoning***
- 2 tsp. Crystal Louisiana Hot Sauce
- 1 tsp. minced garlic
- 1 ½ cups (3 sticks) cold, unsalted butter, cubed.
- 2 tbs. fresh chopped parsley
- French bread for dipping

DIRECTIONS:

1. *Peel the shrimp, leaving only their tails attached.*
2. *In a large skillet, combine Worcestershire, lemon juice, black pepper,* ***Leon's original Louisiana Cajun seasoning****, hot sauce, and garlic. Cook moderately over moderately high heat.*
3. *When hot, add shrimp, and cook 2-3 minutes until shrimp turn pink (about 1 minute on each side).*
4. *Reduce heat to simmer and stir in butter, a few cubes at a time, stirring constantly and adding more only when butter is melted.*
5. *Remove skillet from heat. Place shrimp in a bowl and pour sauce over top and garnish with parsley. Serve with French bread for dipping.*

CAJUN TURKEY "TENDERLOIN"

MARY ANNE WOLF

Mary Anne is a partner at Keogh Cox and practices construction law. She is also an arbitrator with the American Arbitration Association. Her husband, Robert, is the cook in the family. He prepares this recipe, one of Mary Anne's favorites, for Sunday family dinner.



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INGREDIENTS

- 24 oz Butterball Turkey Breast Tenderloin
- 1.5 Tbs. ***Leon's original Louisiana Cajun seasoning***
- ½ small yellow onion
- ½ orange bell pepper
- 1 jalapeño pepper
- 1 stalk celery
- 1 Tbs. light olive oil
- 1 tsp. organic light agave
- 1 tsp. white balsamic vinegar

DIRECTIONS:

1. *Preheat oven to 350° F.*
2. *Finely dice all vegetables*
3. *Remove turkey (comes in 2 pieces) from package and rinse with cool water.*
4. *Place turkey pieces in middle of the pan (use a 9.5" x 5.25" x 2.75" stainless steel loaf pan) with small ends overlapping.*
5. *Sprinkle 1.5 tsp. of **Leon's original Louisiana Cajun seasoning** over the meat. Pour the olive oil, agave, and white balsamic vinegar over the meat.*
6. *Add all vegetables and mix all ingredients together by hand. After mixing, rearrange the meat as before with the vegetables mostly on the side and below the meat.*
7. *Bake at 350° F for about an hour or until the internal temperature in the thickest part of the meat measures 175° F in the center.*
8. *The vegetables will make plenty of broth for light gravy. It works well with a side dish of rice.*

CAJUN CRAWFISH ETOUFEE

BRIAN T. BUTLER

Brian has been practicing law for over 30 years and handles all types of general liability cases, as well as automobile and trucking liability cases. You cannot have a cookbook from south Louisiana that does not include a recipe for Crawfish Etoufee, which is a favorite in the Butler household.



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INGREDIENTS

- 3 Tbs. unsalted butter
- ¾ cup chopped onion
- ¼ cup of celery
- ½ cup chopped bell pepper
- 1 lbs. crawfish tails
- 2 Tbs. flour
- 1 cup water
- 1 tsp. Louisiana Hot Sauce (less if using Tabasco)
- 1 Tbs. of ***Leon's original Louisiana Cajun seasoning***
- ¼ cup chopped green onions
- Salt and pepper to taste

DIRECTIONS:

1. *Put butter in a stock pot and melt, add* ***Leon's original Louisiana Cajun seasoning***
2. *Add onion, celery and bell pepper and cook until tender.*
3. *Add crawfish tails and heat through thoroughly.*
4. *Add flour and stir constantly for 2-4 minutes to make a light roux. Mixture will be very thick.*
5. *Slowly add water, until desired thickness.*
6. *Bring to a boil and reduce to a simmer.*
7. *Add garlic, hot sauce, and salt and pepper to taste.*
8. *Simmer for 20 minutes.*
9. *Serve over white rice and add green onions to garnish.*

CRAWFISH QUESO

TORI S. BOWLING

Tori is a partner at the firm who handles a diverse range of cases in the areas of premises liability, employment law, maritime law, industrial accidents, and commercial litigation. A great family friend gave her a recipe book filled with Cajun recipes. Over the years, Tori made the recipes on her own by adding additional ingredients and extra spice, including ***Leon's original Louisiana Cajun seasoning.***



