



Leon's Louisiana Cajun Seasoning Recipes

RIBS

Barbecue ribs or baby back ribs

Rub meat with Leon's Cajun Seasoning

Place the ribs on the grill, four (4) inches from the hot coals.

Cook until brown, about one hour at 375 degrees.

CHICKEN

Cut whole chicken in half and rub with Leon's Cajun Seasoning.

Place on grill or oven, bone side down, for one hour at 375 degrees,

Do not turn!

FISH

Pour one cup of olive oil in a pan and dip the fish in the oil.

Sprinkle Leon's Cajun Seasoning very lightly over the fish.

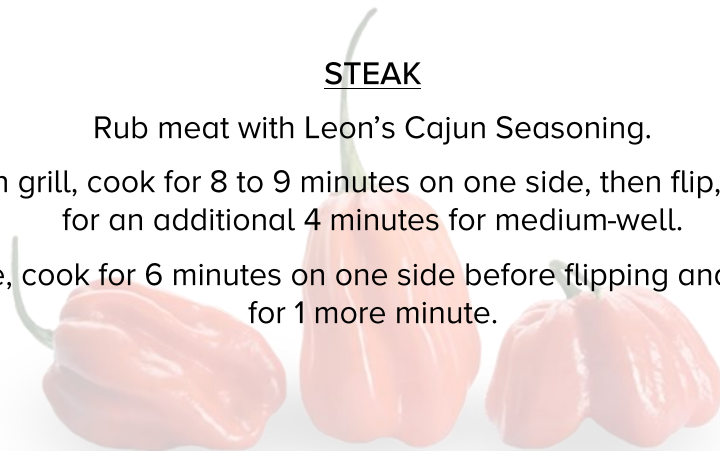
Cook at 375 degrees for 7 minutes on one side, then flip and cook for another 3 minutes.

STEAK

Rub meat with Leon's Cajun Seasoning.

Place on grill, cook for 8 to 9 minutes on one side, then flip, and cook for an additional 4 minutes for medium-well.

For rare, cook for 6 minutes on one side before flipping and cooking for 1 more minute.



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 Louisianan's 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 Cajun 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?



701 Main Street
Baton Rouge, LA
70802

W: keoghcox.com

P: 225 383 3796

F: 225 343 9612

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 & high exposure litigation. In his spare time, John is an amateur chef, who enjoys cooking for his wife, children, & grandchildren. Please enjoy John's recipe that has won honors at the Baton Rouge Bar Association's annual cooking competition.



jwolff@keoghcox.com

INGREDIENTS:

- Boston butt pork (bone in)
- tortillas
- 1 can beef consume
- 3 garlic cloves
- fresh thyme
- 1 Tbsp. **Leon's original Louisiana Cajun seasoning**
- 2 bunches of cilantro
- 1 Tbsp. onion powder
- 1 Tbsp. cumin
- 2 tsp. kosher salt
- 1 large lime (about 4 oz)
- 1 fresh jalapeno (cut stem & remove seeds)
- 1/8 cup pickled jalapeno
- 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 consume.
4. Cook covered at 300°F for 3-4 hours or until fork tender. Check during cooking to reserve juices (reserve juices & 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 jalapeno, pickled jalapeno, and olive oil. Drizzle olive oil while blending. (Best to prepare the day before & will hold for 3 weeks)

Assembly:

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

CLASSIC LOUISIANA GUMBO

ANDREW “DREW” 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.



ablanchfield@keoghcox.com

INGREDIENTS:

- 1 whole cooked chicken cut into small chunks
- 3 cups chicken stock
- 1 cup vegetable oil
- 1 cup all-purpose flour
- 3 medium onions, chopped
- 2 ribs celery, finely chopped
- 3 Tbsp. minced garlic
- 1 green bell pepper, seeded & finely chopped
- ½ tsp. cayenne pepper
- 1 ½ pound andouille sausage, cut into 1/3- inch-thick rounds
- 1 ½ tsp. salt
- ¾ tsp. freshly ground black pepper
- 1 bay leaf
- 1 bunch green onions, thinly sliced
- 1/3 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 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.



estauss@keoghcox.com

INGREDIENTS:

