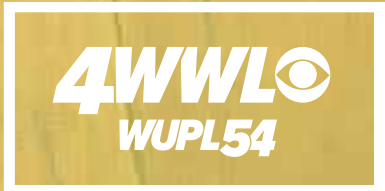


IN THE KITCHEN



Cajun Heritage



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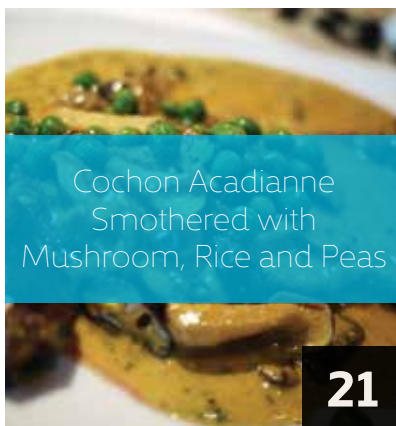
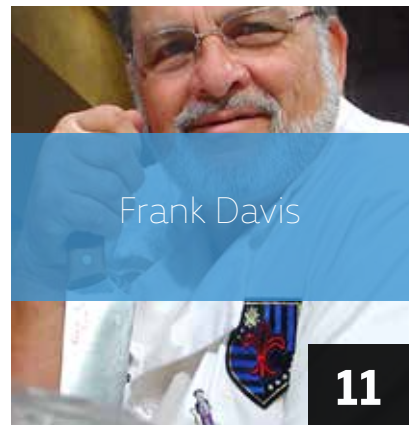


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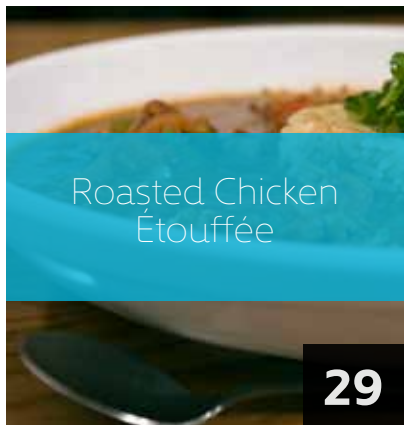


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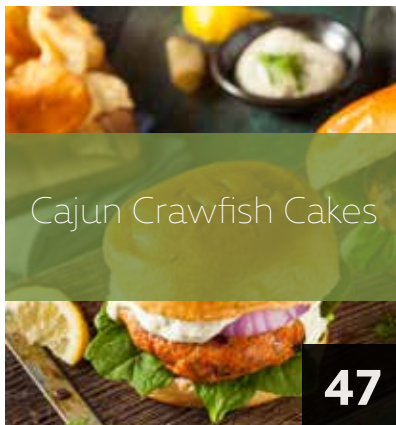


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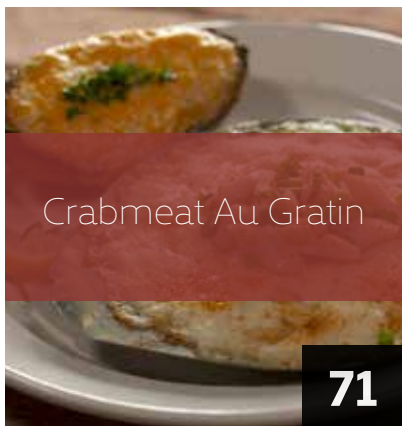
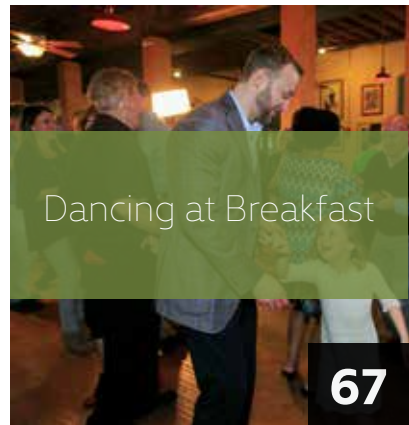
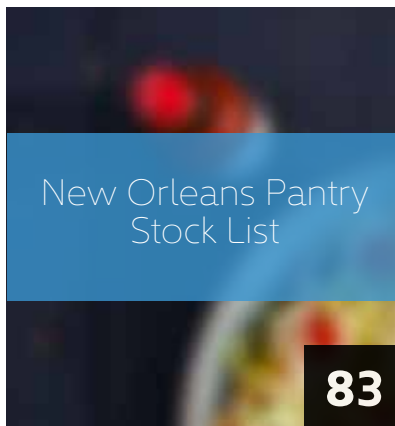
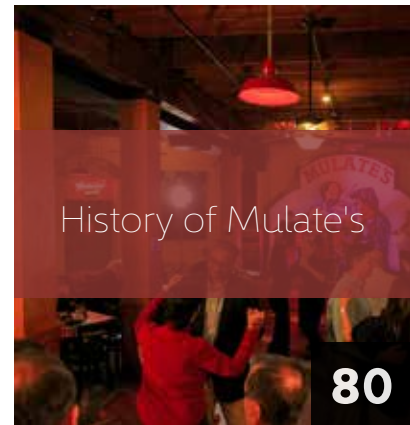
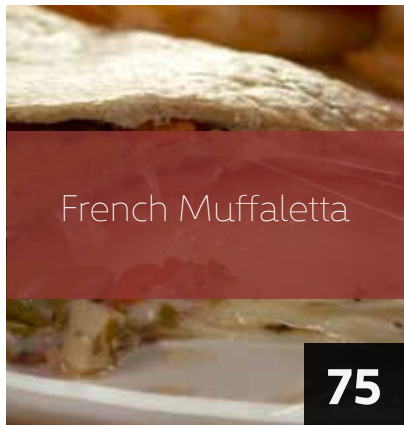


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Over the course of its 300-year history, New Orleans' cuisine has been one of its greatest gifts to the world. Now, as we celebrate the city's 300th birthday and WWL-TV's 60th anniversary, consider this our gift to you.

This edition of our 360 cookbook series focuses on our region's rich Cajun heritage and cuisine. Just as most Cajun dishes start with a roux – that mix of fat and flour that is the basis for the flavors that will follow – here we begin with a look at the foundation of the food we call Cajun. The cuisine that gave us versions of jambalaya, etouffee and gumbo is not native to New Orleans but spread from the bayou country to the city and beyond. The word "Cajun" comes from Acadia, the name used to refer to Nova Scotia and other provinces in Canada where French immigrants settled during the early colonial era. After the British gained control of those colonies and expelled the Acadians in the 1760s, many of them ended up in rural, southwest Louisiana. They brought with them their own language (Cajun French), cooking traditions and even ingredients (such as crawfish) which over time spread to New Orleans. In the 1970s and 1980s, chefs such as Paul Prudhomme reinvented the cuisine and brought its traditions to an international audience.





This cookbook is part of a series celebrating New Orleans' culinary past and present, to coincide with the city's tricentennial. What better way to commemorate 300 years of life in the city we love than by celebrating the thing that truly unites us all: food. For 60 years, Channel 4 has been privileged to celebrate and share many of those recipes with viewers across south Louisiana and Mississippi. Before there were cable TV networks and websites dedicated to food and recipes, the Eyewitness Morning News was the place to watch Frank Davis make the perfect gumbo during the breakfast hour. Many local chefs who are now superstars in their fields made some of their first TV appearances on Channel 4. Our current cooking star, the larger than life Kevin Belton, continues the tradition, starting his work in the WWL-TV kitchen before the sun comes up. Kevin has helped put together this series, and many of his recipes are featured here, along with classics from the one and only Frank Davis, other well-known chefs and the Southern Food and Beverage Museum, which keeps the region's delicious culinary history and heritage alive.

As one of the premier Cajun ambassadors in New Orleans, **Mulate's, The Original Cajun Restaurant** is the perfect partner to celebrate Cajun cuisine. Mulate's was founded in Breaux Bridge in 1980 and opened in New Orleans in 1990. They provide a Cajun experience complete with authentic Cajun food, daily live Cajun music and dancing to New Orleanians and our visitors.

Visit wwltv.com/food to find more cookbooks in our series that will be unveiled throughout 2018.



Chef Kevin Belton



Chef Kevin Belton is a gumbo of English, French, Native American and African ancestry. His mother's family has roots in the French-Caribbean island of Martinique and his French-speaking father's family came from the Bayou Lafourche area of South Louisiana, near Thibodaux.

The self-trained chef began cooking under the watchful eye of his mother and grandmother in the uptown New Orleans home where he grew up. From these talented home cooks Belton learned to prepare the venerable dishes of the city and in his new series he'll share family recipes and personal tips for making seafood gumbo, pralines, shrimp remoulade, chicken Clemenceau and many other New Orleans specialties.

Cooking instruction is second nature for Belton, who has spent almost 30 years teaching the foundation of Louisiana cooking to appreciative audiences. In addition to the almost 7,000 lessons he has led, Belton has also offered classes and cooking demonstrations throughout the U.S. and Canada. He has been a featured chef and guest on numerous food programs including Emeril Live; Ready Set Cook; Life, Love, and Lunch; Food Fighters; and Taste of America. In 1999, he was co-host and chef on the BBC series Big Kevin, Little Kevin, which also featured British celebrity chef Kevin Woodford. The series, taped in the United Kingdom and the U.S., aired in Europe, Australia, New Zealand and Asia. A companion cookbook co-authored by Belton, "Big Kevin, Little Kevin-Over 120 Recipes from around Britain and America by TV's Odd Couple," was published by Ebury Press. In 2014, he became the resident chef for the CBS affiliate WWL's morning show.

Belton has long been associated with WYES-TV as the host of several popular cooking marathons. He is also a past recipient of the WYES President's Award, which is given annually to individuals, organizations or businesses that have demonstrated exemplary support of public television in the metropolitan area.

In 2014, he was recognized as one of the top twenty Louisiana chefs by the American Culinary Federation.

In his public television show Belton pulls back the curtain and shows viewers what really makes the legendary cuisine of New Orleans so delicious. "Everybody says you make it look so easy," he says. "I tell them, no, it is easy." Taped in the studios of WYES-TV, NEW ORLEANS COOKING WITH KEVIN BELTON is a chance for viewers to meet a new host whose big personality is a perfect match for his 6' 9" frame. Kevin is also in the process of filming his second series with WYES, KEVIN BELTON'S NEW ORLEANS KITCHEN as well as writing the companion book.



Frank Davis

PHOTO: MIKE SANDERS/VISIONS PHOTOGRAPHY

Frank Davis was – to borrow his trademark phrase – as Naturally N’Awlins as they come. For more than three decades, viewers across South Louisiana and Mississippi knew and loved him as WWL-TV’s resident chef, outdoors expert and feature reporter.

Frank, who died in 2013, always considered himself blessed that he was able to combine his three loves – cooking, fishing and people – and get paid for it.

The oldest of three children, Frank was first assigned kitchen duty when he was seven. “I was the first one home from school in the afternoon, and my dad asked me to help fix supper one evening,” he once said. After dabbling in other careers, he found success at WWL Radio, hosting a weekend talk show and contributing fishing and hunting features, then parlaying that into a job at WWL-TV. The cooking segments that followed his first outdoor reports were a natural. Superstar chef Paul Prudhomme once called him the “number-one authority on cooking and eating the fresh fish and game of Louisiana.”

