



# Zombie Cajun Hot Sauce Cookbook

By Ricky Hooter with Special Thanks to Greg & Gary Guidry, Panola, and Bill & Rosie Hines

Be sure to visit us at [ZombieCajunSauce.com](http://ZombieCajunSauce.com).



## Contents

Buffalo Chicken Dip.....	1
Fried Green Tomatoes .....	1-2
Cornbread Dressing .....	2
Chicken Chopped Salad in Butter Lettuce Cups.....	3
<b>Zombie Cajun Hot Sauce</b> with Steak, Pork or Chicken .....	4
Dove and Pheasant Fricassee.....	4-5
Brisket from an Old Cajun .....	5
Crawfish Breakfast Enchiladas .....	6-7
French Fried Onion Encrusted Fish.....	7
Shrimp Étouffée .....	8
Naked Zombie Cajun Hot Wings.....	8-9
Shrimp Creole .....	9
Garlic and Butter Shrimp.....	10
Shrimp and Sausage.....	10-11
Chicken Jambalaya.....	11
Shrimp & Corn Soup.....	12
Shrimp and Avocado Salad.....	12-13
Mama’s Baked Oysters .....	14
Red Beans and Rice.....	14-15
Do-Dads or Trash Mix .....	15-16

Note: Oven temperatures are the USA Fahrenheit °F scale.



## **Buffalo Chicken Dip**

- 1 or 2 chicken breasts, cooked and shredded
- 1 cup ranch dressing
- ½ cup shredded cheddar cheese
- ½ cup shredded pepper jack cheese
- 2 (8 oz.) bars cream cheese, softened
- ¼ cup **Zombie Cajun Hot Sauce**
- 3 tbs. **Zombie Cajun “The Antidote” Hot Sauce** (or to taste)

**Preheat oven to 350 degrees.** Bake for 30 minutes or until warm and brown on top.

Serve with Fritos Scoops or tortilla chips.

---



## **Fried Green Tomatoes**

- Slice green tomatoes into about 3/8-inch slices.
- Coat in flour seasoned with salt, pepper, and whatever you like.
- Dredge in egg wash (half egg, half water).
- Coat with seasoned fish fry mix.
- Fry in a skillet on each side.
- Serve with creole sauce topped with small crawfish tails or shrimp, if desired.

## **CREOLE SAUCE**

Mix creole mustard with heavy cream to desired consistency.

Add 1 teaspoon **Zombie Cajun Hot Sauce**.

Add diced shallots, if desired.

Warm slightly.

---



## **Cornbread Dressing**

1 pan of cornbread

4 slices of toast

½ medium green bell pepper, chopped

1 cup (3-4 ribs) chopped celery

1 large bunch green onions, chopped

1 medium onion, chopped

3 eggs

2 (14.5 oz.) cans chicken broth

½ bottle **Zombie Cajun “Lagniappe” Hot Sauce**

Pepper and seasoned salt

1 stick butter

Sauté chopped vegetables in butter. Crumble the cornbread and toast into a large bowl. Add the sautéed vegetables to the crumbled bread. Add chicken broth, eggs, and all seasonings. Pour into casserole dish and bake in 350-degree oven for about 1 hour – until firm and brown.



## **Chicken Chopped Salad in Butter Lettuce Cups**

### ***Dressing***

- 2 tbs. apple cider vinegar
- 1 tbs. fresh lemon juice
- 2 dashes of **Zombie Cajun “The Antidote” Hot Sauce**
- 1 clove garlic
- 1/4 tsp. kosher salt
- 1/8 tsp. black pepper
- 1/3 cup pecan oil

### ***Salad***

- 1 cup diced cooked chicken breast
- 1 cup coarsely chopped baby arugula
- 1/2 avocado, diced
- 1/4 fennel bulb, chopped
- 1/2 cup diced feta cheese
- 1/4 cup Panola Spicy Sweet Jalapeño Peppers, chopped
- 1/3 cup thinly sliced sun-dried tomatoes
- 1/4 tsp. kosher salt
- 1/8 tsp. black pepper
- 12 butter lettuce leaves

*For the dressing:* In a small bowl, combine the vinegar, lemon juice, hot sauce, garlic, salt and pepper. Gradually add the oil, whisking until the dressing is thick.

