

USA/SOUTH/CAJUN-CREOLE - basics

Creole Seasoning (Sans Sel)

I left the called for 2 TBSPs of salt called for so that you cansalt according to taste

INGREDIENTS

- 2 TBSPs paprika
- 2 TBSPs garlic powder (NOT salt!)
- 2 tsps black pepper
- 1 TBSP onion powder (NOT salt!)
- 2 tsps cayenne pepper
- 1 TBSP dried oregano
- 1 TBSP dried thyme - OR - 1 tsp ground thyme

PREPARATION

1. Combine all ingredients thoroughly.

Cajun Seasoning (Sans Sel)

INGREDIENTS

- 1-2 tsp cayenne pepper*
- 2 tsps onion powder
- 2 tsps garlic powder
- 2 tsps paprika
- 2 tsps fine black pepper

PREPARATION

1. Combine all ingredients thoroughly.

The “Holy Trinity” of Cajun & Creole Cooking

This combination of onion, celery, and bell pepper is the base of most savory dishes, often added to roux as the first layer of flavor for stews, soups, sauces, jambalaya, sauce piquant or almost any other Cajun or Creole main dish.

Garlic (“with the nose”) is often added.

A typical “trinity” includes:

- 2 cups chopped onion
- 1 & ½ cups of chopped celery
- 1 & ¼ cups of chopped green bell pepper.

In terms of how much to buy for this proportion, this amount is roughly equal to 2 medium onions, 2 stalks celery, and 1 large green pepper. The vegetables are usually cooked in vegetable oil, to which flour is then added to make the roux before proceeding with the recipe. **The Trinity and Roux** ~ Perhaps the most common usage is to add the trinity to a roux that has been cooked to the desired color.

CAJUN-CREOLE SAUCES

REMOULADE

Remoulade sauce is a condiment that originated in France and is now popular in Louisiana. It is often served with fish, seafood or cold meat.

Ingredients

- 1 cup mayonnaise
- 2 scallions, sliced
- 1 TBSP chopped fresh parsley
- 1 TBSP chopped dill pickles
- 3 TBSPs Creole mustard
- 1 tsp paprika
- 1 TBSP lemon juice
- 2 tsps lemon zest
- 2 cloves garlic
- ½ tsp ground Cayenne pepper

Instructions

1. In a food processor, add all the ingredients and mix.
2. The sauce can be stored refrigerated in an airtight container for a few days.

REALLY SIMPLE CREOLE MUSTARD

Stir 2 – 3 tsps Creole seasoning into ½ cup Dijon mustard + ½ tsp lemon juice

CLASSIC CREOLE SAUCE

Make this sauce an hour or two ahead of time for more flavor. Use the sauce with shrimp, spoon some over fried eggplant, or add flavor & color to plain grilled or baked chicken breasts.

Ingredients

- 1 TBSP butter
- 1 TBSP extra virgin olive oil
- 1 large clove garlic (minced)
- 1/4 cup onions (chopped, about 1/2 medium onion)
- 1/4 cup green bell pepper (chopped)
- 1/4 cup yellow or red bell pepper (chopped)
- 1/2 cup celery (chopped)
- 1/2 tsp paprika
- 1 1/2 tsps Creole seasoning
- 1/2 tsp dried leaf thyme
- 1/2 tsp dried leaf oregano
- 1/2 tsp dried leaf basil
- 1 tsp Worcestershire sauce
- 1/4 tsp hot pepper sauce
- 1/4 tsp freshly ground pepper
- 1 can (14.5 ounces each) diced tomatoes with juice
- 1 can (approximately 1 2/3 cups) chicken stock (or vegetable stock)
- 4 green onions (sliced, with most of the green)
- 1 heaping TBSP tomato paste
- 2 TBSPs butter

Steps to Make It

- Heat butter and oil over medium-low heat in a medium saucepan, **THEN** add chopped garlic, onions, peppers, and celery. Sauté the vegetables for about 5 to 7 minutes, until just tender.
- Meanwhile, combine the paprika, Creole seasoning, thyme, oregano, basil, Worcestershire sauce, hot sauce, and ground pepper in a small cup.
- Stir tomatoes into the vegetables then add the seasoning mixture. Sauté for 1 minute longer. **ADD** chicken or vegetable stock and bring to a boil. Stir in the sliced green onions and continue boiling, uncovered, for 10 minutes. Most of the liquid will cook away.
- Stir in the tomato paste until well blended into the sauce, then remove from heat and stir in the 2 TBSPs butter.

First – You Make The Roux

***Many Cajun recipes start with “First You Make A Roux”
and most Cajun dishes start with a good roux.***

INGREDIENTS

- 3/4 CUP OIL (VEGETABLE)
- 1 CUP ALL PURPOSE WHITE FLOUR

DIRECTIONS

1. Heat a heavy skillet or cast iron pot and add oil. Once oil is heated, slowly add the flour, stirring constantly until all is blended. Continue to cook over medium to low heat, stirring constantly until flour and oil blend to form a brown roux the color of a dark copper penny.
2. The longer you cook it, the darker the roux will become. Remember don't rush the cooking of the roux; allow the mixture to develop at its own pace.
3. The mixture will make enough roux for 5 quarts of gumbo or one large fricassee dish. Many cooks add onion, bell pepper, and celery mixture right at the end of the cooking process. This spreads the flavor throughout the roux. You can double or triple the recipe and store the unused roux in a covered container in your icebox/refrigerator for weeks to be used for future dishes.
4. Roux can be used to flavor or thicken gravies. A dish made with roux always tastes better the next day or, if frozen, the next time it's reheated. If you push the roux too far or burn the roux, the flavor becomes too bitter to use. Throw out and start again.