“I had been fishing since I was five and always cooked whatever I caught,” Frank explained. “In discussing where and how to catch a certain fish, I would sprinkle in cooking tips about how to prepare that type of fish and got great listener response.”

As the resident chef on WWL-TV’s Eyewitness Morning News for more than 25 years, Frank appeared in thousands of cooking segments, teaching viewers how to prepare his versions of some classic New Orleans and south Louisiana dishes.

He also authored five successful cookbooks for Pelican Publishing Company and produced and marketed a complete line of spices and seasonings.

After Frank retired from WWL-TV in 2011, he donated his papers, including thousands of recipes, to the Southern Food and Beverage Museum Culinary Library and Archives, where they are accessible to chefs, culinary students and food lovers from all across the country.

“New Orleans is the country’s capital of cuisine,” Davis once said. “People love what this city cooks.”



Watch The Eyewitness Morning News
Weekdays 4:30-9am **4WWL** **WUPL54**





What is SoFAB?

We are always talking about food in New Orleans and Louisiana. When we are eating lunch, we are discussing our plans for eating dinner. On the bus, we join other people's conversations about where to get the best snoball. In 2008, the Southern Food & Beverage Museum opened at the Riverwalk Marketplace, where it continued to grow from its beginnings as a small upstart museum. At the time that it opened SoFAB was one of the few institutions dedicated to exhibitions reflecting the intersection of food and drink culture. In 2014, the museum moved and reopened at its current location on Oretha C. Haley Blvd. SoFAB is the flagship division of the National Food & Beverage Foundation. It is our tenth anniversary in 2018 along with other important anniversaries during that year.



In 2013, the John & Bonnie Boyd Hospitality & Culinary Library opened. It serves as the Culinary Branch of the New Orleans Public Library. It has the pleasure of housing the WWL-TV Frank Davis Collection in the Paul Prudhomme Archive at the Boyd Library. The library is celebrating its fifth anniversary in 2018.

The National Food & Beverage Foundation is a nonprofit educational and cultural organization dedicated to the discovery, understanding and celebration of food, drink and its related culture and folklife in America and the world.

Because everyone eats, all aspects of food and drink—culture and geography, anthropology and history, economics and politics, law and policy, media and the arts, science and technology—reveal the state of the world. NatFAB continues to grow into the nation's most comprehensive cultural institution studying food and drink.

You can participate in SoFAB by visiting, by **becoming a member**, or by donating artifacts or books. We welcome your participation as a volunteer. It is you who have made the food culture of New Orleans and Louisiana that we celebrate in the museum.



PHOTO: THINKSTOCK

Who Are the Cajuns?

We all know about *Le Grand Derangement* – the diaspora of those French Canadians who were dispersed by the transfer of Acadia (L'Acadie) to the English. It was Governor Galvez who invited the Acadians to settle in Louisiana. These were people who had led a subsistence life in the north and settled into a similar life in Louisiana. They spoke a particular dialect of French, which is still studied today by French linguists.

But today not all people who think of themselves as Cajun are descendants of those French Canadians. Many people in what is now known as the Acadian parishes are descendants of French people who came directly from France, often Basque, as well as Spanish and Canary Islanders. Irish and German settlers, Filipino settlers, Cubans and descendants of enslaved Africans settled in Cajun Country and were absorbed into the culture. Some names were made to sound more French, so that many people who think they are descendants of the settlers from L'Acadie are not. The question of whether being born in Cajun Country and having grown up eating the food, speaking the language, and living the culture is enough to make you Cajun, may be an open one. They certainly are living breathing embodiments of the Cajun culture.



Cajun Gumbo



PHOTO: THINKSTOCK

INGREDIENTS

- 3 lbs** shrimp, peeled and chopped
- 1 dozen** jumbo crabs, cleaned and halved
- 3-4 qts** shellfish stock, as needed
- ¾ cup** vegetable oil
- 1 cup** all purpose flour
- ½ cup** finely chopped andouille sausage
- 2 cups** coarsely diced onions
- 1 cup** coarsely diced celery
- 1 cup** chopped bell pepper
- ¼ cup** minced fresh garlic
- 1 lb** cut frozen okra
- 2** whole bay leaves
- 2 tbsp** thyme
- 2 tbsp** sweet basil
- 1 cup** small-dice Creole tomatoes
- Sea salt and fresh-ground black pepper to taste
- Seafood seasoning to taste
- 1 cup** sliced green onions
- ½ cup** chopped parsley
- 1 lb** claw crabmeat
- Garlic hot sauce to taste
- File powder
- 6 cups** cooked long-grain rice

Cajun Gumbo

COURTESY OF FRANK DAVIS

- 1** In a large 8-quart, porcelain-lined Dutch oven (or a deep gumbo stock pot) heat the oil over medium-high heat and whisk in the flour, stirring constantly until a deep, dark, Cajun roux forms.
- 2** Then stir in the andouille sausage, onions, celery, bell pepper, and garlic and saute until the veggies are soft and wilted.
- 3** At this point, begin adding in the stock (one ladle-full at a time) until a soup-like consistency is achieved. Now bring the soup to a rolling boil, still whisking constantly.
- 4** Next, reduce the heat until the soup just simmers and stir in the bay leaves, thyme, basil, tomatoes, okra, and the gumbo crabs. Season the mixture with the salt, black pepper, and seafood seasoning.
- 5** Then put the lid on the pot and simmer the soup for about 30 minutes, stirring occasionally.
- 6** After the allotted time, add in about half of the shrimp and continue to cook the gumbo for 15 minutes or so. Note: Don't be reluctant to add in more stock to maintain the desired consistency.
- 7** It's at this stage of the recipe that you remove the bay leaves and stir in the green onions and parsley and the remainder of the shrimp.
- 8** This is also the time when you should make the final adjustments to your seasonings, if necessary.
- 9** All that's left to do is gently fold in the crabmeat and finish cooking the gumbo for anywhere from 3 to 5 minutes, or until the shrimp turn totally pink and curl up.
- 10** Then when you're ready to eat, place a big ol' scoop of hot rice into a soup bowl, ladle on a healthy portion of gumbo (including a couple pieces of crab halves), give the serving a good shot of garlic hot sauce, and top it off by sprinkling on a pinch or two of filé.

Chef's Notes: A good seafood stock can be made using the shells and heads from the shrimp and the top shells and legs from the crabs. Just simmer them slowly and gently in about a gallon of water for about 30 minutes then strain them out. If you don't have homemade seafood stock, you can substitute canned or boxed chicken stock or bottled clam juice.

The gumbo crabs should be broken down by removing the top shell, taking off the underside flap, and cutting off the legs (but leaving on the claws). Then clean out the insides under cool running water and split the crab body into a right and left half. The halves go into the gumbo; the top shell, flap, and legs go into the making of the stock.



Andouille & Alligator Gumbo



Andouille & Alligator Gumbo

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 1 cup** vegetable oil
- 1 cup** all-purpose flour
- 2 cups** chopped onion
- 1 cup** chopped green pepper
- 1 cup** chopped celery
 - 3** bay leaves
- 1 ½ tbsp** kosher salt
- 1 tbsp** pepper
- 3 tbsp** Creole seasoning
- 1 tsp** cayenne pepper
- 6 cups** basic shrimp stock
- 1 ½ lb** andouille sausage, sliced
- 1 lb** alligator meat cubed

- 1** In a large Dutch oven on the stovetop, heat oil. Gradually add flour to form a roux stirring continuously as not to burn. When it reaches the color of chocolate, add onions and cook until transparent, about 5 minutes. Add bell pepper and celery and continue to cook in the roux until softened, about 4 minutes. Stir in the seasonings.
- 2** Add the stock slowly. Add andouille and alligator stir. Bring to a boil and simmer for 1 hour.
- 3** Serve with cooked rice.



Cochon Acadianne Smothered with Mushrooms, Rice, and Peas



INGREDIENTS

¼ cup extra virgin olive oil

1 lb small button mushrooms,
Crimini variety

¼ cup extra virgin olive oil

¾ cup mixed vegetable mirepoix

2 cloves of garlic, peeled and
minced

¼ stick unsalted butter

2-3 lbs Boston butt pork, finely
cubed or sliced
Sea salt & cayenne
pepper as desired

2 tsp Pork Seasoning

⅛ tsp fresh-ground nutmeg

3 whole sage leaves

4 cans turkey gravy

¼ cup tomato sauce

1 whole carrot, shredded

2 cups chicken broth, as needed,
to replenish moisture as
the pork browns

2 cans green peas, drained,
buttered, and heated

4 cups cooked rice

Cochon Acadianne Smothered with Mushrooms, Rice, and Peas

COURTESY OF FRANK DAVIS

- 1** Start off by placing a 12' non-stick skillet on the stove, pouring into it about a quarter cup of extra virgin olive oil, and bringing it up to medium heat. Next take the small mushroom buttons and cut each one in half. Then, about a handful at a time, drop the mushroom halves into the hot olive oil, agitate the skillet briskly to completely coat the 'shrooms, then take a wooden spoon and keep them moving in the pan until they begin to brown around the edges.
- 2** At that point, push all the sauteed mushrooms evenly around the sides of the pan. Then add another small handful of uncooked mushrooms to the center of the pan. Agitate and stir them, too. Continue this process a little at a time until all the 'shrooms are in the skillet and golden brown.
- 3** At that stage, take them off the fire, transfer them to a small bowl, and set them aside for a while.
- 4** Now, using the very same skillet, add yet another quarter cup of olive oil to it, place it back on the stove over medium-high heat, drop in the mirapoix of seasoning veggies along with the minced garlic, and fry down the seasonings until the onions completely clear and begin to soften. When they're ready, set them off to the side, too.
- 5** The next step is to place a large oval roaster (like a Magnalite roaster) on the stove and turn the heat up to high. Then drop into the pot the unsalted butter and allow it to come to a sizzle.
- 6** In the meantime, while the butter is coming up to heat, spread the pork pieces out on a sheet of freezer wrap on the countertop and sprinkle them liberally with sea salt, cayenne pepper, and pork seasoning. . .along with a smidgeon of freshly ground nutmeg.
- 7** Next, begin dropping it by small handfuls into the roaster oven, and stirring it continuously until each of the pieces begins to brown beautifully. In other words, proceed by dropping in uncooked but seasoned pork pieces into the already cooked pork in the roaster, combining them together as the dish builds. The trick? Take your time getting all the pork into the pan and frying it down.
- 8** Then add to the pot and stir together the mushrooms, the mirapoix, the sage leaves, the turkey gravy, the tomato sauce, and the shredded carrot.
- 9** All that's left at this point is to stir into the entire mixture only enough chicken broth to create a semi-thick sauce with, say, the consistency of melted ice cream and to keep it at that consistency until the stew is fully cooked. In other words, add a little broth as needed throughout the cooking process.
- 10** Then when you're ready to serve, place a heaping chef's spoon full of rice into a deep soup bowl, ladle the stew over the rice, and top with a spoonful or two of the hot green peas to give the dish the crowning touch.