*For the salad:* In a large bowl, combine the chicken, arugula, avocado, fennel, feta, jalapeño peppers, sun-dried tomatoes, salt, and pepper. Add the dressing to the salad and toss to coat.

Fill the lettuce leaves with the salad. Arrange on a platter and serve.



## **Zombie Cajun Hot Sauce with Steak, Pork or Chicken**

### **Zombie Cajun Hot Sauce**

Tony Chachere's Creole Seasoning

Meat cut of your choice

Season your meat generously with **Zombie Cajun Hot Sauce**. Add Tony Chachere's Creole Seasoning on top of the ZCHS. Grill or bake to your liking.

*Enjoy the best piece of meat you have ever tasted!*

---



## **Dove and Pheasant Fricassée**

1 cup plus 2 tablespoons vegetable oil

1 cup flour

2 medium onions, chopped

1 medium green bell pepper, chopped

5 stalks celery, chopped

12 dove breasts

4 pheasant breasts, cubed

1 tsp. salt

1 tsp. pepper

3 ounces **Zombie Cajun Hot Sauce**

2-3 quarts water

¼ cup chopped fresh parsley

Heat 2 tablespoons oil in a heavy cast iron pot. Brown the dove and pheasant; remove and set aside.

Add 1 cup oil. When oil is hot, add flour; lower heat and stir until the roux is a rich brown color (like the color of a penny). Add chopped onion, bell pepper, and celery and cook until the onions are translucent. Add the dove, pheasant, and the **Zombie Cajun Hot Sauce**; mix well with the roux. Cook slowly over low heat for 20 minutes. Add salt and pepper. Add water to cover about one inch above the dove and pheasant. Cook until the meat is tender. Add parsley and cook for 15 minutes. Serve over rice. **Servings: 6-8**

---



## **Brisket from an Old Cajun**

Use a filet knife to carve a pocket in a whole brisket.

In the pocket, place anything you want. I use purple onions, bell pepper (green, yellow, and red), garlic (crushed toes or minced), and celery.

Season the outside however you prefer red meat to be seasoned. I use salt, fresh ground pepper, Tony's Cajun seasoning, lemon pepper, and Montreal steak seasoning. Then coat it with **Zombie Cajun Hot Sauce**.

Double wrap in heavy duty tin foil. Make a tight container by placing the meat on the tin foil and pull it together and bunch it at the top. The idea is to have a wrap that will contain all the fat juices in the meat for a cooking medium.

Place the brisket on a smoker with about ten pounds of charcoal briquettes. If your smoker has a water tray below the meat, remove it.

***When the fire goes out, you have brisket!*** This will be five or six hours on my smoker which is one of the round double smokers with a dome lid and water tray below the meat. (Don't use water.)

***Good Luck!***



## Crawfish Breakfast Enchiladas

- 2 tablespoons unsalted butter
- 5 sprigs fresh thyme, chopped; remove stems
- 1 bunch scallions, green and white parts finely chopped
- 1 clove garlic, minced
- 1 medium yellow pepper, finely diced
- 1 medium orange or green pepper, seeded, finely diced
- 4 tablespoons tomato paste
- 1 pound Louisiana crawfish tails (Add a little water to the empty bag, seal, shake, and save.)
- 1 teaspoon **Zombie Cajun Hot Sauce**
- 1 teaspoon (divided) kosher salt
- ½ teaspoon (divided) freshly ground black pepper
- 2 cups (divided) shredded Monterey Jack cheese or Colby cheese
- 10 (6-inch) flour tortillas
- 12 eggs, whisked
- ¼ cup half-and-half
- Softened butter

Heat oven to 350 degrees. Melt butter in a large sauté pan over medium heat. Add the thyme and cook until it is fragrant. Add the scallions, garlic, and peppers and sauté 3 to 5 minutes. Add tomato paste and spread out the paste mixture all over the surface of the pan. Cook for another 5 to 7 minutes. Add the crawfish tails, any liquid from the crawfish bag, hot sauce, ½ tsp. salt, and ¼ tsp. pepper, and cook for another 4 minutes. Remove from heat and cool completely.