Cajun Style Chicken Gumbo

INGREDIENTS

- ¾ cup vegetable oil
 - 1 cup AP unbleached flour
- ← **FOR ROUX**
- ¾ cup chopped onions
 - ¼ cup chopped celery
 - ½ cup chopped bell pepper
 - 3 cloves garlic, minced
 - 6 cups chicken stock
 - ½ cup chopped green onions (scallions)

- ¼ cup chopped flat leaf parsley
- 1-2 tsps Creole Seasoning, to taste
- about ½ pound cut up chicken thighs (bite sized pieces)
- 1 link Andouille sausage, sliced thinly
- **OPTIONAL:** Add in about ½ lb shrimp or oysters if you'd like

PREPARATION

1. **MAKE ROUX.** (See separate recipe) – USE ONLY HALF FOR THIS RECIPE!
2. Prepare your meat and aromatic veggies.
3. Add **onions, celery, bell pepper and garlic** to the prepared roux and cook approximately three to five minutes or until vegetables are wilted. Be careful to go slowly so it won't burn and the roux mixture is very, very hot.
4. Bring the chicken stock to a boil. Add the roux mixture with vegetables gradually. Stir until roux is completely dissolved in water. Cook on low to medium heat about an hour. The longer you cook a gumbo the better it is.
5. Add chicken either raw or partially cooked in the microwave. If adding fresh or smoked sausage, add now. Cook another 45 minutes to an hour or until chicken is cooked thoroughly. You may have to add more water depending on whether you like thick or thin gumbo. I prefer my gumbo just a little thicker than soup but not as thick as stew and use a soup pot to determine how much water I work with.
6. Blend in green onions and parsley in the last ten minutes of cooking. Season to taste using salt and pepper and serve over cooked rice. French bread, sweet potato and vinegar cabbage goes great with gumbo. If adding shrimp or oyster, add them in the last ten minutes of cooking.

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*Gumbo reheated the next day is usually better than the first. All gumbo can also be frozen. If oil or chicken fat rises to the top of the gumbo, I like to spoon this off to save calories.*

*There is not any flavor lost if this is done.*

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# Shrimp & Crabmeat Gumbo

*This gumbo from chef-owner Donald Link of Herbsaint in New Orleans owes its flavor to the roux, a mix of flour and oil that's cooked until it's coffee-colored.*

## INGREDIENTS

### Stock

1. 3 TBSPs vegetable oil
2. 1 pound medium shrimp, shelled and deveined, shells reserved
3. 1 lb chicken thighs, cut into about 1 ½" chunks
4. 2 TBSPs tomato paste
5. 1 gallon plus 2 cups clam juice
6. 1 medium onion, finely chopped
7. 2 celery ribs, chopped
8. 1 large carrot, chopped
9. 8 bay leaves

### Roux

1. 1 ½ cups all-purpose flour

## PREPARATION

### STOCK

1. In a stockpot, heat the oil. Add the shrimp shells and cook over high heat, until starting to brown, 5 minutes. Add the tomato paste and cook until it begins to stick to the pot, 2 minutes. Add the clam juice, onion, celery, carrot and bay leaves and bring to a boil. Simmer over moderately low heat for 15-20 minutes. Strain the stock into a heatproof bowl.
2. **ROUX:** In a saucepan, whisk the flour with the oil to make a paste. Cook over moderate heat, stirring often, until the roux turns golden brown, 30 minutes. Increase the heat to moderately high and cook, stirring, until the roux is dark brown, 10 minutes longer. Scrape the roux into a bowl and reserve.

### GUMBO

3. In the stockpot, heat 2 TBSPs of the oil. Add the garlic, onion and celery; cook over **moderate heat**, stirring, until softened. Add the roux and cook until bubbling. Stir in the stock and tomatoes and bring to a boil. Reduce the heat to **moderately low**. Simmer for 1-1½ hours, until no floury taste remains; skim off the fat.
4. In a skillet, heat the remaining 2 TBSPs of oil. Add the green pepper, okra, chile powder, paprika, filé, oregano, thyme, cayenne and white pepper. Season with salt and cook over **moderately low** heat, stirring, until fragrant, 5 minutes. Stir in a ladleful of the liquid in the stockpot, scrape up the browned bits and transfer to the gumbo in the pot. Simmer, stirring, for 1 hour.
5. Add the shrimp and clams to the pot and cook, until just white throughout, 2 minutes. Stir in the crab; taste and season with salt IF NEEDED.

2. 1 cup vegetable oil

### Gumbo

1. 1/4 cup vegetable oil
2. 4 large garlic cloves, minced
3. 1 large onion, finely chopped
4. 2 celery ribs, finely chopped
5. 2 cups canned crushed tomatoes
6. 1 large green bell pepper, finely chopped
7. 1 pound okra, sliced into 1/2-inch rounds
8. 3 ½ TBSPs Creole seasoning

9. 1 ½ TBSPs filé powder (see Note)
10. 1 tsp dried oregano
11. 1 TBSP FRESH thyme
12. 1 tsp cayenne pepper
13. 1 tsp ground white pepper
14. Salt - about 1 tsp kosher salt
15. Shelled and deveined shrimp (from the stock)
16. 1 pound lump crabmeat, picked over
17. 1 lb clams

- 18. Steamed rice, sliced scallions and Tabasco, for serving

# *Chicken & Sausage Jambalaya*

## Ingredients

- 2 links chicken sausage, sliced
- 2 links Andouille sausage, sliced
- 4 boneless, skinless chicken thighs, diced
- 2 tsps Creole seasoning, recipe follows
- 2 TBSPs olive oil
- ¼ cup chopped onion
- ¼ cup chopped green bell pepper
- ¼ cup chopped celery
- 2 TBSPs chopped garlic
- 1 cup chopped tomatoes
- 3 bay leaves
- 1 tsp Worcestershire sauce
- ½ tsp hot sauce
- ¾ cup uncooked long grain brown rice
- 3 ½ cups chicken stock
- Salt and pepper

## PREPARATION

1. In a bowl combine sausage, chicken and Creole seasoning, and work in seasoning well.
2. In a large saucepan heat oil over high heat with onion, pepper and celery, 3 minutes. Add garlic, tomatoes, bay leaves, Worcestershire and hot sauces.
3. Stir in rice and slowly add broth. Reduce heat to medium and cook until rice absorbs liquid and becomes tender, stirring occasionally, about 15 minutes.
4. When rice is just tender add sausage and chicken mixture. Cook until meat is done, about 10 minutes more. Season to taste with salt, pepper and Creole seasoning.