Frank's Old Tyme Cajun Chicken Stew

INGREDIENTS

¼ cup peanut, corn, or Canola oil

1 jumbo yellow onion, sliced into half-rings

2 whole bunches shallots, tops and bottoms

2 ribs celery, rough-diced

6 cloves garlic, minced

2 tsp salt

1 tsp coarse-ground black pepper

1 tsp cayenne pepper

4-6 tsp Poultry Seasoning

1 cup all-purpose flour, seasoned (for dusting)

2 small fryer chickens, cut into 8 serving pieces each

½ lb Portabella mushrooms, rough-chopped

1 large tomato, peeled, seeded, and chopped

¼ cup freshly minced flat-leaf parsley

2 whole bay leaves

½ cup dry sherry or fat-free chicken broth

Gravy flour or cornstarch if needed

4 cups cooked white rice

Frank's Old Tyme Cajun Chicken Stew

COURTESY OF FRANK DAVIS

- 1 The first thing you want to do is take a heavy cast iron Dutch oven and heat the oil to about 350 degrees right to where it's sizzling pretty good.
- 2 Then drop in all the onion slices (along with the celery and the garlic) and, while continually stirring, cook them down until the onions completely caramelize (which means they turn a rich golden brown).

This should take you a good 8 to 10 minutes.

- 3 In the meantime, while the seasoning vegetables are cooking, direct your attention to the chicken and liberally sprinkle the pieces with salt, black and cayenne pepper, and poultry season.
Note: Be sure to take a little extra time and rub these spices into the meat with both hands. When this has been done, very lightly dust the chicken pieces in the seasoned flour and set them aside momentarily.
- 4 When the veggies are cooked, take a slotted spoon, remove them from the pot, and set them aside for a while (but leave the onion-flavored oil in the pot because you're going to use it to brown the chicken pieces).
- 5 Keep in mind that 'the browning' needs to be done hot, because you want to sear the chicken and seal in all the juices. The best way to accomplish that is to do a few pieces at a time so that the parts don't crowd together and cause the temperature in the pot to drop so low you 'render' the meat instead of 'sear' it.
- 6 Of course, as each piece is browned, remove it from the Dutch oven and temporarily set it aside on a platter. Then, when all the chicken pieces have been done, place them back into the pot, cover them with the onions you caramelized earlier, stir in the chopped mushrooms, fold in the diced tomatoes, sprinkle on the parsley, drop in the bay leaves, and splash on the wine.
- 7 Now put the lid on the pot, reduce the heat to low, and let the chicken simmer until all the flavors combine and develop. After about an hour or so, the chicken should be 'fall-off-the-bone-tender' and ready to eat.
- 8 One little note here: Don't be concerned about there being very little 'liquid' in the pot you don't need any. The chicken and onions and mushrooms will make their own. And once you reduce the fire and set the lid in place, don't go peeking in the pot every 10 minutes. The dish will be just fine I promise you it won't burn!
- 9 Finally, when the allotted cooking time is up, all you do to present the dish is take a pair of tongs, remove the chicken pieces from the pot, and place them on a serving platter.
- 10 Then, take some gravy flour or a couple tablespoons of cornstarch mixed with a little wine or chicken broth and the mixture into the pan drippings over medium high heat. In about five minutes or so the natural juices will thicken into a rich and robust chicken gravy that you will liberally ladle over the platter of chicken.



Ya' MawMaw's Old Fashioned Corn Stew Sausage



INGREDIENTS

- 1/3 cup** extra virgin olive oil
- 1/2 stick** unsalted butter
 - 3** large bells peppers (1 each, green, red, and orange), cut into thin strips
 - 2** large Portabella mushrooms, medium diced
 - 1** medium onion, finely diced
 - 4** fresh garlic cloves, minced
- 2 ribs** celery, finely diced
 - 2** whole bay leaves
 - 6** fresh basil leaves, finely chopped
- 10 ears** fresh corn on the cob, stripped
- 3 cans** creamed corn
 - 3 tsp** vegetable seasoning
 - 1** very large over-ripe tomato, peeled and finely diced
 - 1 can** crushed tomatoes, 16 oz size
 - 1 can** stewed tomatoes, 16 oz size
 - 1 can** Rotel Tomatoes with Chilies, 10 1/2 oz. size
- 2 cups** low-salt chicken broth, as needed
 - 1 cup** pre-boiled pickled meat, finely diced
 - 2 lbs** smoked sausage, skinless and low salt
 - 12 oz** center-cut bacon, cut into small pieces
 - Salt and black pepper to taste
- 1/2 bunch** green onions, thinly sliced
- 1/4 cup** parsley, finely chopped
- 6-8 cups** cooked long-grain rice

Ya' MawMaw's Old Fashioned Corn Stew Sausage

COURTESY OF FRANK DAVIS

- 1** First, in a large 5-quart oval roaster or Dutch oven combine the olive oil and the butter and bring it up to a sizzle. Then drop in the veggies: green, red, and orange bell peppers, mushrooms, onions, garlic, and celery. This is also a good time to drop in the bay leaves and the fresh basil.
- 2** Once everything is in the pot, stir, stir, and stir some more until all the ingredients are uniformly blended. At that point, continue to cook the mixture over medium-high heat until everything wilts and softens.
- 3** Next, it's time to add to the pot the fresh corn cut from the cobs, the creamed corn, the vegetable seasoning, all the tomatoes, and one third of the chicken broth.
- 4** When all of those items have been combined (remembering that the heat is still on medium-high), fold in the pickled meat, the smoked sausage (cut into serving size pieces), and the bacon.
- 5** Then bring the liquids in the pot to a gentle boil; but immediately reduce the heat to a slow simmer (if additional chicken broth is needed at this stage simply add it to the mixture to create a 'stew'). At that point, cover the pot with a tight-fitting lid and let the corn stew 'stew down' slowly and gently (about 30 minutes should produce the desired results).
- 6** All that's left now is to re-season the corn 'to taste' with the salt and black pepper and to quickly stir in the thinly sliced green onions.
- 7** Finally, give the dish another five minutes to marry and it's ready to ladle over big bowls of steaming hot rice. Garnish them each with a pinch or two of minced parsley.

Chef's Notes: If you'd prefer to saute the mushrooms and the bacon pieces prior to adding them to the pot, go right ahead. Pre-sauteing will not only change the texture of the finished dish it will also enhance the final taste.

After cutting the kernels off the corncobs, be sure to use the spine of the knife (or a heavy tablespoon) and scrape the cobs yet again to get all of the 'corn milk.' If you want to avoid the task of stripping the corncobs, an equivalent amount of frozen corn kernels may be substituted for the corn on the cob, but the corn on the cob produces a richer flavor and texture.

Two pounds of andouille sausage can be substituted for the smoked sausage, 1 cup diced tasso may be substituted for the bacon, and 1 pound of lean ham may be substituted for the pickled meat if desired.



Alligator Sauce Piquant



Alligator Sauce Piquant

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 1 cup** all-purpose flour
- 1 cup** vegetable oil
- 2 cups** onion, chopped
- 1 cup** celery, chopped
- 1/2 cup** green pepper, chopped
- 1 tbsp** garlic, chopped
- 3 tbsp** all-purpose seasoning
- 1 lb** alligator meat, cubed
- 1 tsp** salt
- 1 oz** tomato paste
- 4-5 cups** chicken stock
- 4** bay leaves
- 1/2 cup** parsley
- 2 cups** cooked rice

- 1** In a large skillet, heat oil and add flour to make a roux cooking flour to a dark peanut butter color.
- 2** Add onion, celery, bell pepper, sautéing for 5 minutes.
- 3** Add garlic, seasoning and alligator and sauté for 3 minutes.
- 4** Add salt, tomato paste, stock, and bay leaves. Stir well and simmer for 30-40 minutes covered. Stir occasionally.
- 5** Add parsley and serve over rice.



Roasted Chicken Étouffée

PHOTO: THINKSTOCK

Chef's Notes: Étouffée should not come out looking like chicken chunks floating in a watery gravy. There should be only enough sauce to hold the chicken together in suspension. The way to ensure this is to add broth to the dish only a little bit at a time.

The mixture of gravy flour and wine (and I prefer Madeira or sherry for this recipe) won't thicken until the liquid in the pot comes to a rapid boil. Once it does, continue to stir and cook the concoction for at least 4 minutes to eliminate any 'raw flour' taste in the sauce.

If you'd rather save time by using the chopped veggies that you find in the produce section of your supermarket that's perfectly okay. Just eliminate the onions, celery, and bell pepper at the start of the ingredient list.

Roasted Chicken Étouffée

COURTESY OF FRANK DAVIS

INGREDIENTS

- 1 stick** unsalted butter
- 2 cups** finely chopped onions
- ¾ cup** finely chopped celery
- ½ cup** finely chopped bell pepper
- 4 cloves** minced garlic
- 1 ½ cups** canned chicken broth
- 1 tbsp** tomato paste
- ½ tsp** granular chicken bouillon
- 2** whole bay leaves
- 1** whole store-bought roasted chicken, picked
- 1 cup** finely chopped green onion tops
- ⅓ cup** finely chopped parsley
- 1 tsp** crushed red pepper flakes
- 1 tsp** Hot Sauce
- 1 tsp** Poultry Seasoning
- 1 tsp** salt (if needed)
- 4 tbsp** gravy flour + ½ cup cocktail sherry
- 6 cups** cooked white long-grain rice

- 1** First, take a 5-quart oval roaster or heavy aluminum Dutch oven and melt the butter until it begins to foam (but don't let it burn!). Then drop in the onions, the celery, the bell pepper, and the garlic and sauté them over medium heat until they soften and turn clear (which should take you about 4 to 5 minutes).
- 2** Next, go ahead and add your chicken broth, your tomato paste, your bouillon, and your bay leaves, stir and blend all the ingredients completely, cover the pot, and let everything simmer for about 20 minutes.
- 3** Then, about 15 minutes before you're ready to eat, fold in the diced chicken, along with half the onion tops, half the parsley, the crushed red pepper, the hot sauce, and the poultry seasoning. Take special effort to ensure that these ingredients are fully and thoroughly blended. Then cover the pot, turn the fire down to low, and let the etouffee simmer so that all the flavors come together smoothly. This is a critical part of the process don't minimize it and certainly don't skip over it.
- 4** After 15 minutes, turn the fire up to medium high. Then stir in, a little at a time, enough of the gravy flour and wine mixture to reach the consistency you desire (which should be nothing more than a light sauce but still thick enough to coat the back of a spoon). At this point, you should also readjust your seasonings: a little extra salt to taste, perhaps more hot sauce, maybe a touch of black pepper. Just remember that a true etouffee is a 'yellow-rose' color, not a deep 'tomato gravy' red.
- 5** Finally, when you can resist the aroma no longer and can hardly wait to dig in, liberally ladle the chicken chunks and sauce over a big plate of steaming long-grain rice. All that's left to do then is to garnish it with some of the remaining parsley and onion tops and serve it piping hot with butter-toasted French bread and a tossed green salad with either French or Catalina Dressing.



Shrimp & Tasso Pasta

PHOTO: THINKSTOCK

Shrimp & Tasso Pasta

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

1 cup heavy cream

½ lb Tasso

2 tbsp Creole seasoning

2 tsp fresh basil

2 tsp fresh thyme

6 cups cooked penne pasta

1 lb shrimp, peeled and deveined

1 cup green onion, chopped

½ cup parsley, chopped

- 1** Pour the cream into a heavy skillet and place over medium heat.
- 2** Add the Tasso, Creole seasoning, and herbs and let simmer for 3 to 5 minutes.
- 3** In a separate skillet sauté the shrimp over medium heat with a little of olive oil, cooking until the shrimp turn pink, usually about 3 to 4 minutes.
- 4** Add pasta to the cream sauce and cook for 2 to 3 minutes until heated. Stir in shrimp, green onions, and parsley. Serve while hot.



