

Mom's

# COOK BOOK

volume 01

*Homegoing Service for*

*Sandra W. Sayles*

*Sandra's Recipes  
&  
Main Ingredients  
for Life*

*Service*

Tuesday, November 17, 2020 | Visitation 9:00 am | Service 10:00 am

Franklin Avenue Baptist Church  
8282 I-10 Service Road South, New Orleans, LA. 70126



*Burial*

Resthaven Memorial Park  
10400 Old Gentilly Road New, Orleans, LA. 70127



*The Original Recipe*

# *Sandra Sayles*

*Sunrise*

December 11, 1945

*Sunset*

November 9, 2020

## *Obituary*

**Sandra Washington Sayles** was born on December 11, 1945 in New Orleans, LA to Raymond Louderis and Lathecia Lousteau Washington, Sr. She was the eldest of four children.

Raised as a devout Catholic, Sandra attended Corpus Christi Elementary School, St. Mary's Academy and Joseph S. Clark Sr. High School, graduating in the Class of 1963. Sandra was an excellent student, loved the English language, and had a passion for organization and numbers. This thirst developed a desire of hers to become an Accountant.

After high school, Sandra attended Dillard University in New Orleans, LA. However, after two years of college, Sandra met her late husband, Lawrence Galle, and dived into being a wife and mother of three beautiful and energetic children; Travis Galle, Sr., Stacey Galle Stewart and Wendy Galle, who, at the age of 2, developed spiro-meningitis, leaving her deaf throughout her life.

As a single parent, Sandra was employed at a quaint neighborhood bakery near her parents' home. It was there that she met Gerald Sayles, Sr. The two dated and married in 1972; and from their union, Sydni Sayles was born. Sandra continued to pursue her dreams of becoming an Accountant and in the late 1970's, she landed a career with the government and began her journey as an Accountant with the United States Navy. Sandra's career continued to blossom, moving her up the working ladder until her retirement as a GS-14 in Accounting.

Besides being a mother of her four children, Sandra became a full-time parent to two sets of her grandchildren, due to the shocking passing of her daughters, Stacey Galle Stewart in 1985 and Wendy T. Galle in 2005.

In July of 1985, Sandra began raising Stacey's children: Courtney, age 3, Lawrence, age 2, Regina, age 1, and new-born, Stacy. Those times were not easy, to say the least, but God and her family got her through it. Several months after burying her daughter Stacey, and trying to comprehend all that took place as well as her new role, her sisters, Rachel Mercadel, adopted Regina as her own and Brenda Johnson, assisted with the raising of Lawrence Galle, in order to keep the siblings together. Her brother, Raymond Washington Jr., assisted by providing love, financial support, and any additional needs Sandra encountered.

Even with added responsibilities, Sandra did not give up on her studies. In 1990, she attended night classes for Typing and Accounting and received an Associate Degree in Accounting from Delgado Community College.



It was during this time that Sandra realized that her faith was being tested. She wanted to learn more about what God was doing in her life and turned her focus upon reading and discussing the Bible with her sister, Brenda. This led her to Bible Study and later membership at Franklin Avenue Baptist Church, where she was baptized by Senior Pastor Fred Luter, Jr.

In February 2005, however, tragedy struck a second and third time, simultaneously. Sandra found herself yet again burying another daughter, Wendy Galle, after she suffered a seizure while 8 months pregnant. Though Baby Tyler was delivered and lived one month in an incubator, he too, passed away.

From this heartbreak, Sandra realized her Life's Purpose. She believed this was her calling from God and accepted the task of raising her grandchildren as her own. She became the primary care giver/parent to Wendy's beautifully, brilliant children, Kayla 14, Kia 11, and Troy 4. Sandra was a strong woman who believed "through God all things are possible" and that "God only gives us what we can bear."

Sandra was an active member of Redeeming the Time Baptist Church in Lewisville, TX. She enjoyed using her soprano vocal skills to praise God in her church choir, just as she did as a member of Franklin Avenue Baptist Church, before Hurricane Katrina re-located them. If that was not enough, at the age of 70, Sandra joined a senior citizen's chair volleyball team!