**TIP:** IF you are not serving and eating right away, I'd suggest making the rice separately (cook in broth, not water) and set aside. When you are ready to serve the jambalaya, heat it up and serve over heated rice.

### Creole Seasoning:

- 2 TBSPs paprika
  - 2 TBSPs sea salt
  - 2 TBSPs garlic powder (NOT salt!)
    - 2 tsps black pepper
  - 1 TBSP onion powder (NOT salt!)
    - 2 tsps cayenne pepper
    - 1 TBSP dried oregano
  - 1 TBSP dried thyme - OR - 1tsp ground thyme
- Combine all ingredients thoroughly.

# *Crawfish Etouffee - Creole Style*

## INGREDIENTS

- 1½ to 2 lbs crawfish tails with fat (from a crawfish boil) ♦
- 2 Tbs. bacon grease
- 2 Tbs. flour
- 2 sticks Butter or Margarine
- 2 large onions Chopped
- 3 stalks celery chopped
- ½ bell pepper chopped
- 2 tbs. minced garlic
- 3 bay leaves
- ¾ cup green onions chopped
- ½ cup fresh parsley chopped
- 1 small (8 oz.) can tomato sauce
- 1 tsp. Creole seasoning
- 1 tsp sugar
- salt and pepper to taste
- Cooked rice

♦I noted that the crawfish tails were from a crawfish boil because they will already have seasoning in them, so be careful with what you add.

## PREPARATION

1. Make a blond roux using the bacon grease and flour. Add the butter, let it melt then add the onions, bell pepper and celery. Cook on medium heat for about 30 minutes stirring every few minutes (don't let it burn).
2. On the side in a non-stick pan scorch the tomato sauce.
3. Add garlic and bay leaves. Continue to cook another ten minutes or so. Add crawfish and scorched tomato sauce. Let it come back up to heat. Add green onions, parsley, creole seasoning and sugar. Cook another ten minutes and taste to see what seasoning you need to add. Add water to desired thickness.
4. Serve over cooked rice...and a little French bread on the side won't hurt either.

**NOTE:** About the crawfish, when I peel the crawfish I save the small strips of meat that you pull off to de-vein them. The fat is usually stuck to it. You can throw them in the pot just like that, but, if you chop them up fine, nobody (the "oh gross" people) will see them. You may not think it's much meat but out of 2 lbs. of crawfish you'll get a cup of meat in strips alone.

Leave the tomato sauce out to make it a "Cajun" style.

Enjoy...

# ***Oysters Louisiana***

*Oysters are great and served in many dishes. Here's a nice old time oyster recipe!*

## **INGREDIENTS**

- 1 doz. oysters and liquid
- 3 tbs. butter
- ¼ red bell pepper minced
- ½ med onion minced
- 3 tbs. flour
- Cayenne pepper
- Salt and Pepper
- ½ cup parmesan cheese

## **PREPARATION**

1. In a small pot add oysters and oyster liquid, simmer stirring for 2-3 minutes. Season, stir, remove and drain liquid (save liquid).
2. Put drained oysters in a medium sized casserole. In the same pot melt butter, add bell pepper and onion, simmer a few minutes. Add flour and stir. Put oyster liquor in a 2 cup measure and add enough water to make about 1-1/2 cups of liquid. Add liquid to pot, mix well and bring to a boil for 1 minutes stirring.
3. Pour over oysters, add cheese and bake in 350°F oven for 15 minutes.

### ***Serving Suggestion:***

*This would go well with a little angel hair  
pasta and fresh spinach.*

# *Sweet Potato Casserole*

## **INGREDIENTS**

- 3 cups of mashed (boiled and peeled) sweet potato
- 2 eggs
- ½ cup of sugar
- 1 TBSP honey or maple syrup
- ¼ tsp. nutmeg
- 1 tsp. cinnamon
- 1 tsp. of vanilla extract
- ¼ cup of butter
- 1/3 cup of milk

### Topping:

- 1 cup of brown sugar
- 2 cups chopped pecans
- 2/3 cup of flour
- 2/3 cup of butter (freeze & grate)

## **PREPARATION**

1. Add all ingredients and mix well. Pour in a 2 lb. casserole dish.
2. Mix ingredients for topping. Sprinkle over sweet potato mixture.
3. Bake at 350 degrees for 20 - 30 minutes

# ***Corn Maque Choux (Smothered Corn)***

*A spicy Cajun dish of smothered corn and seasonings (pronounced mock shoo)  
Toss in some shrimp to kick it up a notch!*

## **INGREDIENTS**

- 6 ears fresh corn (OR 4 & ½ cups)
- 1 TBSP vegetable oil
- 1 TBSP butter
- ½ medium/large onion, finely diced
- ½ medium/large green pepper, finely diced
- 1 stick celery, finely diced
- 2 cloves garlic, minced
- 1 large tomato, peeled and chopped (OR ½ cup canned diced tomatoes)
- 2 tsps sugar
- ½ tsp salt
- pinch of pepper
- 1 tsp Cajun seasoning mix
- ¼ - ½ tsp hot sauce, to taste
- ½ cup 1% milk
- OPTIONAL ADD-IN: 1 pound cleaned and peeled medium sized shrimp

## **PREPARATION**

1. Scrape off corn kernels into a bowl; scrape milk and remaining pulp from cob with a knife. Combine oil and butter in a large skillet; heat until butter melts. Add the corn, onion, celery, bell pepper and spice mixture and cook for about 10 minutes.
2. Add the garlic, chopped tomatoes, sugar, salt, pepper, hot sauce. Cook, stirring occasionally for 10 minutes, or until the corn is tender. Add shrimp IF using. Cook 5 more minutes. Lower the heat if the mixture begins to stick.
3. Add ¼ cup of the milk, stir, adding the rest if mixture is too thick. Remove from heat and let sit for 1 minute, then serve.