Cochon: Snout to Tail

Sometimes it is hard to think about things that happened before any of us were born. At a time when there was no refrigeration, Cajuns had to preserve everything that they harvested and raised that they couldn't immediately eat. And because they were frugal people, they were not about to waste any part of an animal that had given its life to feed them. So after a boucherie, as many parts of the animal that could be used, were preserved.

The blood from the pig was reserved to make boudin noir or blood sausage. The liver and other offal was mixed with rice to make boudin blanc. The intestines were washed to be stuffed with boudin, other sausage such as andouille, and regular smoked sausage. Of course the intestines could also be fried in the lard that was rendered to make chitlins (chitterlings). And the stomach is stuffed with offal and seasonings and smoked, along with some of the sausage, to make ponce.

Pig feet were pickled, the head was boiled to make hogs head cheese. Hams were rubbed with salt or sugar or spices and cured, bones were boiled for gelatin, and skin was cut and fried for cracklins. And the meat was made into bacon and pork chops and ribs and roast. Those thrifty Cajuns really honored their pigs by not wasting them. And today, when thriftiness is not quite so important and when refrigeration is available, the delicious taste of the past makes us continue to eat frugally, continuing to honor the pig.



Chicken & Andouille Sketti

INGREDIENTS

- 1 stick** real butter
- 1 cup** finely chopped onions
- ¾ cup** finely chopped celery
- ½ cup** finely chopped bell pepper
- 8 cloves** garlic, sliced
- ½ cup** finely sliced green onions
- ¼ cup** peanut or vegetable oil
- 3 lbs** boneless chicken thighs, cut in pieces
- 1 lb** diced andouille sausage
- 2 lbs** peeled shrimp
- 3 cups** evaporated milk
- 1 cup** canned chicken broth
- 1 lb** Velveeta cheese cut in chunks
- 2 tsp** Frank Davis Bronzing Mix or Cajun seasoning
- ¼ tsp** cayenne pepper
- 2 lbs** ziti pasta, cooked al dente
- 1 cup** Parmesan cheese for topping
- ½ bunch** parsley, minced for garnish

Chicken & Andouille Sketti

COURTESY OF FRANK DAVIS

- 1 Start by taking a heavy 12-inch skillet and melting down the butter over medium heat until it foams.
- 2 Then stir in the onions, celery, bell pepper, sliced garlic, and green onions and cook them for about 12-15 minutes until they soften completely. But be careful not to let the butter burn.
- 3 At the same time that the veggies are sauteing, take a second skillet and saute the chicken thighs and the andouille sausage chunks in a scant amount of peanut oil over medium heat until they thoroughly brown and turn toasty all over.
- 4 Then take the skillet off the fire, drop in the shrimp, and toss everything around gently, allowing the shrimp to turn pink. When all the ingredients are ready, set the skillet off to the side.
- 5 When the skillet with the vegetables in it is ready, pour in the evaporated milk and the broth, mix them together thoroughly, and bring the mixture to a slow boil. Then drop in the chicken, sausage, and shrimp mixture and all of the Velveeta cheese chunks; then with the heat still set at medium, stir until the cheese melts and the sauce turns smooth and silky. For the most part, this should take you about 5 minutes. At this point, sprinkle on and stir in the bronzing mix or cajun seasoning and the cayenne pepper.
- 6 Then take the pan off the fire and allow the sauce to cool until a slight sheen forms on the surface.

Actually, if you want to develop the maximum flavor in the sauce, I recommend that you make the sauce one day, cover it and place it in the refrigerator overnight, and then reheat it and ladle it over the pasta the next day.

But to be truthful, this is so good that'll probably never happen-you'll make it and eat it the same day!

- 7 When you're ready to eat, spoon out a generous portion of ziti in a heated soup bowl, ladle on the chicken/andouille/shrimp sauce, top with a sprinkling of Parmesan cheese, and garnish with a little of the minced parsley.

Of course, you know you just got to have some hot, crusty bread to go with this!

Chef's Notes: If you want to make the sauce extra spicy, instead of using regular Velveeta cheese you can substitute Mexican-style Jalapeno Velveeta. If you prefer not to serve the sauce with ziti, you can use almost any kind of 'sketti' you want-ditali, noodles, rigatoni, penne, spaghetti, the choice is yours.

To serve this recipe at a party, go ahead and make the sauce and pre-boil the pasta an hour or so ahead of time. Then place everything-covered-in a warming oven at 150 degrees for up to 45 minutes or so. This way everyone at your party eats at once.



Great Big 'Ole Cajun
Kitchen Sink Casserole

Great Big 'Ole Cajun Kitchen Sink Casserole

COURTESY OF FRANK DAVIS

The first part of this four part recipe is "The Quick Saute Stage"

INGREDIENTS

- 4 tbsp** butter
- 2 cups** prepared vegetable mix*
 - 4** medium tomatoes, seeded and diced
- 2 cups** canned butter beans, washed and drained
- 4 tbsp** extra virgin olive oil
- ½ cup** baby carrots, halved
- 2 cans** whole new potatoes, drained and halved (16 oz. size)
- ½ cup** frozen green peas
- ½ cup** celery, large diced
 - 1** large onion, large diced
- ½ lb** fresh mushrooms, mixed halves and quarters
 - 1** small zucchini, large diced
 - 1** small yellow squash, large diced
 - 1** small bell pepper, seeded and chopped
 - 1** small bunch asparagus, cut into thirds

- 1** First, coat a large roasting pan thoroughly with non-stick spray, and set aside momentarily.
- 2** Then preheat your oven to 450 degrees. Now, in a 12-inch anodized or Teflon-coated skillet melt the butter over a medium-high heat. When the temperature reaches the right level, drop in the veggie mix and stir it around briskly to coat everything liberally. Then when the veggies begin to show signs of 'clearing and wilting,' drop in the diced tomatoes and saute them as well, right to the point where they soften and give up most of their juices.
- 3** Now quickly stir in the butter beans until the entire mixture is fully blended; then transfer the contents of the skillet to the roasting pan. Immediately thereafter, place the skillet back on the stovetop over a medium high heat and begin quickly stir-frying all the fresh vegetables one vegetable at a time.
- 4** As each comes done (done' is defined as lightly tender-crisp), use a slotted spoon to transfer it to the roasting pan. Continue the process until all of the vegetables are in the roasting pan. Then, slide the pan of veggies into the preheated oven and roast them (tossing occasionally to ensure that none burn) until they turn a rich golden brown.

Great Big 'Ole Cajun Kitchen Sink Casserole (cont.)

COURTESY OF FRANK DAVIS

For the Meats

INGREDIENTS

- 4 tbsp** rendered bacon fat or margarine
- 1 lb** Louisiana shrimp, peeled and butterflied 3 boneless center-cut pork chops, diced
- 6** chicken tender strips, sliced into 1-inch pieces
- 2 links** andouille sausage, sliced and quartered

- 1** Heat the fat in a heavy 12-inch anodized skillet and begin the process by dropping in the diced andouille and sautéing it until it becomes seared and crusty.
- 2** Then, one ingredient at a time, a few pieces at a time, start adding the shrimp, then the pork, and then the chicken. As they come ready, simply remove them from the skillet with a slotted spoon and place them temporarily on a large platter.

The Roux

INGREDIENTS

- ½ cup** all-purpose flour
- ¼ cup** vegetable or Canola oil
- 1-2 cups** whole milk, as needed
- 1-2 tsp** chicken bouillon granules, as desired
- 1 can** Campbell's Cream of Chicken Soup (10.5 oz. size)
- 1 tsp** vegetable seasoning
- 1 tsp** Frank Davis Bronzing Mix or other Cajun seasoning
- Kosher salt to taste
- Black pepper to taste

- 1** While it may appear complicated, the procedure is very simple. Once again take a heavy 12-inch skillet, pour in the Canola oil, and heat it to the point of it 'just beginning to smoke.'
- 2** Then begin sprinkling in the flour a little at a time, whisking it all the while with a wire whip until the roux turns smooth and creamy-looking. Continue to add flour and whisk it until the texture of the roux resembles a heavy (but smooth) pancake batter.
- 3** Then, quickly remove the skillet from the fire and allow it to cool until it becomes warm enough to handle.
- 4** Now you can start pouring in the milk a little at a time and stirring it until you create a nice thick gravy. Then stir in the bouillon granules, the can of Cream of Chicken Soup, and the remaining seasonings, taking extra care to fully combine each ingredient into the others.
- 5** Then when the 'gravy' is ready, remove the roasted veggie pan from the oven, mix the seared meats and shrimp into the veggies, and spoon the gravy over everything.
- 6** Now gently toss everything once more until the ingredients are thoroughly and uniformly coated

Great Big 'Ole Cajun Kitchen Sink Casserole (cont.)

COURTESY OF FRANK DAVIS

The Topping

INGREDIENTS

1 double roll Pillsbury Pie Crust

1 small package EggBeaters

- 1** Re-set your oven temperature to 425 degrees.
- 2** Then on a lightly floured surface, take a rolling pin and roll out the pre-made pie crust into a rectangle large enough to completely cover the pan containing the roasted and coated casserole ingredients.
- 3** Then on a lightly floured surface, take a rolling pin and roll out the pre-made pie crust into a rectangle large enough to completely cover the pan containing the roasted and coated casserole ingredients.
- 4** It should take about 15 or so minutes for the crust to turn a rich golden brown. When it reaches that point, remove the casserole from the oven, immediately spoon it on heated plates, and serve it to your guests piping hot.



Chef's Notes: The 'prepared vegetable mix' I refer to in this recipe is the plastic container of chopped onions, celery, bell pepper, parsley, garlic, and scallions in the produce section of your supermarket.

For best flavor, take time to thoroughly wash the canned butter beans before adding them to the ingredients in the roaster.

Whatever you do, don't make the coating 'gravy' too watery. Additional liquids will leech from the ingredients as the casserole bakes. If the consistency is too watery to start with, the crust won't ever get crisp.



Cajun Cornbread Casserole

Cajun Cornbread Casserole

COURTESY OF FRANK DAVIS

INGREDIENTS

- 2 packages** Pioneer Yellow Cornbread Mix
- ½ cup** unsalted butter
- ½ cup** green onions, tops and bottoms, chopped
- ½ cup** celery, chopped
- ½ cup** bell pepper, chopped
- 1 lb** of Louisiana crawfish tails, chopped
- 1 lb** Louisiana wild caught shrimp peeled and deveined
- ½ lb** boiled and chopped hot sausage
- ½ cup** whole milk
- 1 11oz can** cream style corn
- 2** whole eggs, beaten
- 1 cup** mild cheddar cheese, shredded
- ¼ cup** Italian flat leaf parsley, minced
- Frank Davis Sprinkling Spice or other Cajun seasoning

- 1** First thing you do is bake the cornbread as directed per package instructions. Next, allow the loaf to cool. . .and then crumble it with your hands into a large mixing bowl.
- 2** Now melt the butter in a large sauce pan; then add the onions, celery, and bell pepper and saute the mixture until the onions clear. When all that's done, add the crawfish tails, the shrimp, and the hot sausage and cook for about 5 minutes, stirring often. Then add the milk and cream corn and stir until mixture is fully blended.
- 3** Finish up by folding all these ingredients into the bowl of crumbled cornbread, along with the eggs, cheese, and parsley.
- 4** Now mix everything well, season it with a little Frank Davis Sprinkling Spice or Cajun seasoning to taste, transfer the concoction to a baking dish, and bake it at 350 degrees for right about 45 minutes.