In true "Sandra-fashion", she was full of life, quick-witted, sarcastically funny, could dance like no other, a fashionista, very particular, lady-like, classy and sassy; a "diva", before the word was coined. She enjoyed flower shops, quaint coffee shops, the flea market, live music, and cooking.

But Sandra's most enjoyable time was her quiet time studying the Word of God. Whenever she had questions that seemed confusing to her, Sandra would call her pastor, Kenneth Blake, for answers. This was something she said that he would encourage them to do and being a fervent woman of God, she took advantage of it.

Sandra joins her Heavenly family: our "Rock", her father, Raymond Washington, Sr., her beloved mother, Lathecia Washington, her treasured daughters, Stacy Stewart and Wendy Galle, and her grandson baby, Tyler.

Sandra's loving memories will be cherished by her son Travis (Heather) Galle Sr., her daughter, Sydni Sayles, her sisters, Brenda Washington (Rufus) Johnson and Rachel Washington Mercadel, her brother, Raymond Washington, Jr.; her granddaughters, Courtney Galle, Regina Mercadel (Chris) Johnson, Kayla and Kia Torragano, Ellen Wilkerson, and Taylor and Cameron Long; her grandsons, Travis (Airelle) Galle II., Ryan (Nadia) Galle, Lawrence Galle, Stacy Jonathan Galle, Jordan Smith and Troy Wilson; and her great-granddaughters, Janelle Holt, who affectionately called Sandra, "Pumpkin", Morgan Galle, Nevah Smith, and Aliani Galle also known as "Sandy"; her great-grandsons, Shelrick and Kieron Bezue, Tajh Mercadel, Landon and Lance Simmons and Aidan Galle; her beloved Aunt, Rayer Washington Bemiss, and Uncle Maurice Washington; and a host of nieces, nephews, cousins, and other relatives and her cherished friends, especially Mary Patin, Rose Broyard Burbank and Brenda Decue West

*Continued on page 03*

# Order of Celebration

**(Please place mobile devices on silent mode)**

## **Presider**

*Pastor Sam Young, Jr.*

## **Opening Musical Selection**

*Brother Tony Washington  
Director of the Heritage Choir*

## **Scripture Readings**

### **Old Testament**

*Psalm 23  
Courtney Galle (Granddaughter)*

### **New Testament**

*1<sup>st</sup> Thessalonians 4:13-18  
Terri Mercadel - Luster (Niece)*

## **Prayers of Comfort**

*Raymond Washington, Jr. (Brother)*

## **Solo**

*"For Every Mountain"  
Cameron Long (Granddaughter)*

## **Expressions**

*From a Son.....Travis Galle  
From a Daughter.....Sydni Sayles  
Cards and Well Wishes Received.....Taylor Long (Granddaughter)*

## **Dance Selection**

*Kennedy Simon (Great-Niece)*

## **Reading of the Obituary**

*Sister Rachel Mercadel (Sister)*

## **Musical Selection**

*Brother Tony Washington*

## **Eulogy**

*Fred Luter, Jr., Senior Pastor*

## **Benediction**

## **Recessional**





## Favorite Recipes

Banana Bread

1 C sugar  
1/2 C margarine } beat until creamy  
2 eggs } add eggs and beat well.

2 C flour  
1 tsp baking soda } sift together and  
add alternately  
to egg mixture

3 TABLESPOON sour milk } with sour milk

3 mashed soft bananas } add to batter  
and mix well

greased & lined 9x3x4 (meal) pan } put in  
Bake in 350° oven for approx 1 hr  
or until toothpick comes out clean



2 # fresh ota, sliced crosswise  
to 1/2" thickness  
+ 1/2 lb. tomatoes peeled, seeded, & sliced  
1 lb. onion chopped  
1 lb. bell pepper, chopped  
1 tbsp. garlic, finely chopped  
1/2 # bacon (fat, removed & dripping reserved)  
1/2 c. veg. oil  
2 # seedling ham (sliced)  
1/2 # smoke sausage, sliced to 1 inch thick  
to 1/2 small shrimp  
1 tsp. thyme  
1 bay leaf  
salt & pepper & cayenne to taste

In enamel dutch oven, add brown drippings & vegetables  
over moderate heat. Brown ham and smoke sausage.  
If they are browned, remove them. Next, add onion,  
onions, bell peppers, garlic and gently sauté them  
covered until there is no longer sizzling. Stir often and  
pour off any excess fat. Add sweet corn, stir often and  
braise, covered, for 1 hour. Add reserved ham,  
cured, cubed bacon, thyme, and onion soup. Cook  
covered until oil is tender. Stir frequently. Purée  
add diced tomatoes, skimp, salt, pepper, cayenne and  
cook 10 min. more. Serve with fresh rice. Serve 8 to 10.