# ***Catfish Evangeline- Fish Bites***

*This dish combines several flavors beloved to South Louisiana- catfish, crawfish, and a rich Creole sauce. The dish is named for Evangeline, a legendary Acadienne heroine.*

## **INGREDIENTS**

- 4 catfish fillets
- 4 TBSPs butter, melted
- 2 tsps fresh lemon juice
- salt and pepper to taste
- ½ cup panko crumbs PLUS
- 2 tsps Creole seasoning
- **SAUCE:**
- 4 TBSPs butter
- 1 medium onion, chopped
- ½ cup chopped celery
- ½ cup chopped bell pepper
- 1 clove garlic, minced
- 1 tsp salt
- ¼ tsp black pepper
- ¼ tsp cayenne pepper
- 1 TBSP tomato paste
- 2 tsps cornstarch dissolved in ¾ cup warm water
- 1 to 2 cups boiled crawfish tails or shrimp (OR seafood stock)
- 2 scallions, chopped

## **PREPARATION**

### ***The Fish:***

1. Wash catfish and pat dry. CUT into bite-sized pieces (about 2 inches). In a small bowl, mix butter and lemon juice.
2. Dip each fillet in mixture. Place fillets on a wire rack over a baking sheet.
3. Sprinkle fillets with seasoned panko crumbs. Bake at 400 degrees for 10 to 15 minutes.,

### ***For The Sauce:***

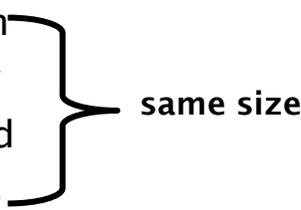
1. In a large skillet over medium heat, melt butter and sauté onion, celery, bell pepper and garlic until soft.
2. Stir in salt, black pepper, cayenne pepper and tomato paste. Simmer for 20 minutes, stirring occasionally.
3. Add cornstarch and water mixture. Cook until sauce thickens. Add green onion. Serve on the side for dipping fish bites into.

# Red Beans & Rice

*This is a quick & easy version of the traditional Cajun recipe.*

*Serves 10-12*

## INGREDIENTS

- 1 can red beans, well rinsed
  - 2 WHOLE bay leaves
  - ½ tsp. thyme
  - 1 ½ TBSPs Creole seasoning
  - 2 andouille sausage links, chopped
  - 2 cups chopped onion
  - ½ cup chopped celery
  - 1 bell pepper, chopped
  - 1 bunch green onions
  - 1 TBSP minced garlic
  - 1 tsp black pepper
  - ½ tsp salt
  - 2 individual chorizo sausages, chopped
  - 1 cup good quality ham steak, small dice
  - Salt and black pepper, to taste
  - 1 TBSP red wine vinegar, to taste
  - 2 cups dried brown rice
  - ½ tsp – 1 tsp hot pepper sauce (to taste)
  - ¼ cup chix broth – set aside
-  same size

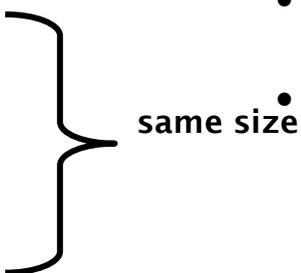
## PREPARATION

1. **Prepare** your veggies and sausage.
2. In a medium sauce pan, put 5 cups of chicken or turkey broth and the bay leaves. Bring to a **boil**, add rice, cover and **simmer** for 30-40 minutes (**or** until liquid is absorbed).
3. **Sauté** the chopped sausages and ham in just a bit of olive oil in a 12-inch cast-iron frying pan or other heavy frying pan - until meat is browned and crispy.
4. **Add** chopped onion and celery and cook until the vegetables are soft, about 8-10 minutes. IF things start sticking to the pan and burning , add a bit of water or broth and stir, scraping up any stuck on food bits. **Stir** in the spices, hot sauce and vinegar, then **add** the bell pepper, green onions and garlic. Cook an additional 10 minutes. Add in the drained and rinsed red beans and ¼ cup chicken broth and cook an additional 5-7 minutes.

# Red Beans & Rice

-- Veggie Version --

## INGREDIENTS

- 1 & ½ cups (canned-well rinsed) red beans
  - 4 & ½ cups chicken or turkey stock or broth
  - 1 & ¾s cups dried brown rice
  - 2 WHOLE bay leaves
  - 1 sprig thyme
  - ½ tsp. dried thyme leaves OR powdered thyme
  - 2 cups chopped onion
  - ½ cup chopped celery
  - 1 bell pepper, chopped
  - 1 bunch green onions (snipped into small pieces)
- 
- 1 TBSP **minced** garlic
  - 1 ½ TBSPs Creole seasoning
  - 1 tsp black (or white) pepper
  - ½ tsp sea salt
  - **1 & ½ cups roasted okra (as per separate recipe)**
  - Salt and black pepper, to taste
  - 1 TBSP red wine vinegar, to taste
  - ½ tsp – 1 tsp hot pepper sauce (to taste)
  - ¼ cup veggie broth – set aside

## PREPARATION

5. **Prepare** your veggies and sausage.
6. In a medium sauce pan, put 5 cups of chicken or turkey broth and the bay leaves. Bring to a **boil**, add rice, cover and **simmer** for 30-40 minutes (or until liquid is absorbed).
7. **Sauté** the chopped sausages and ham in just a bit of olive oil in a 12-inch cast-iron frying pan or other heavy frying pan - until meat is browned and crispy.
8. **Add** chopped onion and celery and cook until the vegetables are soft, about 8-10 minutes. IF things start sticking to the pan and burning , add a bit of water or broth and stir, scraping up any stuck on food bits. **Stir** in the spices, hot sauce and vinegar, then **add** the bell pepper, green onions and garlic. Cook an additional 10 minutes. Add in the drained and rinsed red beans and ¼ cup chicken broth and cook an additional 5-7 minutes.