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INGREDIENTS

- 1 stick of butter
- 1 egg yolk
- 1 lb. of Velveeta
- 2 Tbs. evaporated milk
- 1 lb. crawfish tails (can substitute for shrimp)
- 3 stalks of celery (finely chopped or processed)
- 4-5 green onions (finely chopped or processed)
- Hot sauce to taste
- ***Leon's original Louisiana Cajun seasoning*** to taste

DIRECTIONS:

1. *Melt butter and sauté veggies.*
2. *Sprinkle flour on vegetables and stir. Add milk and stir until blended.*
3. *Remove from heat and add egg yolk and cooked crawfish tails.*
4. *Add seasoning and hot sauce to taste.*
5. *Return from medium to low heat.*
6. *Add cubed cheese and stir until melted.*
7. *For a thinner consistency, add additional evaporated or regular milk.*
8. *Continue to add seasoning as needed.*

HUNTING CAMP KABOBS

VIRGINIA J. "JENNY" MCLIN

Jenny is a partner who represents employers, insurers, and third-party administrators in a wide variety of areas in the workers' compensation context. Her recipe is an old favorite from her family's hunting camp in the wilds of North Louisiana, with a Cajun kick courtesy of ***Leon's original Louisiana Cajun seasoning.***



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INGREDIENTS

- 1 lb. link sausage
- 1.5 lb. cubed stew meat
- 1 can of pineapple chunks
- 1 can of small whole potatoes
- Green, yellow, and red bell peppers
- Red onion
- Yellow onion
- Skewers
- 16 oz. bottle Worcestershire sauce
- 1/2 cup brown sugar
- Salt, pepper, ***Leon's original Louisiana Cajun seasoning***, and hot sauce to taste

DIRECTIONS:

1. *Combine brown sugar, Worcestershire sauce, pineapples (with juice) and seasoning into a bowl for a marinade. Add sausage (cut into 1 inch slices) and meat. Let marinate for at least 1 hour, but the longer the better.*
2. *Cut vegetables into 1 inch cubes.*
3. *Prepare the kabobs, layering each skewer with alternate meat, vegetables, and pineapples until full. There are no rules here, be creative!*
4. *Grill over a low heat until desired doneness, turning the skewers periodically to allow each side to obtain a char.*

HONEY GLAZED SALMON WITH AVOCADO MANGO SALSA

C. REYNOLDS LEBLANC

Reynolds is a partner at Keogh Cox whose practice areas include commercial litigation, premises liability, and auto accident defense. He is a talented cook who leads the Keogh Cox cooking team and his LSU tailgate crew. His recipe will be a hit for your next dinner party.



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INGREDIENTS

- 4 salmon fillets (no skin)
- 8 tsp. honey
- 8 tsp. flour
- 3 tbs. olive oil
- 2 mangos (cubed)
- ⅓ cup diced red onion
- 1 avocado
- 1 lime (juiced)
- ¼ cup cilantro (chopped)
- 1 jalapeño minced, no seeds
- 1 tsp. ***Leon's original Louisiana Cajun seasoning***

DIRECTIONS:

1. *Preheat oven to 350° F.*
2. *Sprinkle salmon with **Leon's original Louisiana Cajun seasoning** and spread evenly. Dust with flour.*
3. *Flip and repeat for each fillet.*
4. *Heat olive oil in large skillet over medium-high heat. Cook each side about 2 minutes, until golden-brown.*
5. *Remove from skillet and place on baking sheet. Bake salmon for 8-10 minutes.*

Salsa

1. *Add mangos, avocado, onion, cilantro and jalapeño to a bowl.*
2. *Squeeze the juice of 1 lime.*
3. *Mix all ingredients.*
4. *Add **Leon's original Louisiana Cajun seasoning** to taste.*
5. *Serve salsa over the salmon.*

LOUISIANA FRIED CATFISH

RICHARD W. WOLFF

Richard is a partner with the firm who mostly practices insurance defense. He has two young children, Waylon and Winnie, who enjoy finger foods and apple sauce. This fried fish recipe is one of their favorites and great with a side of "dip" (ketchup).