- 3 pounds pork tenderloin (1 pkg of 2 tenderloins), cut into 4 pieces
- 1 pound of bacon
- $\frac{3}{4}$ cup soy sauce
- 1 Tbsp. minced onions
- $\frac{1}{4}$ tsp. garlic
- 1 Tbsp. white wine vinegar
- $\frac{1}{2}$ tsp. salt
- dash of **Leon's original Louisiana Cajun seasoning**
- $\frac{3}{4}$ cup brown sugar

DIRECTIONS:

1. Wrap the tenderloin pieces in bacon. Place in an 8 $\frac{1}{2}$ X 11" pan. Poke holes in 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 a 300°F oven for 2 to 3 hours. To keep bacon from burning, place foil over the top after approximately 1 $\frac{1}{2}$ 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.

PORK CHOPS & MUSHROOM SHERRY SAUCE

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. Kirk likes pork chops, so Kristen created this recipe for him.



klandry@keoghcox.com

INGREDIENTS:

- 4 center cut boneless pork chops
- **Leon's original Louisiana Cajun seasoning**
- black pepper
- 2 Tbsp. minced shallots
- 1 clove garlic, minced
- 2 tsp. olive oil
- 8 oz. slice fresh mushrooms
- 2 Tbsp. butter
- ½ cup sherry
- ½ cup beef broth
- 1 Tbsp. corn starch
- 1 tsp. chopped fresh thyme

DIRECTIONS:

1. Generously season both sides of pork chops with **Leon's original Louisiana Cajun seasoning**, then grill chops to internal temperature of 140°F.
2. In a large skillet over medium heat, sauté shallot in olive oil until soft; add garlic and sauté 30 seconds longer. Remove from pan and set aside.
3. In same skillet, melt butter and add mushrooms sautéing over medium-high heat until they start to brown and soften. Season with Leon's and pepper.
4. Add sherry and cook until reduced by half. Return shallot and garlic mixture to skillet.
5. Put 2 tbsp. of the beef broth into a small bowl; whisk in cornstarch until smooth. Add to skillet with remaining broth and cook until sauce thickens. Add thyme and check seasoning to taste.
6. When the sauce is ready, plate pork chops and ladle generously with sauce.

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 malpractice and other difficult cases. In his spare time he enjoys cooking worldly meals including “Tikka.” Collin shares this seemingly complicated, but actually really simple, dish with his friends & family.



cleblanc@keoghcox.com

INGREDIENTS:

- | | | | |
|--------------------------------|--|-------------------|---------------------------|
| • 3 chicken breasts | • 1 stick of butter | • salt & pepper | • 1 tsp. garlic |
| • 1 1/2 cup basmati rice | • 2 white or yellow onions | • 1 tsp. garam | • cilantro |
| • 1/2 cup heavy whipping cream | • 2 bay leaves | • 1 tsp. turmeric | • 1 tsp. brown sugar |
| • 14 oz tomato puree | • Leon's original Louisiana Cajun seasoning | • 1 tsp. cumin | • 1 tsp. red chili powder |
| | | • 1 tsp. paprika | • 1/5 tsp. oil (any kind) |
| | | • 1 tsp. ginger | |

DIRECTIONS:

Rice

1. Use any kind you want. I use Basmati rice. I combine 3 ½ to 4 cups of water, 1 ½ cup of rice, 1/5 teaspoon of oil, a smaller 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 tomato puree, ¼ cup water, and ¼ cup of chicken stock. Bring almost to a boil and turn on medium then you add the chicken and spices. Cook for 3-4 mins. of 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 home-made specialties – shrimp/crawfish pistolettes. Talk about Cajun!



csullivan@keoghcox.com

INGREDIENTS:

- 1 stick butter
- **Leon's original Louisiana Cajun seasoning**
- 1 small onion
- 1 can Rotel
- 1 can cream of mushroom soup
- 1 box Velveeta cheese (cut into small cubes)
- 1 pound of boiled shrimp 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 soup 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** to liking.

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 to 15 minutes or until the pistolettes are done.

NEW ORLEANS BBQ SHRIMP

CHRISTOPHER K. JONES

Chris is a partner at Keogh Cox who 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.



cjones@keoghcox.com

INGREDIENTS:

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

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 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.