# *Roasted Okra*

*Great flavor - no "goo"!*

## INGREDIENTS

- 1 & ½ cups (cut up) okra
- about 1 TBSP + olive oil
- Creole Seasoning - 1-3 tsps, to taste
- Sea salt - 1 or 2 pinches
- Fresh lemon juice - about tsp or 2, to taste

## PREPARATION

1. Pre-heat oven to 450°
2. Wash and dry okra. Cut off stem/cap end and cut into pieces ... about an inch ... into 3rds should work ... in half if okra is small
3. Toss okra pieces with **just enough olive oil to coat** and season with a bit of Creole Seasoning (1-3 tsps, to taste) and pinch or 2 of sea salt
4. **REDUCE oven to 425°**. Roast okra in a single layer on sheet pan for about 15-20 minutes or until lightly browned and crispy. Sprinkle lightly with a squeeze of fresh lemon juice.

# ***Brabant Potatoes Recipe***

*This is the light, but very tasty version.*

*For “Rainbow Brabant”, use a mixture of gold, red & purple potatoes!*

## **INGREDIENTS**

- 4-5 large Idaho, Maine or Yukon Gold potatoes
- About ¼ cup olive oil
- 1 TBSP unsalted butter, melted & stirred in with the oil
- 3 cloves garlic, finely minced (more if you really like garlic!)
- **Kosher** salt and finely ground black pepper
- 1 tsp Creole seasoning blend
- 2 TBSPs fresh Italian parsley, finely chopped

## **PREPARATION**

1. **PRE-HEAT** oven to **450°F** AND **lightly** brush a sheet pan with olive oil
2. **Peel** the potatoes and cut into ½“ - ¾” dice. **Soak these in cold water for about 10 minutes.** Drain the potatoes and wash under cold water, the object is to remove some of the starch. **Drain and pat dry** with paper towels, you want them **very dry** before you toss in the oil mixture.
3. Toss the potatoes with the oil and butter, ¼ tsp of salt and pepper, the Creole seasoning, garlic & parsley – you just want to **lightly coat** the potatoes with the oil mixture; **we do not want them swimming in a puddle of oil!**
4. **Roast** in a single layer for about 10-15 minutes, turn over and roast 10-15 minutes more, or until potatoes are all browned and crispy. Put into a parchment paper-lined bowl, Toss with a few pinches of kosher salt and serve immediately.

***NOTE: For a fresher note, toss the finished potatoes with the fresh parsley rather than cooking them with the parsley on.***

# Cheddar Grit Cakes

*Yum! Serve with a remoulade, creole mustard or even a bit of marinara drizzled over the top. Makes about 10 cakes.*

## INGREDIENTS

- 3 cups water
- 1 cup water ground grits (**OR ¾ cup quick grits + ¼ cup polenta**)
- 1 tsp. salt
- ½ cup extra sharp cheddar, grated
- 1 egg, beaten
- 2 TBSPs **finely** sliced scallions
- 1 TBSP **finely** snipped parsley
- ½ cup chopped Andouille sausage (about 1 lg link)
- 1 cup chopped raw shrimp
- flour for dredging
- 2-3 TB. vegetable oil (canola, sunflower, grapeseed, etc)

## PREPARATION

1. Brown up the chopped sausage and set aside .... MEANWHILE:
2. Bring water to a boil. Add salt and grits/polenta and lower heat. Cook until thick, stirring constantly, about 10-15 minutes. **IF USING THE INSTANT GRITS, IT WILL THICKEN IN ONLY A FEW MINUTES!** Remove from heat - COOL for 1 minute and **VERY SLOWLY** stir in egg A LITTLE BIT AT A TIME, followed by the cheddar, stirring until cheese is melted and well combined. Stir in the sausage, scallions and parsley.
3. (*You can actually serve these at this stage, but to make the “cakes”, complete the following steps.* ) Pour grits into 8” cake pan (round is better)- you want the mixture to be about 1” thick. Refrigerate uncovered until completely set, at least 20 minutes.
4. With a 2- ½” round biscuit/cookie cutter, carefully cut grits into 6-10 rounds and remove from pan. Dredge rounds in flour.
5. Heat oil in large skillet until hot. Pan-fry grit cakes until golden, about 2 minutes each side. Serve immediately.

**NOTES: \*\*Make sure that the oil is hot enough before frying or the grits will begin to fall apart before browning.**

# Grillades

*Posted on Jun 02, 2008 under Cajun & Creole, Main Dishes*

*Grillades (pronounced gree-YHADS) are thin cutlets of pork or beef that are fried and served over grits in south Louisiana. Serves 4-6*

## INGREDIENTS

- 1 pound pork steaks, cut into 1-inch pieces
- 2 tsps Creole Seasoning
- ½ cup red wine vinegar
- Cooking spray
- 2 TBSPs chopped onion

## PREPARATION

1. Season pork with Creole seasoning and place in shallow baking dish. Marinate overnight in vinegar.
2. Place drained meat into a skillet coated with cooking spray.
3. Brown on each side. Add onion and enough water to cover. Reduce heat and simmer for 45 minutes to 1 hour.
4. Serve over grits.