To the cooled crawfish mixture, add 1 cup of the shredded cheese.

Add the half-and-half to the eggs and season with ½ tsp. salt and ¼ tsp. pepper. Butter a 13-by-9-inch baking pan and pour half the mixture into the bottom to cover; then set aside.

Lay out 10 flour tortillas and evenly divide the crawfish mixture among all tortillas.

Roll each tortilla tightly and place, seam side down, into the baking dish. Fill the pan with all the tortillas, cover with the remaining egg mixture and sprinkle the top evenly with the remaining cheese. Place on middle oven rack and bake for 20 minutes or until the tip of a knife, inserted in the middle of the pan, comes out clean.

Remove from oven. Let rest for 5 minutes before serving.

---



## **French Fried Onion Encrusted Fish**

Coat a flat half sheet pan (with shallow sides) with cooking spray or butter.

Lay out fish in pan (white flaky fillets like catfish, speckled trout, or drum) and season to taste.

Brush on a moderate to thin layer of ranch dressing, then top with **Zombie Cajun Hot Sauce**.

Crush French Fried Onions in a zip lock bag and spread on top.

Bake at 400 degrees about 15 minutes or until fish flakes with a fork.

*The best oven-baked fish you will ever eat!*



## **Shrimp Étouffée**

½ stick unsalted butter  
1 medium green bell pepper, chopped  
1 medium onion, chopped  
¼ cup ketchup  
2 ounces **Zombie Cajun Hot Sauce**  
2 cups water  
1 (10½ ounce) can cream of mushroom soup  
1 pound shrimp  
½ cup fresh parsley  
½ cup shallots  
Salt and pepper

In a 7-quart pot, melt butter; add bell pepper and onion and sauté until onion is translucent. Add ketchup, **Zombie Cajun Hot Sauce**, and 1 cup of water and cook for 20 minutes over medium heat. Add cream of mushroom soup, shrimp, parsley, shallots, and the remainder of the water; cook for 45 minutes over low-medium heat until gravy thickens. Salt and pepper to taste. Serve over rice.

**Servings: 4-6**

---



## **Naked Zombie Cajun Hot Wings**

12 ounces **Zombie Cajun Hot Sauce**  
1 stick unsalted butter  
Salt and pepper

24 chicken wings, cut in half at the joint and tips removed

2 quarts peanut oil

In 4-quart saucepot, melt butter; add hot sauce and cook over medium heat for 5 minutes. Set aside.

Salt and pepper chicken wings; set aside.

Heat oil in a 7-quart pot or a deep fryer to 350 degrees. Place the saucepot containing the **Zombie Cajun Hot Sauce** mixture next to the larger pot or fryer. Deep-fry wings in oil until done about 10-15 minutes. Remove from oil and place directly into hot sauce mixture. (The longer they marinate in the sauce, the spicier the wings.) Remove and serve. **Servings: 4-6**

---



## **Shrimp Creole**

1 pound shrimp

¼ cup olive oil

2 large onions, chopped

1 sweet bell pepper, chopped

1 clove garlic, chopped

3 small cans tomato sauce

3 tsp. **Zombie Cajun Hot Sauce**

Heat oil in black cast iron pot; add onions, bell pepper, and garlic. Cook until wilted. Add tomato sauce and cook on medium heat for 30 minutes. Add shrimp and hot sauce. Cook on low heat for about 20 minutes. Serve over rice.



## Garlic and Butter Shrimp

- 2 pounds shrimp
- 1 cup butter
- 4 cloves garlic, chopped
- ½ cup white wine
- ¼ cup chopped parsley
- 2 large onions, chopped
- 2 tsp. **Zombie Cajun Hot Sauce**
- 2 packs spaghetti noodles

Boil spaghetti noodles and set aside.

Melt butter in a cast iron black pot. Add onions and cook until wilted. Add garlic, wine, parsley, and **Zombie Cajun Hot Sauce**. Cook on medium heat for 20 minutes. Add shrimp and cook 15 minutes. Then place cooled spaghetti in the pot. Let sit for about 20 minutes and serve.