ROASTED CHICKEN AND VEGETABLES

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.



mwolf@keoghcox.com

INGREDIENTS:

- 1 fresh, never frozen whole hen
- olive oil
- 1 lemon
- 1 can of chicken broth
- acorn or butternut squash, zucchini, (or any vegetables you prefer)
- 2 onions
- 1 Tbsp. **Leon's original Louisiana Cajun seasoning**

DIRECTIONS:

Chicken:

1. Remove giblets, clean and rinse hen. Place in a roasting pan.
2. Whisk 1 tablespoon of **Leon's original Louisiana Cajun seasoning** into 2-3 tablespoons of olive oil.
3. Wriggle your finger under the chicken skin to loosen from the meat. Put spice mixture in your palm and rub under the skin coating all areas of the meat.
4. Place 1/2 a lemon and sliced onion in the cavity of the hen.
5. Pour 1/2 a can of chicken broth in the pan.
6. Bake at 350°F, until internal temperature is 175°F.

Vegetables:

1. Cut your favorite vegetables into equal pieces.
2. Lightly coat with olive oil and sprinkle with **Leon's seasoning**.
3. Place on a baking pan lined with foil and bake at 350°F– 400°F until tender and slightly browned.

SHRIMP CREOLE

MARTIN E. “MARTY” GOLDEN

Marty has been practicing law in Baton Rouge, Louisiana for over thirty years, concentrating in civil litigation primarily involving injuries, property damage, insurance coverage, and contract disputes. Marty is a life-long resident of Louisiana’s capital city, and offers a recipe for a Louisiana classic, complete with Keogh Cox’s signature spice.



mgolden@keoghcox.com

INGREDIENTS:

- 1 lb. raw peeled shrimp
- 1 large onion, chopped
- ½ bell pepper, chopped
- 2 cloves of garlic, minced
- 1 can tomato sauce
- 1 stick of butter
- ¼ tsp. each of thyme and basil and 1 bay leaf
- **Leon’s original Louisiana Cajun seasoning**

DIRECTIONS:

1. Cook onion, bell pepper, and garlic in butter for about 5 minutes until softened.
2. Add 1 cup of water and let simmer very low for 1.5 hours (covered).
3. Season shrimp with **Leon’s original Louisiana Cajun seasoning** and add to pot. Also add thyme, bay leaf and basil.
4. Cook for at least 30 minutes. If it is too thick, add a little warm water.

**Serve over rice or pasta. Add more Leon’s if preferred.*

CAJUN CRAWFISH ETOUFFEE

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 Etouffee, and this is a favorite in the Brian household.



bbutler@keoghcox.com

INGREDIENTS:

- 1 Tbsp. of **Leon's original Louisiana Cajun seasoning**
- 2 Tbsp. unsalted butter
- 3/4 cup chopped onion
- 1/4 cup chopped celery
- 1/2 cup chopped bell pepper
- 1 lbs. crawfish tails
- 2 Tbsp. flour
- 1 cup water
- 1 tsp. Louisiana Hot sauce (less if using Tabasco)
- 1/4 cup chopped green onions
- 3 Tbsp. unsalted butter
- 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. Then slowly add water, until desired thickness.
6. Bring to a boil and then 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.

SEAFOOD FETTUCINE

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 Cajun recipes. Over the years, Tori made the recipes her own by adding additional ingredients and extra spice, including Leon's original Louisiana Cajun seasoning.



tbowling@keoghcox.com

INGREDIENTS:

- 3 lb. shrimp or crawfish
- 3 sticks butter
- 3 finely chopped onions
- 2 finely chopped small bell peppers
- 1 lb. Velveeta
- 4 chopped garlic cloves
- 1 lb. fettucine noodles
- 3 Tbsp. chopped parsley
- ¼ cup flour
- 1 pt. half & half
- **Leon's original Louisiana Cajun seasoning**

DIRECTIONS:

1. Melt butter and sauté veggies until soft.
2. Add parsley, garlic and seafood; cook for 10 minutes.
3. Add half & half, cheese and flour.
4. Turn down heat and simmer for ½ hour.
5. Boil noodles according to package directions and drain. Add to ingredients. Put in a large casserole dish and bake at 350°F for 20 minutes.
6. Season with **Leon's original Louisiana Cajun seasoning** to taste.