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INGREDIENTS

- Catfish fillets
- Oil for frying, about 1 quart
- 1 cup yellow cornmeal
- ½ cup yellow mustard
- 2 tsp. ***Leon's original Louisiana Cajun seasoning***

DIRECTIONS:

1. *Heat oil in a 5-6 quart Dutch oven (or fryer) until the temperature reaches 350° F, making sure to adjust the heat to maintain the temperature.*
2. *In a shallow dish or zip-lock bag, big enough for the fish pieces, add corn meal and* ***Leon's original Louisiana Cajun seasoning****. Mix well.*
3. *Lightly coat the fish in yellow mustard.*
4. *Place the fish fillet in the cornmeal mixture.*
5. *Gently, add the fillets, 2 at a time, to the hot oil and fry until golden brown, about 6 minutes.*
6. *Remove the fried fillets to a cooling rack while you fry remaining fillets.*

SHRIMP & CORN CHOWDER

CATHERINE S. GIERING

Cathy Giering is a partner with the firm who practices primarily in civil defense litigation, including employment law, civil rights, healthcare litigation, medical malpractice and premises liability. Cathy loves to cook and follows a mostly plant-based diet. This recipe is not plant-based, but is a favorite from growing up in Louisiana.



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INGREDIENTS

- 1 Tbs. butter
- 1 cup sliced green onions
- ½ cup diced celery
- 4 cloves garlic, minced
- ½ tsp. kosher salt*
- 2 Tbs. ***Leon's original Louisiana Cajun seasoning***
- ¼ tsp. black pepper
- 2 ⅔ cups milk**
- 2 tbs. all-purpose flour**
- 1 15oz can creamed corn
- ¼ tsp. Cayenne pepper
- 1 tsp. chopped thyme
- 1 ½ cups fresh or frozen corn kernels
- 1 lb. shrimp, peeled and deveined
- 6 slices thick bacon, cut into ½ inch pieces.
- ⅓ cup of half and half**
- Hot sauce to taste

DIRECTIONS:

1. *Cook the bacon in a Dutch oven over medium heat, until crispy. Remove bacon from pan and transfer to a paper towel-lined plate. Lightly pat dry and set aside. Discard all but 1 tablespoon of bacon fat.*
2. *Add butter to bacon fat and melt. Set aside ¼ cup of green onions. Add remainder of green onions and celery to the pan. Cook, stirring occasionally, until vegetables are tender, then stir in garlic,* ***Leon's original Louisiana Cajun seasoning****, salt and pepper. Cook until garlic is fragrant (about 30 seconds).*
3. *Sprinkle the flour over the top of the onion mixture. Cook, stirring constantly, 1 minute. Slowly pour in the milk, stirring out any lumps. Add the corn kernels, creamed corn, and cayenne. Stir and bring to a gentle boil. Let bubble until thick. Stir in shrimp and continue cooking until the shrimp are done. Remove from heat and stir in thyme and half and half. Serve hot, sprinkle with reserved bacon, green onions and dash of hot sauce (optional). Serves 6.*

***Healthier Substitutions: Forego the bacon crumble on top or use uncured bacon; forego added salt; use almond flour in lieu of all-purpose flour; almond milk in lieu of whole milk; and nondairy half-and-half*

STUFFED PEPPERS

JENNIFER R. DIETZ

Jennifer is a partner with the firm. Her practice focuses on insurance defense, including first party property and bad faith, general liability, property/casualty liability, automobile liability, and premises liability. Jennifer prefers serving up effective representation to her clients, but can also be found creating gourmet meals, watching her kids' soccer games, or playing tennis.



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INGREDIENTS

- 4-6 bell peppers
- 1 lb. ground beef
- 1 cup cooked rice
- **Leon's *original Louisiana Cajun seasoning***
- Shredded carrots
- 1 zucchini
- Sliced mushrooms (optional)
- 1 8 oz. can tomato paste
- Shredded mozzarella cheese

DIRECTIONS:

1. *Shred zucchini and squash with a cheese grater. Watch out for your fingers!*
2. *Cut off the tops of the peppers and do your best to remove the white "spines" on the inside. Discard the tops of peppers.*
3. *Begin browning the meat with liberal sprinkling of **Leon's original Louisiana Cajun seasoning**. About ¾ into browning, add zucchini and squash. Once cooked, add ½ can of tomato paste, then cooked rice, and liberal cheese. Use a spatula to chop the mixture. Your stuffing is complete.*
4. *Put peppers in a glass baking dish and spoon the stuffing in. Disperse remaining tomato sauce over the tops of the peppers. Cover peppers with foil that has been sprayed with PAM (otherwise the foil will stick to your peppers).*
5. *Eat and enjoy!*

CAJUN BACON DEVILED EGGS

CHELSEA A. PAYNE

Chelsea is a partner at Keogh Cox, and practices mostly construction law and complex litigation. She's not much of a cook, but luckily lives in Louisiana, where good food can be found around every corner. Here is her go-to appetizer for any crawfish boil.