---



## Shrimp and Sausage

- 1 pound shrimp
- 3 large onions, chopped
- 1 pound smoked sausage
- 3 cloves garlic, chopped
- ¼ cup olive oil

1½ cups uncooked rice  
1 bunch green onion tops, chopped  
3 tsp. **Zombie Cajun “The Antidote” Hot Sauce**  
3½ cups water

In black cast iron pot, brown sausage; set aside. Add onions and sauté till wilted. Add garlic and cook 10 minutes. Add shrimp and cook 15 minutes. Stir in water, rice, sausage, green onions, and **Zombie Cajun Hot Sauce**. Bring water to boil then reduce to simmer until rice is tender.

---



## **Chicken Jambalaya**

Boil 4 or 5 chicken breasts in water seasoned with 3 tablespoons Tony Chachere's Creole Seasoning for 20 minutes. Shred or cut into chunks when cooled.

Bring to a boil 6 cups water left from the cooked chicken.

Pour in 3 cups medium grain white rice. Check if water needs more Tony's seasoning (it should taste like too much Tony's). Bring to a boil

Add chicken and a 4-ounce can sliced mushrooms; bring again to boil.

Cover and lower heat to simmer. Cook for 30-35 minutes until rice is tender and fluffy. If not, continue cooking for 5-10 more minutes. Add more seasoning, if needed. Add **Zombie Cajun Hot Sauce** to taste.

Serve with saltine crackers. *Enjoy!*

---



## **Shrimp & Corn Soup**

- 1 onion, chopped
- 1 tsp. minced garlic
- 1 medium green bell pepper, chopped
- 1 pkg. (8 oz.) cream cheese, softened
- 2 (15 oz.) cans cream style corn
- 2 (10 oz.) cans cream of shrimp soup
- 2 cups milk
- 1 can Ro\*Tel Original Diced Tomatoes & Green Chilies
- 1 pound medium shrimp, peeled
- 1 Tbs. Panola Blackened Fish Seasoning
- 2 Tbs. **Zombie Cajun "Lagniappe" Hot Sauce**
- Salt and pepper, to taste
- 3 green onions, chopped

In a large pot, sauté onion, garlic, and bell pepper until tender. Stir in cream cheese. Add corn, soup, milk, Ro\*Tel, and shrimp. Add seasonings. Bring to boil; reduce heat and cook until shrimp are done. Right before serving, add green onions.

*(I didn't have 2 cans of cream of shrimp soup, so I just used one and added more milk. It's a forgiving recipe so just play with it and it will be good!)*

---



## **Shrimp and Avocado Salad**

### **Salad**

- ¼ cup plus 1 teaspoon extra virgin olive oil

2 tbs. soy sauce  
2 cloves garlic, minced  
Grated zest of 1 large lemon  
3 tbs. chopped fresh flat-leaf parsley  
1 tbs. **Zombie Cajun Hot Sauce**  
¼ tsp. kosher salt  
¼ tsp. black pepper  
1 lb. large shrimp (about 24), peeled and deveined  
1 medium zucchini, halved lengthwise  
1 medium avocado, cut into ½ inch pieces  
1 tbs. chopped spicy and/or sweet jalapeño peppers

### ***Dressing***

2 tbs. pecan oil  
2 tbs. fresh lemon juice (from 1 large lemon)  
1 tbs. **Zombie Cajun “The Antidote” Hot Sauce**  
1 tbs. light agave nectar  
1 tsp. Dijon mustard  
¼ tsp. kosher salt  
¼ tsp. black pepper  
  
1 head butter lettuce, separated into leaves

*For the salad:* In a medium bowl, mix together ¼ cup olive oil, soy sauce, garlic, lemon zest, parsley, salt and pepper. Add the shrimp and toss until coated. Refrigerate for 30 minutes.

Place a grill pan over medium-high heat or preheat a gas or charcoal grill.

Using a pastry brush, coat the zucchini halves with the remaining teaspoon of oil. Grill until tender, 4 to 5 minutes per side. Transfer to a cutting board. Grill the shrimp until pink and cooked through, about 2 minutes per side. Transfer to the cutting board. When cool enough to handle, cut the zucchini and shrimp into ½-inch pieces.