# ***Fried Catfish Poboy***

*Posted on Apr 27, 2008 under Cajun & Creole, Main Dishes, Recipes  
A delicious way to celebrate Carnival*

## **INGREDIENTS**

- 2 catfish fillets, about 1/4 pound each
- 1 cup corn meal
- 1 cup All-purpose flour
- 1 TBSP Cajun spice
- 1 Egg, beaten
- 1 cup milk or beer
- Canola oil for frying
- Red or Green leaf lettuce
- Sliced tomato
- Lemon Dill Mayonnaise
- French bread, sliced length-wise

## **PREPARATION**

1. Place about 1 inch of Canola oil into skillet and heat over medium-high heat until it shimmers but doesn't smoke, about 350 degrees on an instant read thermometer.
2. Inspect catfish fillets and remove any bones. In a bowl, mix egg and milk or beer and set aside. In a large zipper-lock bag mix cornmeal, flour and Cajun spice.
3. Dip fish into liquid and gently shake to remove excess. Place into bag with coating mixture and gently shake to coat.
4. Place fish into hot oil and cook until one side is golden brown, about 2 to 3 minutes. Turn and cook other side until golden. Remove to paper towel to drain.
5. Serve on French bread with lettuce, tomato slices and Lemon-Dill Mayonnaise.

# ***Dirty Rice***

*Posted on Jun 02, 2008 under Cajun & Creole, Heritage Recipes, Side Dishes, Soul Food  
This Cajun treat takes its name from the brown appearance of the rice after it is fried and mixed with chicken giblets. It has a rich, flavorful taste and goes well with chicken, duck, turkey or game. Serves 6 to 8.*

## **INGREDIENTS**

- 1 quart water
- 2-3 links crumbled andouille sausage
- 1 cup chopped chicken livers
- 3 tsps Creole seasoning
- 1 tsp salt
- 1/2 cup butter
- 2 cups white rice
- 1 cup celery, chopped
- 2 cups onions, chopped
- 1 cup bell pepper, chopped
- 2 TBSPs garlic, minced
- 4 TBSPs parsley, chopped

## **PREPARATION**

1. In a Dutch oven over medium heat, place chicken livers in water and boil until done, about 30 minutes, skimming off any fat. Reserve cooking liquid; cool and dice livers and set aside.
2. In a 10-inch cast iron skillet, melt butter and sauté rice until brown. Add onions, garlic, celery, bell pepper and parsley; cook until tender.
3. Heat chicken livers in original water and add rice. Water should cover rice to a depth of one inch; add more water if necessary.
4. Bring to a boil and cook until the water has almost evaporated. Stir, cover and cook over low heat for about 25 minutes. Remove from heat and let stand for about 10 minutes. Stir and serve.

# *Alligator Rice*

## **INGREDIENTS**

- 2 cups water
- 2 sticks chopped alligator jerky
- 1 link crumbled andouille sausage
- 1 & ½ tsps Creole seasoning
- ¼ tsp salt
- ¼ cup butter
- 1 cups white rice
- ½ cup celery, chopped
- 1 cups onions, chopped
- ½ cup bell pepper, chopped
- 1 TBSP garlic, minced
- 2 TBSPs parsley, chopped

## **PREPARATION**

1. Add rice to water - it should cover rice to a depth of one inch; add more water if necessary.
2. Bring to a boil and cook until the water has almost evaporated. Stir, cover and cook over low heat for about 25 minutes. Remove from heat and let stand for about 10 minutes. Stir and serve.
3. In a 10-inch cast iron skillet, melt butter and sauté rice until brown. Add onions, garlic, celery, bell pepper and alligator jerky; cook until tender. Stir in the parsley.

## ***Tasso Recipe***

5 lbs Pork cut as described above

Seasoning:

3 Tbsp Kosher Salt

1 Tbsp Cayenne or To Taste (see above)

4 Tbsp Paprika

1 Tbsp Garlic Powder

2 Tbsp Freshly ground Black Pepper

2 tsp Cinnamon

1 Tbsp White Pepper

1 Tbsp Brown Sugar

1 healthy pinch Pink Meat Cure or Prague Powder

Mix the seasoning together well. Rub the seasoning into the meat, you want a lot on there, call it 1/8 inch, use it all. Place on a plate or tray, cover and refrigerate 3 days. Smoke using [my method](#) for about 3 -4 hours. Kill two pigs with one stone and make some Andouille with it.

[neworleanscuisine.blogspot.com/2005/03/tasso.html](http://neworleanscuisine.blogspot.com/2005/03/tasso.html)

# *Desserts.....*

# Buttermilk Bignets

*This recipe makes a LOT of bignets .. and OMG, are they ever tasty!*

## INGREDIENTS

- ¾ cup 1% milk
- 1½ cups non-fat buttermilk
- 4 tsp. active dry yeast
- 2 ½ TBSPs sugar
- 1 cup bread flour
- 1½ cups all purpose unbleached flour, plus extra for flouring work surface
- ½ tsp. baking soda
- 
- ¼ tsp. salt
- -----
- Canola oil for frying
- Confectioners' sugar , cinnamon sugar, and/or cocoa-powdered sugar for serving
- 1 pkg frozen raspberries, defrosted
- 1 tsp sugar

## PREPARATION

1. Heat the milk in a small saucepan over medium-high heat until small bubbles form at the surface. Remove from the heat, add the buttermilk, and then pour into a stand mixer bowl. Whisk in the yeast and the sugar and set aside for 5 minutes. Add the flour, baking soda, and salt, and mix on low speed, using a dough hook, until the dry ingredients are moistened, 3 to 4 minutes. Increase the mixer speed to medium and continue mixing until the dough forms a loose ball and is still quite wet and tacky, 1 to 2 minutes longer. Cover the bowl with plastic wrap and set the dough aside in a draft-free spot for 1 hour.
2. Pour enough peanut oil into a large pot – or wok- to fill it to a depth of 3 inches and bring to a temperature of 375°F over medium heat (this will take about 20 minutes). Line a plate with paper towels and set aside.
3. Lightly flour your work surface and turn the dough out on it. Sprinkle the top of the dough with flour, gently press to flatten, fold it in half, and gently tuck the ends under to create a rough-shaped round. Dust again and roll the dough out into a 1/2-inch- to 1/3-inch-thick circle. Let the dough rest for 1 minute before using a chef's knife, a bench knife, or a pizza wheel to cut the dough into 1-1/2-inch squares (you should get about 48).
4. Gently stretch a beignet lengthwise and carefully drop it into the oil. Add a few beignets (don't overcrowd them, otherwise the oil will cool down and the beignets will soak up oil and be greasy) and fry until puffed and golden brown, turning them often with a slotted spoon (OR spider), for 2 to 3 minutes. Transfer to the prepared plate to drain while you cook the rest. Puree the raspberries and sugar. Serve while still warm, tossed in the powdered sugar, or cinnamon sugar, or cocoa-sugar...then dipped into the raspberry puree. MMmmmmmm!