Cajun Brown Rice Boudin Stuffin'

Cajun Brown Rice Boudin Stuffin'

COURTESY OF FRANK DAVIS

INGREDIENTS

- ¾ gallon** water
- 2 lbs** boneless pork
- 2 lbs** pork bones
- 1 lb** pork liver
- 2** onions, finely chopped
- ½** bell pepper, finely chopped
- ¾ tbsp** salt
- ¾ tbsp** black pepper
- ¾ tbsp** red pepper
- ½ tbsp** garlic powder
- ½ tbsp** garlic powder
- 2** bay leaves
- 2 tbsp** cornstarch + 1 cup cold water
- 1 bunch** green onion tops, finely sliced
- 6 cups** cooked brown rice

- 1** First, take a 16 quart stockpot and fill it with the ¾ gallon water. Then bring the water to a rapid boil and drop in the boneless pork, the bones, the liver, the onions, bell pepper, salt red pepper, black pepper, bay leaves and garlic powder. When the water comes back to a full boil, reduce the heat to a 'slow bubble' and cook everything together covered for at least 2 hours (adding more water as it evaporates) or until the meats become fall-off-the-bone-tender.
- 2** When the pork and liver are done, set them aside on a platter to cool and strain out all of the ingredients from the stock; but put the stock back into the pot and bring it back to a boil. Then take the cornstarch and dissolve it in one cup of cold water. And when the stock is once again boiling, stir in the cornstarch/water mixture to thicken it.
- 3** Meanwhile, pick all the meat from the bones and combine it with the boneless pork, the liver, and the seasoning vegetables you strained out of the stock. Then, with a large chef's knife, finely chop all the meats and the vegetables together. When they're uniformly consistent, spoon everything back into the cooking stock but immediately take the pot off the fire.
- 4** Finally, begin adding the stock to the 6 cups of cooked rice a little at a time until you end up with a stuffing that resembles a moist 'dirty rice' and is technically ready to be eaten as is. You don't want it to come out soupy, but if you've followed the recipe properly the rice should absorb just about all of the casserole dish, and place it into a warming oven until you're ready to serve.

Chef's Notes: This recipe will yield about 6 pounds of boudin stuffing and should serve a large family easily. Not only is it outstanding freshly made from the oven, but it can be made in advance and refrigerated or frozen for future use. I suggest you cover the casserole while it's in the warming oven to keep the rice from drying out.



Crawfish Fritters

Crawfish Fritters

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- ½ lb** chopped crawfish tails
- ¼ cup** onions, chopped fine
- ¼ cup** green pepper,
chopped fine
- ¼ cup** celery, chopped fine
- 1 tbsp** lemon juice
- 1 tbsp** tomato paste
- 2 tbsp** Creole seasoning
- 1 cup** all-purpose flour
- ½ cup** cup water
- Vegetable oil for deep
frying

- 1** Mix together the chopped crawfish, bell pepper, celery and onions. Add lemon juice, tomato paste and Creole seasoning. Let sit for 10 minutes, then stir in the flour along with enough water to produce a batter.
- 2** In a skillet, heat the oil until a spoonful of cool batter floats to the surface. Place tablespoon portions of batter into the hot oil 2 at a time, cooking until golden brown and turning those fritters that do not flip over on their own. Drain on paper towels. Serve hot, 2 fritters per serving with cocktail sauce or salsa for dipping.



Cajun Crawfish Cakes

INGREDIENTS

- 4 tbsp** sweet cream butter
- 4 tbsp** corn or peanut oil
- 1** large onion, finely chopped
- 2/3 cup** celery, finely diced
- 1/2 cup** bell pepper, finely diced
- 1/2 cup** soften margarine
- 2 lbs** crawfish tails, coarse chopped
- 6 cups** boiled, chopped red potatoes
- 3** raw eggs, well beaten
- 1/4 cup** minced parsley
- 1/2 cup** green onions, thinly sliced
- 2 tsp** Frank Davis Seafood Seasoning
- 1 stick** melted margarine
- 1/2 cup** water + 1/2 cup milk
- 4 tbsp** butter
- 4 tbsp** all purpose flour
- 2 cups** low-fat mil
- 1/4 cup** cocktail sherry
- 2/3 cup** chopped spinach
- 1 cup** shredded cheddar/ Monterey Jack mix
- 8** hamburger buns, toasted


Cajun Crawfish Cakes

COURTESY OF FRANK DAVIS

- 1** First, in a heavy 12-inch skillet, combine the butter and the corn oil together and bring it to medium heat on the stove top. Then lightly saute the vegetables the onions, celery, bell pepper and garlic until they wilt and soften (figure this will take you about 8 minutes or so).
- 2** While the veggies are simmering take a chef's knife and coarsely chop the crawfish tails (if they are exceptionally small you can leave them whole). At this point, add the chopped tails to the skillet and uniformly stir everything together.
- 3** Then with the flame set at medium high, cook the mixture until all the ingredients are thoroughly blended about 3 minutes but don't overcook it otherwise you'll shrivel up the crawfish tails.
- 4** One more suggestion: since this dish goes together best if the potatoes are hot when blended with the crawfish mixture, I recommend you boil and drain the potatoes while the crawfish mixture is simmering so that they're both ready to use at the same time.
- 5** Next, combine the 'taters and mudbugs in a large mixing bowl. Then add the raw eggs (but work them into the mixture quickly so that they don't scramble), stir in the parsley and the onion tops, and sprinkle in the seafood seasoning.
- 6** Finally, using a large Teflon-coated skillet or a well-seasoned grilltop placed over medium-high heat, form crawfish cakes about the size of hamburger buns and cook them on both sides in melted margarine until they turn a beautifully toasted brown but be gentle when you turn them because they're light and will have a tendency to fall apart.
- 7** In the meantime, make your topping sauce. Mix together in a 2-quart saucepot the 4 tablespoons of butter and 4 tablespoons of all-purpose flour just whisk it gently over medium-low heat until it forms a light roux (you don't want the mixture to brown). then stir in the low-fat milk, a splash of cocktail sherry, the chopped spinach, and about 1 cup of shredded cheese, along with a little salt and red pepper to taste. Then the sauce gets hot and bubbly and reaches the consistency of pancake batter, it's ready to eat!
- 8** All that's left then is to butter about 8 hamburger buns and toast them under the broiler. Then ladle a little of the sauce over the bun, top it with a crawfish cake, top off the cake with another ladle full of sauce, and place the lid on the bun.



Frank's Boudin & Potatoes



INGREDIENTS

2 black cast iron grill pans

1 small can Pam Spray

1 stick melted butter

1 pastry brush 2-inch size

2 lbs boudin links

2 sheets heavy duty aluminum foil

- 1** First, position your grill pans directly over the two largest burners on your stovetop. Then spray them both liberally with the Pam. Then, turn on the fire to medium high to let the pans pre-heat.
- 2** Meanwhile, using the pastry brush, liberally 'paint' the boudin links with the melted butter and set them into the grill pans crosswise to get the best grill marks on the casings.
- 3** When they're in position, crinkle the foil and place the sheets tightly over the pans to form a 'bonnet.' This will help the links brown evenly.
- 4** About every 5 minutes, remove the bonnet and rotate the links a quarter turn, replacing it after each rotation.
- 5** You'll know when the boudin is done when the links take on a beautiful bronzed color and the casing begins to turn crispy. When the casing starts to split, the boudin is ready to eat!

Hint: To make the casings even more crispy than normal, brush the links with the butter upon every rotation in the skillet.

Frank's Boudin & Potatoes

COURTESY OF FRANK DAVIS

The Roux

I bet it never occurred to you to 'smoke' your potatoes. Yes smoke your potatoes! The end result is the earthiest tasting potatoes (with a perfect texture) you could ever imagine.

INGREDIENTS

- 1 large** Stovetop Smoker
- 1 can** Pam Spray
- 3 medium-large** baking potatoes
- 3 medium-small** sweet potatoes (yams)
- 1 cup** 1 cup extra virgin olive oil
- 2 sticks** melted butter
- 1 medium-large** pastry brush, 2-inch size
- 3 tbsp** Frank Davis or other Cajun seasoning
- 2 cups** sour cream

- 1** First, wash your potatoes under cold running water, being careful to remove all traces of mud from the spuds.
- 2** Then with a sharp knife, cut them either crosswise or lengthwise into 1/2 to 3/4 size slices. Yes leave the skins on.
- 3** Now place the wire smoker rack into the drip pan and spray it liberally with Pam.
- 4** Next, put about 2 heaping tablespoons of either oak or hickory wood chips on the floor of the smoker, right in the center.
- 5** Then fill up your smoker rack with the potato slices (attempt to get the entire batch in a single layer). Season the slices well. Brush them down with both the olive oil and the butter and liberally sprinkle them with the Cajun/Creole seasonings.

Place the smoker unit over medium heat. When the chips begin to give off wisps of smoke, cover the unit tightly with the sliding top and smoke the potatoes for about 45 minutes.

Occasionally, if you prefer, you can slide the cover back and brush the slices down again with the melted butter.

The potatoes are ready to eat when they fluff up when pierced with a dinner fork.



Speckled Trout Courtbouillon

INGREDIENTS

2 cups corn or canola oil for frying

8-10 trimmed speckled trout fillets, 8 oz. size, cut into 4-inch chunks

4 cups seasoned all-purpose flour

½ cup melted butter (not margarine)

1 large yellow onion, finely chopped

1 cup celery, finely chopped

¾ cup bell pepper, chopped

¼ cup fresh parsley, minced

4 cloves fresh-peeled garlic, minced

6-8 sweet basil leaves, torn into pieces

3 whole bay leaves

¾ cup sliced green onion tops and bottoms

6 large ripe tomatoes, peeled and crushed

1 can tomato sauce, 16-oz. size

3 jars sliced mushrooms, drained

2 cups canned chicken broth

1 cup semi-dry white wine

Juice of one large lemon

1 tbsp lemon zest

Salt, black pepper, and red pepper flakes to taste.

6 cups cooked long-grain rice

Speckled Trout Courtbouillion

COURTESY OF FRANK DAVIS

- 1 The first thing you want to do is heat the corn or canola oil in a large, high-sided skillet until it reaches about 350 degrees. Then while the oil is coming up to heat, dredge the slightly wet, cut up fish pieces (take extra caution to remove all the bones!) in the spicy seasoned flour and set them aside on a sheet of waxed paper.
- 2 Then when the oil is at the right temperature, begin 'dropping in' the fish pieces a few at a time and frying them until they just start to crust over *do not overcook them or they will be tough!* As they become browned, remove them from the oil and drain them on a couple of layers of absorbent paper towels.
- 3 Next, take a large covered skillet or heavy aluminum oval roaster, melt the butter, and stir into the mix the next 11 ingredients in the order listed (stop adding when you get to the chicken broth).
- 4 At this stage, saute everything together gently over a medium heat until the 'gravy' uniformly combines. This should take you about 15 minutes total. *Just be sure you keep everything from scorching.* At this point, add to the pot the chicken broth, wine, lemon juice, lemon zest, and salt and peppers to taste, stir everything until fully blended, and then very gently 'nestle' the speckled trout you seared earlier into this tomato preparation.

Note: Be extra careful when adding the fish so that the chunks don't break up in the sauce!