HUNTING CAMP KEBOBS

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 her South Louisiana husband, Ryan, and *Leon's original Louisiana Cajun seasoning*.



jmclin@keoghcox.com

INGREDIENTS:

- 1 lb. link sausage
- 1.5 lb. cubed stew meat
- 1 can of pineapple chunks
- 1 can of small whole potatoes
- green, yellow, red bell peppers
- red onion
- yellow onion
- skewers
- 1/2 cup brown sugar
- 16 oz bottle Worcestershire sauce
- 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 in. 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 kebobs, layering each skewer with alternating 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.

STUFFED BELL PEPPERS

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.



rleblanc@keoghcox.com

INGREDIENTS:

- 7 bell peppers, any color
- 2 chopped onions
- 3 stalks of celery, chopped
- 1 Tbsp. minced garlic
- 1 tsp. fresh parsley
- 1 tsp. salt
- 1 tsp. pepper
- 2 tsp. **Leon's original Louisiana Cajun Seasoning**
- 1 tsp. crushed red pepper
- 1 lb. ground beef
- ¼ lb. Italian sausage
- 1 can diced tomatoes
- 2 Tbsp. olive oil
- 4 cups of cooked rice
- 1 cup breadcrumbs

DIRECTIONS:

1. Cook rice according to packaging directions (or according to your own style).
2. Cut tops off peppers and clean. Boil peppers 2-3 mins. Drain on paper towels (Chop tops of bell peppers and chop).
3. Heat 2 Tbsp. olive oil. Add onions, chopped bell pepper tops, celery. Cook for three minutes.
4. Add ground beef and sausage and brown the meat.
5. Add 1 can diced tomatoes and cooked rice. Add salt, pepper, **Leon's original Louisiana Cajun seasoning**, cracked red pepper and mix.
6. Scoop mixture into boiled peppers and top with breadcrumbs.
7. Bake at 350 °F for 30 minutes.

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).



rwolff@keoghcox.com

INGREDIENTS:

- Oil for frying, about 1 quart
- 1 cup yellow cornmeal
- ½ cup yellow mustard
- 2 teaspoons **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 cornmeal 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 SOUP

TIFFANY T. KOPFINGER

Tiffany is a partner at Keogh Cox who primarily works in commercial litigation, general litigation and insurance defense. Tiffany was born in Mississippi and raised on “country cooking”, but moved to Louisiana in 2002 and embraced Cajun food and spices. She enjoys dabbling with different recipes and ideas in the kitchen. One recipe that the entire family loves is Shrimp and Corn Soup.



tkopfinger@keoghcox.com

INGREDIENTS:

- 1/3 cup oil
- 3 Tbsp. flour
- 2 medium onions, diced
- 1 bell pepper, diced
- 1 lb. medium shrimp, peeled
- 2 Tbsp. fresh parsley, chopped
- 1 (1-lb.) can whole peeled tomatoes (undrained)
- 1 (1-lb.) can whole kernel corn (drain half liquid)
- 1 cup water
- **Leon's original Louisiana Cajun seasoning**, to taste
- Salt and pepper to taste

DIRECTIONS:

1. Make a roux with oil and flour in a large stock pot.
2. When roux is golden brown, add onions. Cook for about 10-15 minutes.
3. Add bell pepper and parsley.
4. Add **Leon's original Louisiana Cajun seasoning**, salt and pepper. Simmer for about 10 minutes.
5. Add tomatoes, corn, and water. Simmer at least 1 hour.
6. Add shrimp, more water and seasoning if needed, until shrimp are fully cooked and soup is desired consistency.

CAJUN BACON DEVEILED EGGS

CHELSEA A. PAYNE

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



cpayne@keoghcox.com

INGREDIENTS:

- 12 hard boiled eggs
- ¼ cup of mayonnaise
- 1 Tbsp. of mustard
- 1 tsp. of dill relish
- 2 Tbsp. of chopped onion
- 4 slices of bacon, cooked and crumbled
- **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 eggs whites.
5. Top eggs with remaining crumbles bacon.
6. Sprinkle with **Leon's original Louisiana Cajun seasoning**.