Candied Veggies

6 med. carrots

Cardinal Yams

Preheat oven to 350°. Wash spams & place in baking pan. Bake for 1 hour. After the first 15 min., puncture the spams on top and bottom with fork. After 1 hour or before take spams out of the oven and peel while hot. Cut them lengthwise about 1/4 inch thick. Sauté in heavily buttered fryer baking dish. Sprinkle with a little sugar, lemon juice, water, and nutmeg until all potatoes are tender. Potatoes to oven for 30 min. & until nicely browned. Serve 6 to 8.

CORNBREAD DRESSING  
MIX (Ballard) or Stuffing Mix  
CORN BREAD Black Pepper  
Salt  
EGG  
Butter or Margarine  
Bread Crumbs (Italian)  
Celery  
Garlic powder  
on back of cornbread or  
it be a

celery  
Garlic Powder

Follow directions on back of cornbread or  
stuffing mix.  
If using the cornbread mix, it be a  
day old. Soak it in the water (that you  
boiled the gizzards in) until soft.  
Sauté in butter, onions, celery, add shrimps  
and gizzards.  
Add cornbread, mix together and cook  
add just a little water for it not to burn  
Remove from heat let it sit for about  
10 minutes then add the egg to it. and  
mix well. Return to fire and cook  
some more. Add Breadcrumbs to make  
it thick. Put in pan and  
bake in oven at 350°  
and dressing brown.



# Recipes

## Poppa's Candied Yams

### Ingredients:

- 6 large, sweet potatoes
- Cinnamon
- Nutmeg
- Vanilla
- Sugar
- Butter or Margarine
- Marshmallows
- Water

### Directions:

1. Preheat oven to 400
2. In large pot, boil sweet potatoes until tender
3. Remove sweet potatoes and let cool (discard water)
4. Peel sweet potatoes and slice lengthwise
5. Arrange one layer of sliced potatoes in baking pan and sprinkle cinnamon, nutmeg, vanilla, and sugar over potatoes
6. Arrange another layer of potatoes and add same spices as

### Step 4

7. Repeat Step 4 and 5 if necessary, until all sweet potatoes have been used
8. Slice about 1/2 to 3/4 pats of butter on top of sweet potatoes
9. Add 1 to 1 1/2 cups of water and bake for 40 minutes
10. Turn pan and bake for 30 min
11. Reduce heat to 300, sprinkle marshmallows on top of sweet potatoes and bake until brown
12. Remove, cool, and serve

## Sandra's Crabmeat Quiche

1lb crabmeat

1 cup mayonnaise

4 tablespoon flour

2 beaten eggs

Salt / Pepper / and Cayenne (let the ancestors tell you to stop) lol - To your liking

1cup milk

12oz to 16oz grated Swiss cheese

1 bunch green onion

Fresh parsley

2 pie shells

Preheat oven at 325 - 350

In large bowl, mix all ingredients, salt and pepper to taste  
Bake 45 minutes; checking to see if crust is getting too brown.

If so, lower heat

Can be frozen







## Sandra's Classic Au Gratin Dish

"Au Gratin" means with crust. The crust can either be on the top or the bottom of the dish. In this dish, the cheese makes the Au Gratin on top of the dish.