- 5 Now lower the heat to simmer and put the heavy lid on the pot. All that's left to do is cook the courtbouillion for about 25 minutes, but once again remember... *do not stir the pot because this would break up the fish.*
- 6 If you feel that you must mix the ingredients to blend them further, gently agitate the entire pot from side to side with the lid in place. But at all cost, *do not break up the fish.*
- 7 Finally, when you're ready to eat, spoon a generous portion of the trout nuggets (along with several ladles full of the courtbouillion) lavishly over a gumbo or soup bowl filled with the hot rice and serve it up with, maybe, some spicy mixed veggies alongside a chilled avocado, white onion, black olive, and tomato salad.

Chef's Notes: The fresh tomatoes you use in this recipe must be overly ripe so that they will cook down (almost disappearing) into a subtle sauce. If you prefer to de-seed them, you can, but it isn't necessary.

This dish can also be done in the oven as well as on top the stove. After the fish has been added, instead of cooking the courtbouillion over a low fire on the stovetop, simply slide the oval roaster into a pre-heated 350-degree oven and cook for about 45 minutes.



Cajun Chunky Chicken Chili

Chef's Notes: This dish cooks best in a heavy cast iron or club aluminum Dutch oven or oval roaster. Thin-walled utensils do not hold the heat and "roast" the contents as does heavy metal.

Even though you are using chicken, there is considerable fat encapsulated within the meat of the chicken which renders out during slow-cooking. To be heart-healthy, this fat should be skimmed off and discarded.

To make the French bread "pirogues," hold 4-inch pistolette in your hand, cut the top out with a sharp knife (the serrated edges of a grapefruit knife works great), and scoop out the spongy bread part. Then liberally brush the hollowed out "boat" with butter and quickly toast it under the oven broiler.

Always cook a dish for an additional 5 minutes after adding flour as a thickener. It takes that long for the gluten to cook and for the raw, chalky taste to disappear.

Cajun Chunky Chicken Chili

COURTESY OF FRANK DAVIS

INGREDIENTS

2 tbsp extra virgin olive oil

1-1 ½ finely diced yellow onions

1 cup finely diced celery

⅔ cups finely diced bell peppers

1 cup thinly sliced mushrooms

3 lbs bulk chicken sausage

1 tbsp finely minced garlic

2 tsp Poultry Seasoning

4 cans fat-free chicken broth

2 tsp Worcestershire sauce

1 tbsp Kitchen Bouquet

½ cup Marsala wine

2 tsp Salt (or to taste)

⅓ cup all purpose flour + ¼ cup chicken broth

½ cup finely minced parsley

½ cup thinly sliced green onions

8 Pee Wee French bread rolls, 4 inch size

6 cups cooked Mahatma long grain rice

- 1** Instructions: First, in a heavy 5-quart Dutch oven or oval roaster, heat the olive oil almost to the smoking point. Then drop in the onions, celery, bell peppers and mushrooms and fry them down until the mixture begins to brown ever so slightly. Now add to the pot the bulk chicken sausage, toss everything together uniformly, and - *still over high heat* - cook the ground chicken until it becomes totally opaque and you can no longer detect any rawness in the meat.
- 2** At this point, drop in the minced garlic and the poultry seasoning and incorporate them both into the mixture. Then pour in the chicken broth and thoroughly stir in the Worcestershire sauce, the Kitchen Bouquet, the wine and the salt. When all the ingredients are fully combined, cover the pot, place it in a 400 degree oven, and bake it for 3-1/2 hours. *Don't uncover the pot at all during the first 3 hours! And don't worry about it - it won't burn.*
- 3** After the chili is done, remove it from the oven and meticulously skim off the excess fat that has accumulated on the surface of the dish by the slow rendering process. Note - you only need to do this if you're going to serve the dish immediately. If you're serving the dish, say, the next day, then you can defat the chili by chilling it.
- 4** After the fat is removed, place the pot on top of the stove and (once again over high heat) stir in as much of the flour mixture as you'll need to thicken the chili to your desire (it should be pasty, but it shouldn't be soupy either). Oh - and remember that the flour will need to simmer for about 5 minutes after each time it's added.
- 5** When the texture and tenderness is to your liking, quickly stir in the parsley and the green onions and simmer for 5 more minutes. Then, while it's still piping hot, either ladle the chili over a mound of hot buttered rice or spoon it into a toasted and buttered French bread pirogue. Served alongside a cold, crisp green salad, this is hard to beat, yeah, cher!



Fried Boudin Balls

INGREDIENTS

1 cup all-purpose flour (or more, if needed)

1 cup corn flour

2 large eggs, lightly beaten

1/2 tsp salt

1/4 tsp cayenne pepper

1/4 tsp hot sauce

Homemade Boudin, recipe follows

Vegetable oil, for deep-frying

- 1** Put flour and corn flour in one bowl. In another bowl, combine eggs, salt, cayenne, and hot sauce.
- 2** Form Homemade Boudin into golf-sized balls.
- 3** In a large Dutch oven, pour oil to a depth of 2 inches; heat over medium heat until a deep fry or candy thermometer registers 360°.
- 4** Add balls, in batches, to the egg mixture, then roll in flour coating them evenly. Fry balls, in batches, in oil until light brown, 2 to 3 minutes. Drain on paper towels. Serve warm.

Tip: Boudin can be rolled up in egg roll wrapper to make Boudin roll-ups and then fried. Cheese can be added to the center of boudin balls and then fried.

Fried Boudin Balls

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS: BOUDIN

- 3 cups** short-grain rice, cooked and cooled
 - 2 lbs** pork shoulder, cut into 1-inch cubes
 - 1 lb** pork liver, cleaned and cut into large chunks
 - 2 quarts** chicken stock
 - 1 ½ cups** coarsely chopped onion
 - ½ cup** coarsely chopped green bell pepper
 - ½ cup** coarsely chopped celery
 - 2** garlic cloves, whole
 - 2 tsp** salt, divided
 - 2 tbsp** Creole seasoning, divided
 - 2 tsp** cayenne pepper, divided
 - 1 ¼ tsp** black pepper, divided
 - 1 cup** chopped fresh parsley leaves, divided
 - 1 cup** chopped green onion, divided
- 1** In a large bowl, add rice, and fluff with a fork.
 - 2** In a large Dutch oven, combine pork, liver, 2 quarts water, onion, bell pepper, celery and garlic, 1 teaspoon salt, 1 tablespoon Creole seasoning, ¼ teaspoon cayenne, and ½ teaspoon black pepper. Bring to a boil over high heat; reduce heat to medium-low, and simmer, uncovered, until pork and liver are tender, about 1 ½ hours. Remove from heat, and drain, reserving 1 ½ cups of broth.
 - 3** In a meat grinder fitted with a ¼-inch dye, grind pork and liver with ¼ cup parsley and ¼ cup green onion. (The pork and liver can also be coarsely chopped, in batches, in the bowl of a food processor.)
 - 4** In a large bowl, combine pork mixture and rice, remaining salt, Creole seasoning, cayenne, black pepper, parsley, and green onion. Mix well. Add reserved broth, about 1/2 cup at a time, combining until mixture is moist but holds together when squeezed.
 - 5** Form mixture into balls or patties and use, or freeze up to 3 months.



Shrimp & Andouille Sausage with Asiago Grits

PHOTO: THINKSTOCK

Shrimp & Andouille Sausage with Asiago Grits

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 1 tbsp** butter
- ½ lb** andouille sausage, diced
- ½ cup** green onions chopped
- 1 tbsp** Creole seasoning
- 1 ½ lbs** unpeeled, medium-size raw shrimp
- ¾ cup** whipping cream
- ⅓ cup** chicken broth
- 1 tbsp** Worcestershire sauce
- ½ cup** freshly grated Asiago or Parmesan cheese
- ½ cup** freshly grated Asiago or Parmesan cheese
- ¼ tsp** ground white pepper
- asiago grits
- fresh chives and parsley, to garnish

- 1** Peel and devein shrimp.
- 2** Melt butter in a large skillet over medium-high heat. Add sausage, green onion and Creole seasoning and cook, stirring constantly, 5 minutes or until lightly browned. Add shrimp and cook, stirring constantly for 3 to 5 minutes or just until shrimp turn pink. Remove shrimp and sausage mixture from skillet.
- 3** Add cream, broth, and Worcestershire sauce to skillet. Cook over medium heat, stirring constantly, 5 minutes or until slightly thickened. Stir in cheese and pepper. Cook, stirring constantly for 6 to 8 minutes or until cheese is melted. Stir in shrimp and sausage mixture. Serve over asiago grits. Garnish with fresh chives and parsley, if desired.

INGREDIENTS: ASIAGO GRITS

- 2 (14 oz) cans** chicken broth
- ½ tsp** salt
- ¾ cup** stone ground or uncooked quick-cooking grits
- ½ (8oz)** container chive-and-onion cream cheese
- ½ cup** freshly grated Asiago or Parmesan cheese
- ¼ tsp** ground white pepper

- 1** Bring chicken broth to a boil in a medium saucepan over medium-high heat; gradually whisk in grits. Cover and reduce heat to medium-low. Simmer, stirring occasionally, 12 to 15 minutes or until thickened. Add cheeses and pepper, stirring until melted.

NOTE: Stone ground grits will take 5-10 minutes longer to cook.



Mardi Gras Jambalaya



Mardi Gras Jambalaya

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

2 tbsp oil

1 lb sausage

1 lb chicken

1 cup onion

½ cup celery

½ cup bell pepper

3 tbsp Creole seasoning

2 cloves garlic

2 oz tomato paste

2 cups crushed tomatoes

½ cup tomatoes diced

1 bay leaf

2 tbsp sugar

salt to taste

4 cups stock

2 cups uncooked rice (long grain converted rice)

1 lb shrimp cooked

Parsley and green onion for garnish

- 1** Brown the sausage and chicken over a medium-high heat. Add vegetables and Creole seasoning, sauté for 5 minutes or until the vegetables are soft.
- 2** Add the tomato paste, and sauté for 2 minutes. Add crushed tomatoes, diced tomatoes, bay leaf, and sugar. Simmer for 5 minutes to let the flavors blend. Stir occasionally. Add stock and bring to a boil. Adjust seasoning and make sure it is a little over seasoned because rice absorbs a lot of flavor. Add rice stirring well, bring back to a boil, cover and simmer on low for 10 minutes.
- 3** Turn off heat, uncover and stir rice thoroughly. Fold in shrimp, and cover for 20-25 minutes to let rice finish cooking, and shrimp to heat.
- 4** Garnish with parsley, and green onions.

Tip: If you choose, 6-8 strips of diced bacon can be sautéed in a pan prior to the sausage and chicken and then removed. Later, it can be added when shrimp is stirred in.

A photograph of a light blue ceramic bowl filled with Maque Choux, a traditional South American corn dish. The dish consists of bright yellow corn kernels coated in a creamy white sauce, garnished with finely chopped green herbs. The bowl is set on a rustic wooden surface. A semi-transparent green banner is overlaid across the middle of the image, containing the title text.

Kevin's Maque Choux

Kevin's Maque Choux

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

3 ears corn, cleaned

2 tbsp butter

½ cup onion, chopped

¼ cup bell pepper, chopped

1 tbsp Creole seasoning

1 tbsp garlic

1 tsp hot sauce

½ cup green onions

¼ cup diced tomatoes

¼ cup parsley

¼ cup heavy cream

½ tsp salt

- 1** In a large skillet, heat butter and sauté' corn, onion, bell pepper, Creole seasoning, garlic, hot sauce, green onions, tomato, and parsley. Cook until soft, about 10 minutes. Add cream and cook for 2 minutes. Remove from heat add salt. Adjust seasoning and serve.