SEAFOOD ARANCINI

SYDNEE D. MENOU

Sydnee is an associate with the firm whose practice focuses on complex litigation and bad faith insurance claims. As a lifelong cook, nothing is bad faith about her recipes. She hopes you enjoy her recipe for Seafood Arancini balls, which won the firm 1st place for Best Grub at the BRBA's Belly Up to the Bar Cooking Competition!



smenou@keoghcox.com

INGREDIENTS:

For Rice

- 1 c. of arborio rice
- 3 – 3.5 c. chicken broth
- 1 1/4 tsp. salt
- 1/2 tsp. **Leon's seasoning**
- 1 bay leaf

For Filling

- ½ a large onion, finely chopped
- 2 stalks celery, finely chopped
- 1 bell pepper, finely chopped
- 1 tsp. minced garlic
- 1/2 c. monterey jack cheese
- 1/2 c. shredded parmesan cheese
- 1 lb. cooked crawfish or shrimp, minced
- 2 eggs, beaten
- bread crumbs, Italian or Parmesan
- additional salt, pepper and **Leon's original Louisiana Cajun seasoning**
- cooking oil for frying and sautéing

DIRECTIONS:

Rice:

1. Prepare rice according to package instructions, adding the salt, Leon's, and bay leaf.
2. Spread on a cookie sheet to cool to room temperature.

Filling:

1. Sauté the onion in cooking oil over medium to high heat until they begin to soften (about 3-4 mins).
2. Add the celery and cook an additional 2-3 mins. Add bell pepper and cook an additional 3-4 mins.
3. Add the garlic and cook until fragrant. The onions should be translucent and the vegetables should be softened.
4. Remove from heat and allow to cool.

Assembly:

1. Combine filling in a large bowl with the cheese, crawfish and rice.
2. Season to taste with salt, pepper and **Leon's original Louisiana Cajun seasoning**.
3. Add the eggs and 3 tbsp of bread crumbs. Mix thoroughly. The mixture should hold together like a dough.
4. Using a cookie scoop, portion the mixture into balls and roll. Roll each ball in seasoned bread crumbs.
5. Carefully drop 5-6 balls in oil heated to 350°F and cook until the outside is a deep brown, about 5 minutes per batch.
6. Remove with a slotted spoon to a plate lined with paper towels.

CAROLINA STYLE PULLED CHICKEN

GEORGE A. WRIGHT

George is an associate who practices insurance and medical malpractice defense. If you can't bring yourself to trust a skinny lawyer's recipe, then you are in good hands with George's Carolina Style Pulled Chicken, with a Louisiana kick.



gwright@keoghcox.com

INGREDIENTS:

- 3 large chicken breasts
- 1 Tbsp. **Leon's original Louisiana Cajun seasoning**
- 1 bottle (16 to 18 ounces) of your favorite barbeque sauce
- ¼ cup brown sugar
- ¼ cup apple cider vinegar
- 1 Tbsp. grainy/spicy mustard

DIRECTIONS:

1. Place chicken breasts in slow cooker.
2. Mix all other ingredients together and pour mixture over chicken.
3. Cook on low for 5 to 7 hours, checking occasionally.
4. Remove chicken and shred to desired consistency.
5. Return shredded chicken to slow cooker and mix well.
6. Serve on warm buns or as a stand-alone dish.

CISCO'S CRAWFISH PIE

COLE C. FRAZIER

Cole is an associate 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."



cfrazier@keoghcox.com

INGREDIENTS:

- 3 – 9 5/8 inch pie shells, frozen
- 1 cup margarine
- 6 green onions, chopped
- 1 bell pepper, chopped
- 6 cloves garlic, minced
- 2 Tbsp. parsley
- 2 Tbsp. celery flakes
- **Leon's original Louisiana Cajun seasoning**
- pepper
- 3 - 12 oz. bags Bernard's frozen crawfish tails (thaw in bag under warm water) or 2 lbs. of crawfish tails
- 2 cans cream of celery soup
- 2 cups half & half
- 2 eggs
- 1 cup bread crumbs

DIRECTIONS:

1. Preheat oven & 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 5 minutes.
4. Pour in frozen pie shells. Bake on preheated cookie sheets at 350 °F for 30 to 45 minutes.

Enjoy!