# Classic N'awlins Pralines

*This Creole confection, adapted from a French version, is synonymous with New Orleans and is one of those recipes that everyone seems to have their own special version of. What would you do to create a signature version of your own?*

## INGREDIENTS

- 1 ½ cups organic unprocessed sugar
- ¾ cup brown sugar, packed
- ½ cup 1% or skim milk
- 1 TBSP light cream
- 6 TBSP unsalted butter
- 1 ½ cups toasted pecans
- 1 tsp vanilla OR almond extract

## PREPARATION

1. Combine all ingredients into a medium saucepan and stir, bringing mixture to “soft ball stage” (238°-240°), stirring pretty constantly. REMOVE from heat.



2. Stir until mixture thickens (again stirring constantly), becomes creamy & cloudy and the pecans stay suspended in the mixture. DON'T go overboard here ... it shouldn't get TOO hard. As soon as those pecans stay suspended, you're ready.

3. Spoon out onto parchment paper or buttered wax paper on top of newspaper. You need to work quickly now so that you can scoop out the pralines before the mixture hardens!



# ***No Yeast Beignets***

Makes about 2 dozen.

## **INGREDIENTS**

- 3 cups all-purpose flour
- 2 TBSPs baking powder
- 1 tsp salt
- 1 TBSP sugar
- 1 good pinch nutmeg; freshly grated
- 1 cup water
- 1 cup milk
- 1 large egg
- peanut or canola oil; as needed for deep-frying
- powdered sugar; for serving

## **PREPARATION**

1. In a large bowl whisk together flour, baking powder, salt, sugar and nutmeg.
2. In a large measuring cup whisk together water, milk and egg. Pour into dry ingredients and whisk until smooth.
3. Fill a deep fryer, large heavy pot **OR** wok with 2 to 3 inches of peanut or canola oil and heat to 360°.
4. In batches, slide batter by spoonfuls into hot oil and fry, turning two or three times, until puffed and golden brown, about 2 to 3 minutes. (The beignets will rise to the surface of the oil as soon as they begin to puff - if not, the oil is not hot enough.)
5. Remove from oil and drain on paper towels.
6. While beignets are still warm, dust heavily with powdered sugar. Serve immediately.

## **NOTES**

- ⇒ Serving Suggestions: Serve with pureed raspberries or melted chocolate for dipping.
- ⇒ Frying at too-high temperatures leads to an overly browned crust and semi-cooked interior. Fry at 360 ° - as you add fritters, the temperature of the oil will drop a bit and you will be frying at an ideal temperature of 350°.
- ⇒ To easily coat the warm beignets with powdered sugar - place the powdered sugar in a clean bag, add the beignets, hold bag closed and shake to coat evenly.

# CHOCOLATE CREPES

*These are fabulous with any fruit or dessert filling, but the bananas and pecans give a bit of that New Orleans flavor profile!*

## INGREDIENTS

### FOR CREPES

- 2 oz. of semisweet or dark (70%) chocolate (morsels or bar chocolate)
- 1 cup of 1% milk
- ½ cup of half and half
- 2 tbsp of cocoa powder
- 1 tbsp of granulated sugar
- 1 cup of all-purpose flour
- 2 eggs

### FOR FILLING

- 3 large firm but ripe bananas, sliced at an extreme angle into ½" thick slices
- 4 TBSPs unsalted butter, melted
- 2 TBSP dark brown sugar
- 1 tsp nutmeg
- ½ to 1 cup finely chopped pecans, toasted

## PREPARATION

### CREPES:

Pour milk into small sauce pan and heat gently. Combine chocolate with milk. If using bar chocolate, break into pieces before combining. Stir gently until chocolate is completely melted.

Combine chocolate and milk mixture and remaining ingredients into blender and process until smooth. **Important: Refrigerate the batter for at least 30 minutes. This gives the batter the opportunity to rest and fully come together.**

Heat a non-stick frying pan over medium heat. Brush with melted butter.

Pour in 2 to 3 TBSPs of batter into the center of the pan and then tilt the pan in all directions to cover the bottom evenly. Cook about 1 minute, or until browned on the bottom. Turn and cook briefly on the other side.

Cool on a rack or plate as you finish making the rest. Fill & serve as desired.

### FILLING:

1. Pour the melted butter into a 10" non-stick skillet and sprinkle the brown sugar evenly over the pan. Turn heat on to medium setting and heat butter and sugar for about 1 minute, no more. Sprinkle with the cinnamon.
2. Lay the sliced bananas onto the pan, covering the surface...bit of overlap is ok, if needed. Let bananas cook until bottoms start to soften, about 2-3 minutes. Sprinkle nutmeg over the banana slices and turn over to soften top sides...about another minute or so. Be careful - you don't want the banana slices to turn to mush and fall apart! Remove from heat and set aside.
3. Fill the crepes with banana mixture, sprinkle with pecans, roll up your crepe and sprinkle with sifted powdered sugar if you'd like.