Kevin's Smothered Greens



Kevin's Smothered Greens

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 7 lbs** greens, one variety or mixed
- 3/4 lb** lean bacon, cut into strips
- 1 cup** finely chopped onion
- 1/2 cup** chopped celery
- 3/4 cup** chopped sweet pepper
- 2** small ham hocks
- 1 tbsp** Creole Seasoning
- 2 tbsp** vinegar
- 2 cups** water or chicken stock

- 1** Use only the tender leaves of the washed greens, breaking them into 2-inch pieces.
- 2** Cook the bacon in a heavy kettle until the fat is rendered, then add onions, celery, and sweet pepper.
- 3** Stir over medium heat for about 5 minutes, then add the greens.
- 4** Cover and cook until the greens are wilted, about 15 minutes.
- 5** Add the ham hocks, Creole Seasoning and vinegar, cover and cook for another 15 minutes.
- 6** Then pour in the water, cover and simmer for 90 minutes.
- 7** Serve with a bottle of hot peppered vinegar for additional heat.



Louisiana Dirty Rice



Louisiana Dirty Rice

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- ½ lb** ground beef
- ½ lb** pork breakfast sausage
- ½ lb** chicken livers, cooked and chopped fine
- 2 cups** onion, chopped
- 1 cup** celery, chopped
- 1 cup** bell pepper, cleaned and chopped
- 3** garlic cloves, minced
- 1/2 cup** Italian parsley, destemmed and rough chop
- 2 tbps** Creole seasoning
- 2 cups** uncooked long grain rice
- 4 cups** chicken stock

- 1** In a large sauté pan over medium heat, sauté beef until browned, about 8 minutes. Remove beef and drain in a colander. Return pan to heat and cook pork until browned, about 8 minutes. While pork is cooking transfer beef to large mixing bowl. Remove pork with a slotted spoon and drain through a colander. Add pork to beef in large mixing bowl. Again, using same sauté pan, add chicken livers and cook for about 5 minutes or until cooked through. Remove and drain in colander. Let cool and chop fine.
- 2** Using same sauté pan with oils and drippings remaining sauté chopped vegetables until translucent, about 8-10 minutes. Add garlic and parsley and cook one-minute stirring thoroughly.
- 3** Return beef, pork, and chicken livers to pan. Over medium high heat add rice, stir well. Add stock, bring to a boil, stir, and reduce heat to low. Cover and cook for 15 minutes. Turn off the heat, stir and cover, let stand for 10 minutes.



Dancing at Breakfast

Week-end mornings in Cajun Country tradition requires us to dance at breakfast. Of course there is eating and drinking too. To all who visit all of the places where dancing starts around 8am, "Bienvenue au fais do do." Breaux Bridge, Mamou, Eunice, and Arnouldville. These are the famous places that have been written about and which welcome visitors. But there are other places that only locals know about, where the old traditions of Acadiana are still preserved and observed.

Food and music are intertwined. People of all ages mingle, dance the two step together, and sing along with their favorite songs. There are Bloody Marys and crawfish étouffée, lots of music of all sorts, and a fine time for all. Having a dance after mass was something done in bygone days after midnight mass. The leap to dancing on Sunday after early mass is certainly not a big one. And adding Saturday mornings just gives you more opportunity to party.



ZYDECO GUMBO

- 🍷 2 lbs boneless, skinless chicken thighs
- 🍷 2 tbsp Mulate's Cajun Seasoning
- 🍷 1 tbsp vegetable oil
- 🍷 2 medium onions, diced
- 🍷 1 medium bell pepper, diced
- 🍷 3 stalks celery, diced
- 🍷 5 cloves garlic, diced
- 🍷 3 - 10 oz packs frozen cut okra
- 🍷 1 tsp kosher salt
- 🍷 ½ tsp. cayenne pepper
- 🍷 4 quarts water
- 🍷 1 cup dark roux
- 🍷 1 lb 50/60 count shrimp, peeled
- 🍷 1 lb smoked sausage, sliced ¼ inch thick
- 🍷 3 cups cooked white rice

Season all chicken pieces with Mulate's Cajun Seasoning. In a large soup pot, heat oil over medium-high heat. Working in batches so as not to overcrowd the pot, brown chicken on both sides. Remove chicken from pot and cut into bite-size pieces. Add onion, bell pepper, celery to the pot and sauté for 5 minutes. Add ½ cup of water to deglaze the pot – be sure to scrape all the little browned bit from the sides and bottom of the pot. Add garlic and okra and continue cooking for about 20 minutes, adding water as needed for sticking. Add salt and cayenne and stir until blended. Add 4 quarts of water and bring to a boil. Add roux and stir until dissolved. Add chicken pieces; bring back to a boil. Continue to boil for approximately 40 minutes. Add shrimp and smoked sausage; boil for 10 minutes. Turn off heat and let the gumbo rest for 30-45 minutes before serving over white rice. Serves 8-10.

Note: You can buy a dark roux (which will save time) in most grocery stores, but you can make your own as well. To make a roux for this recipe, heat 1 cup vegetable oil in a heavy pot or pan. Add 1 cup all-purpose flour and cook over a low heat, stirring constantly until the roux is the color you desire. For this gumbo, the roux should be a chocolate brown color. Making your own roux requires time and patience. You can't rush it!

Gumbo is always better the day after you make it! Go ahead and make this a day in advance if you're having people over!

Monique Boutté Christina Owner and President

CRAWFISH ÉTOUFFÉE

- 🍷 4 tbsp butter
- 🍷 ¼ cup flour
- 🍷 1 medium onion, diced
- 🍷 2 cloves garlic, minced
- 🍷 3 cups vegetable or chicken stock
- 🍷 1 bay leaf
- 🍷 1 tbsp Mulate's Cajun Seasoning
- 🍷 1 lb crawfish tails

Over medium-low heat, melt butter and add flour. Make a roux the color of peanut butter. Add onion and sauté for about 5 minutes. Add garlic and cook for 3 minutes more. Add stock, bay leaf and seasoning and simmer for 20 minutes. Add crawfish and fat from the bag you bought them in. Add a tbsp or so of water to the bag, swish it around and pour into the pot, so you don't miss any good flavor! Simmer for 5-10 minutes. Serve over rice. Serves 4-6.

Note: If crawfish are out of season, you can substitute 1 lb. 40-50 peeled and deveined shrimp and enjoy a delicious Shrimp Etouffée. You can still use the vegetable or chicken stock, but if you want to make a shrimp stock you can follow these simple steps. Place 3 ½ cups of water in a medium sauce pot. Put just enough shrimp heads and/or peels into the pot to still have a ½ inch of water at the top. Bring to a boil. Reduce heat and simmer for 20 minutes. Strain shrimp pieces out and keep the stock to use in this recipe.

Monique Boutté Christina Owner and President



MULATE'S CHICKEN & SAUSAGE JAMBALAYA



- 🍷 1 lb boneless, skinless chicken thighs
- 🍷 1 lb boneless, skinless chicken breasts
- 🍷 2 tbsp Mulate's Cajun Seasoning
- 🍷 1 tbsp cooking oil
- 🍷 2 sticks butter
- 🍷 2 cups water
- 🍷 4 medium onions, diced
- 🍷 1 medium bell pepper, diced
- 🍷 3 cloves garlic, diced
- 🍷 1 lb smoked sausage, sliced in half-inch rounds
- 🍷 1 pint fresh mushrooms, sliced
- 🍷 1 can Ro-tel diced tomatoes
- 🍷 4 cups cooked rice
- 🍷 ¼ cup chopped green onions

Season all chicken pieces with Mulate's Cajun Seasoning. In a large Dutch oven, heat cooking oil over medium-high heat. Working in batches so as not to overcrowd the pot, brown chicken on both sides. Remove chicken from pot and cut into bite-size pieces. Add butter, ½ cup water, diced onions to pot. Be sure to scrape all the browned bits from the bottom and sides of the pot. Cook onions over medium heat until dark golden brown, about 30-40 minutes. Add water as needed for sticking. Add bell pepper and garlic. Continue cooking and stirring frequently for 15 minutes. Add chicken, sausage, mushrooms, and Ro-tel tomatoes, and any remaining water to pot. Reduce heat to medium-low and continue cooking for 45 minutes, stirring occasionally. Mix with cooked rice. Toss in green onions at the end and mix well. Serves 8-10.

Note: Jambalaya is a perfect crowd-pleasing party food. This recipe is easy to upsize for a crowd! You can double everything in the recipe except the onions and bell pepper – use 6 onions and 2 bell peppers.

Monique Boutté Christina Owner and President



CRABMEAT AU GRATIN

- ◆ 1 stick butter
- ◆ 1 medium onion, diced
- ◆ 2 tsp kosher salt
- ◆ 1 tsp cayenne pepper
- ◆ 5 tbsp flour
- ◆ 2 cups half & half
- ◆ 1 ½ cups whole milk
- ◆ 1 cup Cheddar cheese
- ◆ 2 egg yolks, combined
- ◆ 2 lbs jumbo lump crabmeat
- ◆ 1 cup Cheddar cheese, for topping

In a medium saucepot, melt butter and add onion, sauté for about 20 minutes. Add seasonings, then flour while stirring constantly. Add half & half and milk, bring to a boil. Stir in cheese. When the cheese has melted, remove from heat. Add egg yolks, mix well. Fold in crabmeat. Put in buttered au gratin dishes. Top each with cheese. Bake at 400° for about 15 minutes, or until cheese is melted and bubbly. Makes about 8 au gratins.

Note: I like to use 1 lb of jumbo lump and 1 lb of claw crabmeat because I love the flavor of the claw meat, and jumbo lump can be extremely pricey at certain times of the year.

Monique Boutté Christina Owner and President



AT HOME PARTY PLANNING LIST

One Month

- 📌 Set date and time of the event
- 📌 Create a guest list
- 📌 Choose a theme: décor colors, entertainment

Three Weeks

- 📌 Send invitations
- 📌 Start working on your lists: Shopping (food, drink, décor) and To-Do
- 📌 Research food vendors should you decide to have any food catered
- 📌 Ask for help from family and friends, if needed

Two Weeks

- 📌 Order any rental items needed
- 📌 Place catering orders; remember when ordering hors d'oeuvres my general rule of thumb is 3 bites per person.
- 📌 Shop for décor, tableware, and favors - Remember that if you're serving a gumbo or soup, you will need bowls and spoons!

One Week

- 📌 Shop for non-perishable groceries
- 📌 Confirm with all helpers and vendors

Two Days

- 📌 Clean the house
- 📌 Pick up any rental items ordered
- 📌 Grocery store run for all perishable items
- 📌 Pick up fresh flowers... always a nice touch.

One Day

- 📌 Cook, bake, and prepare all food that can be made in advance
- 📌 Cut lemons and limes if needed for your bar
- 📌 Set up furniture
- 📌 Start decorating
- 📌 Set the stage by setting up bar and buffet areas using unopened bottles, empty ice buckets, platters, and bowls - You want to be sure you have space for everything
- 📌 Place cups, plates, napkins, and silverware

Day of the Party

- 📍 Finish decorating
- 📍 Finish any food preparation and/or pick up catering items you ordered
- 📍 Turn on the music!
- 📍 WELCOME GUESTS AND ENJOY THE PARTY!