### Ingredients:

- one stock celery, chopped fine
- one stick margarine
- one can (13 ounce) evaporated milk
- 1/2 teaspoon red pepper
- 1lb of crabmeat
- 1 cup of onions chopped fine
- 1/2 cup flour
- 2 egg yolks
- 1 teaspoon salt
- 1/2-pound medium cheddar cheese, grated

### Directions:

Sauté onions and celery in margarine until wilted. Blend in flour with this mixture. Pour in milk gradually, stirring constantly. Add egg yolks, salt and pepper. Cook 5 minutes. Add crabmeat to the mixture and pour in lightly greased casserole dish. Sprinkle with cheddar cheese. Bake at 375 degrees for about 10 to 15 minutes or until lightly Brown

This is a very rich dish, so you only need to serve it with a green vegetable or salad together with crispy hot French bread (or bread of your choice).



## Sandra's Cheesy Baked Salmon

### Ingredients:

- 2lbs Salmon filet
- 1 large onion thinly sliced
- Salt, ground black pepper to taste
- ¼-1/3 cup mayo (Homemade Mayo Recipe)
- 2 tablespoons lemon juice
- ½ - 1 tablespoon Dijon mustard
- 1-2 garlic clove, minced
- ¼ cup parmesan cheese, finely shredded
- 1/3 - ½ cup mozzarella cheese, finely shredded

Preheat oven to 400. Line a rimmed baking sheet with aluminum foil. Place the salmon filet on the prepared baking sheet.

It's best to use one whole side piece of salmon however if your grocery store doesn't have a whole filet get two smaller pieces and put them together. since we are topping the fish with onions it will need enough time for the onions to cook through and become tender. try to choose a thicker filet if possible, all of this is to make sure that the salmon will be juicy on the inside and still have a Golden crust. season with salt and pepper. Season liberally since the fish is very thick and the salt needs to penetrate all the way through to the center layer the thinly sliced onion on top of the fish so it covers the surface of the fish. You can also thinly slice or chop some tomatoes and place them on top of the onions and sprinkle with some fresh herbs now that would be delicious too in a small bowl combine the mayonnaise, lemon juice, mustard, in garlic. The mixture should be thin enough to easily spread over the onions. Cover the surface of the onions with the creamy Mayo mixture and spread it out evenly. Top with the finely grated cheese. Bake in the preheated oven for 15 to 18 minutes then broil for two to five minutes until the cheese is Golden Brown.

When you line the baking sheet with aluminum foil it makes it so much easier to transfer the salmon onto your serving platter. Can you see how juicy and moist the fish is on the inside? Let me tell you, this dinner is amazing.







## Sandra's Fruit Salad

- 1 large can of fruit cocktail
- 1 large, canned pineapple chunks
- 3 bananas
- 1 orange
- 2 apples 1 1/2 to two cups coconut
- 2 cups marshmallows
- 1 1/2 cups sour cream
- 1 Cup chopped pecans
- Drain fruit cocktail in pineapple cut fruit up in small pieces dip bananas and apples in lemon juice mix all ingredients together

## Sandra's Oyster Dressing

- 3 dozen oysters
- 1 pint oyster water (water drained from the oysters)
- 2 pounds of lean ground beef
- (Optional) Liver and Gizzards of the fowl
- 1-quart stale French bread – wet and squeezed
- 1 tablespoon butter
- 1 tablespoon parsley
- 1 spring thyme
- 1 bay leaf
- 2-3 toes of garlic
- 1 onion chopped fine
- 3 tablespoons sage
- 2 tablespoons of your favorite creole spices

In a very large cast iron Dutch oven or a very heavy, large pot, sweat the onion, celery, bell pepper, and add last the garlic, parsley and green pepper until the onions until the onions are soft and transparent and the veggies are almost dry.

Simultaneously, brown the ground meat in a separate frying pan, adding a little salt and pepper until browned thoroughly. Drain the and dispose of the fat.

Drain the oysters and reserve the liquid for later. Once the veggies are ready add the ground meat, and the chopped oysters, and cook over medium stirring constantly to blend ingredients. Add seasoning. Break up the stale French bread and soak in the oyster liquid. Wring out each piece of bread or cubes until almost dry and slowly add them to the meat, oysters, and veggies, until incorporated. (I usually add a fist full at a time and stir until integrated). Continue this until all the bread is completely integrated into the mixture and cook until the mixture is very sticky and pulls away from the sides of the pot almost like a ball of dough. This can take some time, but the aroma is outstanding. Taste for seasoning. Don't season too much, because I like the natural flavors to come through.