# ***Classic Bananas Foster***

by Poppy Tooker from *Fine Cooking, Issue 106*

*Created at Brennan's restaurant in New Orleans in 1951, this classic dessert was named after loyal customer Richard Foster. Firm, ripe bananas are sautéed in a rum-infused caramel sauce, then flambéed in front of diners and spooned over vanilla ice cream. For extra pyrotechnics, throw a pinch of cinnamon onto the sauce as it flames.*

## **INGREDIENTS**

- 2 oz. (4 TBSPs) unsalted butter
- 1 cup lightly packed dark brown sugar
- ½ tsp. ground cinnamon
- ¼ cup banana liqueur (OR coconut milk, flavored with banana oil if available OR **add about 6-8 banana chips to ½ cup coconut milk and simmer over low heat for 10 minutes – remove banana chips and measure out ¼ cup of the milk to use**)
- 4 med/large firm-ripe bananas, peeled, halved crosswise, then halved lengthwise  
- OR - cut into thick slices at an extreme angle
- ¼ cup amber rum, such as Old New Orleans or Goslings (OR ¼ cup apple cider **MIXED WITH 2 tsps molasses – simmered over medium heat for about 5 minutes**)
- 1 pint vanilla ice cream

## **PREPARATION**

1. In a 12-inch skillet, melt the butter over medium heat. Stir in the brown sugar and cinnamon and cook until moist, about 1 minute. Add the banana liqueur (or substitute) and cook, stirring continuously, until the grainy texture disappears and the mixture rolls off the spoon in a steady stream, 1 to 2 minutes. Put the banana slices into the pan. Cook until the bananas begin to soften, 2 to 3 minutes.
2. ~~Turn the bananas onto their flat sides. Remove the pan from the heat and pour in the rum (OR – stir in the rum substitute and simmer 2-3 minutes longer.). Set the pan over high heat and carefully ignite the rum with a long match or grill lighter. Gently shake the pan until the flame subsides. Remove from the heat.~~
3. Place a generous scoop of ice cream in 6 to 8 individual heatproof dessert bowls. Arrange 2 to 3 pieces of sautéed banana around each scoop of ice cream. Spoon on the sauce and serve immediately.

### ***nutrition information (per serving):***

***Calories (kcal): 320; Fat (g): 11; Fat Calories (kcal): 100; Saturated Fat (g): 7; Protein (g): 2; Monounsaturated Fat (g): 3; Carbohydrates (g): 50; Polyunsaturated Fat (g): 0; Sodium (mg): 40; Cholesterol (mg): 35; Fiber (g): 2;***

# Bananas Foster Crisp

*Created at Brennan's restaurant in New Orleans in 1951, this classic dessert was named after loyal customer Richard Foster. Firm, ripe bananas are sautéed in a rum-infused caramel sauce, then flambéed in front of diners and spooned over vanilla ice cream. For extra pyrotechnics, throw a pinch of cinnamon onto the sauce as it flames. In this easy alcohol-free version, the sautéed bananas are topped with a crumble and baked .*

## INGREDIENTS

### FOR FILLING:

- 2 oz. (4 TBSPs) unsalted butter
  - 3/4s cup lightly packed dark brown sugar
  - ½ tsp. ground cinnamon
  - ¼ cup coconut milk, flavored with 1TSP banana extract/oil if available
  - 8 medium sized firm/ripe bananas, peeled, and cut into thick slices at an extreme angle
  - ¼ cup apple cider (OR water)
- MIXED WITH 2 tsps molasses –

simmered over medium heat for about 5 minutes)

- ¾s cup chopped pecans

### CRUMBLE TOPPING:

- ½ cup rolled oats, ground in a food processor
- 2 TBSPs whole grain pastry flour
- ¼ cup packed brown sugar
- 2 TBSPs melted unsalted butter

## PREPARATION

1. Pre-heat oven to 375°
2. In a 12-inch skillet, melt the butter over medium heat. Stir in the brown sugar and cinnamon and cook until moist, about 1 minute. Add the coconut milk mixture and cook, stirring continuously, until the grainy texture disappears and the mixture rolls off the spoon in a steady stream, 1 to 2 minutes. Put the banana slices into the pan. Cook until the bananas begin to soften, 2 to 3 minutes.
3. Stir in the cider-molasses mixture simmer 2-3 minutes longer. Stir in the chopped pecans. Remove from the heat.
4. Pour mixture into lightly buttered deep dish glass pie plate. Top evenly with crumble mixture and lightly press down. Bake for about 15 minutes until topping crisps up. Cool for 5 minutes before serving.

# **BANANA CHOCOLATE BREAD PUDDING**

## **WITH MINT CRÈME ANGLAISE**

*From Chef Emeril Lagasse, through the kind donation of the folks at [emerils.com](http://emerils.com).*

### **INGREDIENTS**

- 4 TBSPs (½ stick) unsalted butter, melted (¼ cup)
- 4 large eggs, lightly beaten
- 1 cup light brown sugar ---- ¾s cup
- 3 cups heavy cream --- half & half
- 1 cup milk ----- 1%
- 1 tsp pure vanilla extract
- ½ tsp ground cinnamon
- 2 ripe bananas, mashed
- ½ cup pecan pieces
- 6 cups day-old bread cubes (½ - inch)
- 
- 6 ounces bittersweet chocolate, chopped into chunks
- 2½ cups Mint Crème Anglaise ---- OPTIONAL

### **FOR WHIPPED CREAM &/OR POWDERED SUGAR TOPPING (OPTIONAL)**

- 1 cup heavy cream, whipped with 1/2 tsp vanilla and 2 tsps granulated sugar
- Confectioners' sugar

### **PREPARATION**

1. Preheat the oven to 350°F. Brush a baking dish (about 10 x 14 inches) with 2 TBSPs of the butter.
2. In a large bowl whisk together the eggs, brown sugar, cream, and milk. Add the vanilla, cinnamon, bananas, pecans, bread, and chocolate and stir to blend thoroughly. Stir in the remaining 2 TBSPs butter into the pudding mixture and pour into the baking dish.
3. Bake until firm, for about 1 hour. Remove from the oven and allow the pudding to cool on a rack until just warm before cutting into squares.
4. To serve, spread about 2 TBSPs of the Mint Crème Anglaise on each plate and top with a square of the pudding. Add a dollop of whipped cream, and dust with confectioners sugar.

*Yield: 15 servings*

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