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INGREDIENTS

- 12 hard boiled eggs
- ¼ cup of mayonnaise
- 1 Tbs. mustard
- 1 tsp. dill relish
- 2 tbs. chopped onion
- 4 slices of bacon, cooked and crumbled
- 1 tbs. of ***Leon's*** ***original Louisiana Cajun seasoning***

DIRECTIONS:

1. *Cut eggs lengthwise*
2. *Remove yolks into bowl and mash.*
3. *Combine mashed yolk, mayonnaise, mustard, onions, relish and half of bacon; mix well.*
4. *Spoon egg mixture into the egg whites.*
5. *Top eggs with remaining bacon crumbles.*
6. *Sprinkle with* ***Leon's*** ***original Louisiana Cajun seasoning****.*

RED BEANS & RICE

SYDNEE D. MENOU

Sydnee is a partner at Keogh Cox with a practice as wide-ranging as her cooking abilities. She hopes you enjoy this "Monday night tradition" that is one of her son's favorites.



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INGREDIENTS

- 1 lb. dried red beans, rinsed and soaked overnight
- ¼ tsp. freshly ground black pepper
- 1 yellow onion, quartered
- 4 cups of long grain white rice, cooked according to package instructions
- 6 cloves of garlic
- 2 bay leaves
- 8 cups of chicken stock
- 1 heaping tsp. ***Leon's original Louisiana Cajun seasoning***
- ⅛ - ¼ tsp. of cayenne pepper
- Optional - 1 lb. of andouille sausage (cut in half rounds)

DIRECTIONS:

1. *In a stock pot, combine the beans, stock, salt, pepper, bay leaves, cayenne, onion, garlic, and* ***Leon's original Louisiana Cajun seasoning****.*
2. *Bring to a boil and then let simmer for 3-4 hours, stirring occasionally to prevent sticking.*
3. *If using sausage, add sausage and cook for an additional hour.*
4. *Add additional stock as needed to maintain desired consistency.*
5. *Serve over rice.*

This recipe can be made in a slow cooker. Add all ingredients except for sausage and cook on low. If using sausage, add to the slow cooker about an hour and a half prior to the end of the cooking time and increase the heat to high.

CISCO'S CRAWFISH PIE

COLE C. FRAZIER



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Cole is a partner with the firm who practices insurance defense. Cole is not the most experienced in the kitchen. However, he gives credit for this recipe to his sister, Casey, and countless hours of watching the Food Network. This recipe is perfect for any occasion. As Guy Fieri says, "Welcome to Flavortown."

INGREDIENTS

- 3 - 9 ⅝ inch pie shells, frozen
- 1 cup margarine
- 6 green onions, chopped
- 1 bell pepper, chopped
- 6 cloves garlic, minced
- ⅛ - ¼ tsp. of cayenne pepper
- 2 Tbs. parsley
- 2 Tbs. celery flakes
- 1 cup bread crumbs
- Pepper
- 2 cans cream of celery soup
- 2 cups half & half
- 2 eggs
- 3 12 oz. bags Bernard's frozen crawfish tails (thaw in bag under warm water) or 2 lbs. of crawfish tails
- ***Leon's original Louisiana Cajun seasoning***

DIRECTIONS:

1. *Preheat oven and cookie sheets at 350° F.*
2. *Sauté butter, green onions, bell peppers, garlic, parsley, celery flakes,* ***Leon's original Louisiana Cajun seasoning****, and pepper until wilted. Add crawfish, soup, half & half. Cook on low fire for 15 minutes*
3. *Add beaten egg and bread crumbs. Cook for 5 minutes.*
4. *Pour in frozen pie shells. Bake on preheated cookie sheets at 350° for 30-45 minutes.*

Enjoy!

LOUISIANA SHRIMP, CRAB & CORN BISQUE

BRANDI A. BARZE

Brandi Barze is a partner at Keogh Cox practicing in insurance defense and litigation, with a primary focus on premises, merchant, and automobile liability. Outside of the courtroom, Brandi is no stranger to the kitchen. She enjoys preparing meals for her friends and family. Her Louisiana Shrimp, Crab, and Corn Bisque is a simple, yet unforgettable recipe packed with rich seafood flavor. Quick to prepare and perfect for sharing, it's best enjoyed over rice or with warm French bread.