Once cooked, place in a casserole dish and cook covered on Thanksgiving Day at 375 degrees for about an hour until the mix hot and bubbly.

## Sandra's Fruit Salad

### Ingredients:

- 1 cup cooked sweet potatoes (mashed)
- 1/4 cup butter (1/2 stick)
- 2 eggs
- 1/2 cup evaporated milk
- 3/8 cup sugar, or 1/4 cup + 2 tbsp sugar (2 pies 13/4)
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tbsp vanilla extract
- 1 unbaked pie shell

### Instructions:

1. Preheat oven to 350
2. Peel and mash potatoes with fork in large bowl;
3. Add butter, eggs, milk, sugar, cinnamon, nutmeg, and vanilla; beating well after each addition.
4. Pour mixture into pie shell.
5. Bake for about 1 hour until set.
6. Cool







## *Sandra's File Seafood Gumbo - We Think*

- 2 cups of chopped onions
- 1 cup of chopped bell pepper
- 1 cup of chopped celery
- 6 cloves of minced garlic
- 1 bunch of green onions finely chopped
- ½ cup of fresh parsley finely chopped
- 5 lbs. of peeled shrimp
- 1 lb of lump crabmeat
- 1 lb of smoked sausage cut into semi circles
- 1 pack of Gumbo crabs
- 2 cans of oysters. Make sure to drain oysters out of the can and Include the juice with the stock (Optional – Sydni's favorite)
- 1 (32oz.) bag of frozen okra
- 2 cans of Rotel – Canned diced tomatoes and green chilies
- 4 cups chicken stock
- 12 cups. of water or shrimp stock
- 1 tablespoon Worcestershire sauce
- 1 tablespoon of salt
- ½ tablespoon of black pepper
- 1 tablespoon. of Tony Chachere's Creole Seasoning
- ½ t. cayenne pepper
- 1 cup flour
- 1 cup vegetable oil

### Directions:

1. Make roux with oil and flour in cast iron pot over medium high heat, until the color of dark peanut butter
2. Add onions, bell peppers, and celery and cook until limp
3. Add garlic and cook for 1 minute
4. Add okra and cook for 30 minutes, stir frequently
5. Add Rotel then transfer to a gumbo pot
6. Add chicken stock, water or shrimp stock, sausage, gumbo crabs, salt, pepper, Creole Seasoning, and cayenne
7. Bring to a boil and cook for 2 hours
8. Add Worcestershire, shrimp, crabmeat, green onions, and parsley. Cook for 10 minutes
9. Serve with rice







## ACTIVE PALL BEARERS

Jared Johnson  
Travis Galle Sr.  
Stacy Jonathan Galle  
Brian Luster  
Ernest Simon

## HONORARY PALL BEARERS

Raymond Washington Jr.  
Rufus Johnson  
Travis Galle II  
Julius Gibbs  
Ryan Galle  
Lawrence Galle

## INTERMENT

Resthaven Memorial Park  
10400 I-10 Service Road South  
New Orleans, La. 70127

## ARRANGEMENTS

D. W. Rhodes Funeral Home

## LIVE STREAM CELEBRATION

[www.franklinabc.com](http://www.franklinabc.com) | [Facebook.com/FABCNOLA](https://Facebook.com/FABCNOLA) |  
[Youtube.com/FABCNOLA](https://Youtube.com/FABCNOLA)

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## *Her Journey's Just Begun*

Don't think of her as gone away  
her journeys just begun  
life holds so many facets  
this earth is only one.

Just think of her as resting  
from the sorrows and the tears  
in a place of warmth and comfort  
where there are no days or years.

Think how she must be wishing  
that we could know today  
how nothing but our sadness  
can really pass away.

And think of her as living  
in the hearts of those she touched  
for nothing loved is ever lost  
and she was loved so much.

## *Acknowledgments*

*The family of Sandra W. Sayles wishes to acknowledge with deep appreciation, the many comforting messages, prayers, social media posts, and other expressions of kindness and concern. Your display of compassion has been a tremendous blessing to us. We love you and may God continue to bless you and your families.*