*For the dressing:* In a small bowl, whisk together the pecan oil, lemon juice, the **Zombie Cajun Hot Sauce**, agave, mustard, salt, and pepper until smooth.

In a medium bowl, combine the zucchini, shrimp, avocado, and jalapeño peppers. Add the dressing and gently toss until all ingredients are coated. Using a slotted spoon, fill the butter lettuce leaves with the salad.

*Note: You can also wrap the salad in a warm tortilla. So yummy!*



## Mama's Baked Oysters

- 1 quart oysters, drained (reserve liquid)
- 1 cup chopped fresh parsley
- 1 cup chopped celery
- 1 Tbs. Worcestershire sauce
- ½ cup melted butter
- 3 cups saltine cracker crumbs
- 1 pint half-and-half (add more, if necessary)
- 3 Tbs. **Zombie Cajun "Lagniappe" Hot Sauce** (or to taste)
- Salt, pepper, and paprika, to taste

Sauté celery in oyster juice and butter for a few minutes. Butter a large casserole dish. Add a layer of cracker crumbs, then oysters, then celery and juice. Add parsley and season with **Zombie Cajun "Lagniappe" Hot Sauce**, Worcestershire, and a lot of black pepper. Add half of the half-and-half. Make another layer of the same ingredients, ending with the rest of the half-and-half. Top with more cracker crumbs and butter. Bake at 350 degrees for 30 minutes.

---



## Red Beans and Rice

- 1 cup dried red kidney beans, washed and sorted
- 1 quart cold water
- ½ pound smoked sausage, cut in small pieces
- 1 medium-sized yellow onion, peeled and coarsely chopped
- 1 clove garlic, peeled and chopped

1 stalk celery, coarsely chopped  
1 bay leaf, crumbled  
¼ teaspoon cumin  
¼ teaspoon pepper  
1 tablespoon light brown sugar  
1 tablespoon **Zombie Cajun Hot Sauce** (or to taste)  
½–1 teaspoon chili powder (or to taste) - *optional*  
½ teaspoon salt  
4 cups hot boiled rice  
2 tablespoons minced parsley

Soak beans overnight in 2 cups water. Drain beans, measure soaking water and add enough cold water to make 2 cups. Place beans and water in heavy saucepan, cover and simmer 45 minutes. Add all but the last 3 ingredients, cover and simmer 30 to 45 minutes longer until tender. Season with salt to taste. Ladle over rice. Sprinkle with parsley and serve. **Yield: 4 cups**

---



## **Do-Dads or Trash Mix**

### **Ingredients**

1 box Wheat Chex  
1 box Crispix cereal  
2 bags Bugles snacks  
1 box Cheez-It crackers  
1 bag Gardetto's snack mix  
Peanuts  
Pecans

*(You can add any snack ingredients you want – be creative!)*

### **Seasonings**

2½ sticks butter, softened  
4 tablespoons meat seasoning, your choice

- 3 Tbs. garlic powder
- 4 Tbs. black pepper
- 1 Tbs. cayenne pepper
- ¾ cup Worcestershire sauce
- 3 Tbs. **Zombie Cajun “Lagniappe” Hot Sauce**
- 3 shakes **Zombie Cajun Hot Sauce**
- 1 packet (2 oz.) ranch dip dry mix

Put all dry snack food in a large roaster. Mix together with all the seasonings. Pour the seasoned butter over the dry snack mix and stir until coated. Bake at 225–250 degrees until crisp about 2–4 hours. Stir occasionally.



"The Antidote" Habanero and Cayenne Hot Sauce



Zombie Cajun Garlic and Cayenne Pepper Mash Hot Sauce



Zombie Cajun Lagniappe [Lan-Yap] Gourmet Pepper Sauce



Zombie Cajun Louisiana Style Cayenne Hot Sauce

---

To order any of our **Zombie Cajun Sauces** or the **Zombie Cajun Gift Box**, go to [ZombieCajunSauce.com](http://ZombieCajunSauce.com).



[\*Zombie Cajun Chronicles: A Time to Run\*](#)  
[Kindle Edition] on Amazon.com

Also in Paperback on our website [here](#)

Zombie Cajun Hot Sauce  
[Tim McGraw's "New Fave"](#)