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INGREDIENTS

- ***Leon's original Louisiana Cajun seasoning to taste***
- 2 lbs. peeled shrimp
- 1 lb. lump crab meat
- ½ onion finely chopped
- ½ stick of butter
- 1 quart of heavy whipping cream
- 1 lb. frozen corn
- 2 Tbs. of olive oil
- 2 tsp. of liquid crab boil
- 3 Tbs. of flour
- 3 Tbs. of tomato paste
- 4 cups of seafood or shrimp stock
- Salt and pepper to taste
- Parsley

DIRECTIONS:

1. *Over medium heat, sauté chopped onion in two tablespoons of olive oil until soft. Add ½ stick of butter and stir until melted*
2. *Add flour and stir constantly until a blonde roux forms (approx. 4 min)*
3. *Add tomato paste and stir until evenly incorporated.*
4. *Add ½ heavy whipping cream and mix all ingredients using a whisk until it comes to a bubble. Add the rest of the heavy whipping cream and continue to whisk until smooth.*
5. *Add seafood stock and bay leaf and bring to a boil.*
6. *Add **Leon's original Louisiana Cajun seasoning** to taste.*
7. *Add crab boil (you can add more if you want a spicy kick!)*
8. *Add salt, pepper, and parsley to taste.*
9. *In a separate pan, lightly coat shrimp with **Leon's original Louisiana Cajun seasoning***
10. *Sauté shrimp in olive oil for 1-2 minutes or until pink (avoid fully cooking the shrimp).*
11. *Add sautéed shrimp, crabmeat and corn to the pot of bisque and cover. Cook on medium heat for 15 minutes.*
12. *Taste bisque and add seasoning or spice to taste. Cook on medium heat for 15 minutes.*
13. *Serve with warm French bread.*

CAJUN SCALLOPS & ANDOUILLE RISOTTO

ASIA JACKSON

Asia is an associate at Keogh Cox and a self-proclaimed food connoisseur. She brings the heat from the courtroom to the kitchen with this recipe that marries bold Southern and Italian flavors.



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INGREDIENTS

- 1 cup Arborio rice
- 4 cups warm chicken stock
- 4 oz. Andouille sausage, diced
- 8 large sea scallops, patted dry
- 1 small onion or shallot, chopped
- 2 cloves of garlic, minced
- 1 ½ tsp. ***Leon's original Louisiana Cajun seasoning***
- 1 Tbs. olive oil
- 1 Tbs. butter
- ½ cup grated Parmesan cheese
- 2 green onions, thinly sliced (white and green parts separated)
- Salt and pepper to taste
- Lemon wedges (optional)
- Hot sauce (optional)

DIRECTIONS:

1. *In a large skillet, heat olive oil over medium heat. Add andouille sausage and cook until browned, 3-4 minutes. Add the white parts of the green onions, onion, and garlic. Cook until soft, about 2 minutes.*
2. *Stir in Arborio rice and 1 teaspoon Leon's original Louisiana Cajun seasoning. Cook 1-2 minutes until rice is lightly toasted.*
3. *Add warm stock one ladle at a time, stirring frequently. Wait until liquid is mostly absorbed before adding more. Continue for about 18 minutes until rice is creamy and al dente.*
4. *Stir in butter, Parmesan, salt, pepper, and a light sprinkle of* ***Leon's original Louisiana Cajun seasoning****. In a separate pan, melt butter over medium-high heat. Sear scallops 1.5-2 minutes per side until golden and opaque inside.*
5. *Spoon risotto onto plates, top with scallops, and add a squeeze of lemon or a dash of hot sauce if desired.*

CAJUN PASTALAYA

CONNOR BRADY

Connor is an associate at Keogh Cox who enjoys a wide variety of Louisiana cuisine. This recipe feeds 15 and is perfect for any holiday or tailgate.



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INGREDIENTS

- 6 lbs. pork
- 3 lbs. andouille sausage
- 3 lbs. Trinity (onion, bell peppers, celery)
- 36 oz. bowtie pasta
- 4 ½ cups water
- 3 Tbs. garlic powder
- 6 Tbs. salt
- 2 ¼ Tbs. black pepper
- 1 pack bacon
- 4 ½ cups chicken broth
- ¾ Tbs. red pepper flakes
- ***Leon's original Louisiana Cajun seasoning*** to taste

DIRECTIONS:

1. *In a large pot, cook bacon and remove (leaving grease).*
2. *Add pork and sausage with **Leon's original Louisiana Cajun seasoning**. Cook pork and sausage until brown, then remove.*
3. *Add Trinity and stir until brown.*
4. *Add pork and sausage back to the pot. Add water and chicken broth, as well as garlic powder, salt, and pepper. Let simmer about 10 minutes.*
5. *Add pasta and enjoy when pasta is cooked.*