WHEN DECIDING HOW MUCH ALCOHOL TO BUY FOR A PARTY...

- 📍 Know your guests... what do they like? Many times this is determined by the type of party you're having. For instance, you wouldn't stock up on red wine for a brunch!
- 📍 When buying bottles of wine and champagne, remember that each bottle holds 4-5 glasses. So assume 1 bottle for every two guests you know will be drinking wine. It's safe to say that you can get 6 glasses out of a bottle of champagne, if you're mixing it with orange juice for mimosas.
- 📍 When buying beer, assume 2-3 beers per person you know will be drinking beer.
- 📍 I'm of the opinion that you do not need a full bar at every home party; however, if you're planning on having a full bar, I like to buy liter size hard liquor for the best price. There are approximately 33 ounces in a liter. I always put a one ounce shot glass out on the bar to use for mixing cocktails. It's best for your guests not to just eyeball it! Accounting for those guests who like a stronger cocktail, you get about 25 drinks per liter of hard alcohol.
- 📍 If you're unsure, and would rather be safe than sorry, for every ten guests you should purchase: 2 bottles of red wine and 2 bottles of white wine, a 12-pack of beer, 1 bottle of vodka, and 1 bottle of bourbon. Your guests will find something they like!
- 📍 Don't forget mixers if you're having a full bar! Items like club soda, cranberry juice, soft drinks, lemons, and limes are necessities.
- 📍 Always have a full pitcher of water, as well as water cups, on the bar for your guests.

NEW ORLEANS STYLE BARBEQUED SHRIMP



- 🍷 1 cup melted butter
- 🍷 6 oz Worcestershire Sauce
- 🍷 Juice of 4 lemons
- 🍷 3 tsp Tabasco
- 🍷 4 tsp kosher salt
- 🍷 1 tbsp fresh ground black pepper
- 🍷 1 tsp rosemary
- 🍷 6 cloves garlic, roughly chopped
- 🍷 50 large headless shrimp, shells on
- 🍷 1 medium onion, sliced into rings
- 🍷 1 lemon, sliced into rounds
- 🍷 1 loaf fresh French bread

Preheat oven to 400°. Place shrimp in a large, deep baking dish, at least 11x13 inches. Place onion and lemon slices over the top. Combine first 8 ingredients, mix well. Pour over shrimp. Bake for 15 minutes, remove from oven and stir. Return to oven and bake until shrimp are pink. Serve with French bread to "sop-up" the buttery delicious sauce! Serves 6.



FRENCH MUFFALETTA

- 🍷 loaf French bread, sliced longways
- 🍷 Sliced Provolone Cheese
- 🍷 Sliced Genoa Salami
- 🍷 Sliced Chisesi Ham
- 🍷 Olive Salad mix

On one side of the French bread, spread the olive salad mix. Layer the ham, Provolone, and salami. On the other side of French bread, use a little bit of olive oil from the olive salad mix and spread it to lightly coat. Press sandwich together and slice as you like. We use a Panini press to heat ours and serve!

Note: We had so many customers come into the restaurant and request a Muffaletta that we decided to make our own and put a French spin on the New Orleans Italian favorite!

Monique Boutté Christina Owner and President

SMOTHERED SEVEN STEAKS

This is a very traditional Cajun Sunday dinner. I've enjoyed "rice n gravy" for as long as I can remember. My dad learned how to cook it from his mom, and I learned from my dad. This is one of those traditional dishes that isn't very low in fat or "heart-healthy", so I stopped cooking it for my family for several years. Last year, we were having a discussion with some of our good friends about heritage and family recipes and I realized that my daughters did not know what "rice n gravy" even was because I hadn't cooked it in so long! I even needed a little help to remember how to cook it because I never cooked it from a recipe! Well, needless to say, once my family tasted this deliciousness, they have requested it to be back on the dinner rotation – only maybe once a month instead of once a week! I told my daughters that this is one they have to learn to cook so the recipe will live on! It pairs perfectly with corn macque choux – I like to mix the corn in with the rice once it's served on the plate! In a time when we are always in a rush to make dinner, take your time with this one... it's worth it!

Monique Boutté Christina

Owner and President

Founder Kerry Boutté's daughter

- 🍷 ¼ cup vegetable oil
- 🍷 2-2.5 lbs seven steaks, bone-in if possible
- 🍷 1 tbsp plus 2 tsp Mulate's Cajun Seasoning
- 🍷 1tsp kosher salt
- 🍷 2 medium onions, diced
- 🍷 1 medium bellpepper, diced
- 🍷 2 cloves garlic, minced
- 🍷 4 cups water, start with 2 cups

Season seven steaks with Mulate's Cajun Seasoning. In a large Dutch oven, heat oil over medium to medium-high heat. Working in batches, so as not to overload the pot, brown the meat for approximately 5 minutes on both sides. You want to brown the meat well because this is the base for your gravy. This process will take about 20-25 minutes. Once all the meat is browned, and the last batch is removed from the pot, add onions and bell pepper. Sauté for 5 minutes then add ½ cup of water to begin deglazing the pot. Reduce heat to medium. Be sure to scrape all the brown tidbits that were left behind from browning the meat. Let simmer for 5 minutes. Add the garlic, 1tsp Mulate's Cajun Seasoning, and another ½ cup water, stir and continue cooking for 5 more minutes. Repeat this process twice more: add ½ cup water, let cook down for 5 minutes. This process is a bit tedious, but remember you are working on a delicious gravy! Add meat back into pot and add enough water to cover the meat, approximately 2 cups. Reduce heat to low, cover and cook for about 2 hours, stirring occasionally. Skim any excess oil. Season to taste. Serves 6.



CORN MACQUE CHOUX

- 🍷 ¼ cup vegetable oil
- 🍷 9 ears fresh corn
- 🍷 1 medium onion, chopped
- 🍷 ½ medium bell pepper, chopped (red or green or a little bit of both!)
- 🍷 ½ small tomato, peeled and diced
- 🍷 1 tsp Mulate's Cajun Seasoning
- 🍷 water, as needed
- 🍷 4 cups water, start with 2 cups

Using a knife, cut the corn off the cob. Using the blunt edge of the knife, scrape the cob to get all of the juices. In a mixing bowl, combine all ingredients except oil and water. Heat oil in a Dutch oven over medium-high heat. Add corn mixture, reduce heat to medium and cook for 10 minutes, stirring frequently. Cover and cook on low heat for 2 hours. Stir every 15 minutes and when the corn begins to stick to the bottom of the pot, add ¼ cup water and scrape the little bits. Serves 6-8.

Note: If fresh corn isn't in season, you can substitute 4 cans of whole kernel corn.

Monique Boutté Christina Owner and President



MULATE'S HOMEMADE BREAD PUDDING

- 🍷 6 eggs
- 🍷 1 tsp. vanilla
- 🍷 2 cups whole milk
- 🍷 2 cups half & half
- 🍷 1 cup sugar
- 🍷 6 hamburger buns
- 🍷 ½ cup raisins

Preheat oven to 350°. In a large bowl, whip eggs, and then add vanilla, milk, and half & half. Mix well. Add sugar, mix well. Grease a 9x13 pan. Break hamburger buns into pieces and place in greased pan. Sprinkle raisins evenly throughout the bun pieces. Pour egg mixture over buns. Using your fingers, make sure that all bun pieces are soaked with the mixture. Bake for approximately 45 minutes. If you prefer a firmer texture, chill for about 2 hours, then reheat for serving. Serves 8-10.

BUTTER RUM SAUCE

- 🍷 ½ stick butter
- 🍷 ¼ cup sugar
- 🍷 ½ cup half & half (or heavy cream)
- 🍷 ½ cup rum

Melt butter. Add sugar and cook on medium heat for 3 minutes. Add half & half and rum and cook for 5 more minutes or until slightly thickened. Serve warm over bread pudding.

Note: Bread Pudding is our all-time best selling dessert. This ultimate comfort food has been around for centuries. According to food historians, this "poor man's pudding" was originally created so as not to waste stale bread. This is our founder, Kerry Boutté's recipe, as it originally was from the day he opened Mulate's in Breaux Bridge in 1980. The secret ingredient is hamburger buns... and they don't have to be stale! You can also be creative and add whatever you like instead of raisins. One of friends uses this recipe to make bread pudding around the holidays – she omits the raisins and adds Nutella! Yummm!

Monique Boutté Christina Owner and President



- 1980** Founder and Arnaudville, LA native Kerry Boutté opens Mulate's in a small piece of a building in Breaux Bridge, Louisiana. He had four employees, including himself, and only two customers that first day in business. Inspired by the German beer gardens he'd visited while in the army, he soon began looking for ways to feature Cajun music in the restaurant. Zachary Richard was the first musician to play Cajun music at Mulate's.
- 1984** The World's Fair in New Orleans – This was the big break Kerry had been waiting for – his chance to spread the Cajun culture all over the US and the world. He planned a year in advance and booked tour buses to come experience Mulate's.
- 1988** Kerry opens Mulate's in Baton Rouge. This location lost it's lease in 2001 and was forced to close.
- 1990** Kerry opens Mulate's in New Orleans in a circa 1885 Italianate warehouse right across the street from the Riverwalk and Convention Center.
- 1992** Kerry's daughter Monique joins the team at the Baton Rouge location. Working at Mulate's, Monique, like her dad, learned the business from the inside out by working every job from hostess to prep cook to expediter to office manager.
- 1997** Monique joins the team at Mulate's in New Orleans, in an effort to revive the business after a period of poor management. She straightened out the finances, and turned the business around.
- 2000** Monique's husband, Murphy, joins the team as General Manager and Director of Purchasing.
- 2005** Katrina hits and the restaurant is closed for 4 months. They were able to reopen in their private event space in January 2006, and eventually in the main dining room for the first weekend of Jazz Fest, April 2006.

Today, you will find Monique and/or Murphy on premise almost every day continuing to operate Mulate's with Kerry and his wife, Tiffa, contributing to public relations.



MULATE'S





The National Culinary Heritage Register is a growing database of restaurants, groceries, manufacturing plants, distilleries, farms and more that have been contributing to the cuisine of America for at least 50 years or more. This is the only database of its kind. The Register is an initiative designed to explore and preserve the complex history of food and beverage in America.


Food and beverage practices not only play a major role in America's cultural identity, but they also offer valuable insights into the country's past and present environment, economy, and social structures. Thus, understanding when, where, and how American food and beverage practices have developed allows for a more complete understanding of America's culture and history. Mapping the origins and development of America's complex culinary traditions is a daunting task, and as of yet, there has been no concerted effort to do so. By creating the National Culinary Heritage Register, the National Food & Beverage Foundation has begun the important process of recording America's unique foodways. For more information about the Register visit: natfab.org/national-culinary-heritage-register/.

New Orleans Pantry Stock List

Onion	Worcestershire
Garlic	Creole mustard
Creole seasoning	Mayonnaise
Kosher salt	Butter
White pepper	Cane syrup
Cayenne pepper	Condensed milk
Black pepper	Sugar (white, brown)
Paprika	Seasoned bread crumbs
Italian seasoning	Hot sauce
Thyme	Vegetable oil
Basil	Olive oil
Bay leaves	All-purpose flour
Tomato paste	Long grain rice
Stock (chicken, beef, vegetable)	Trinity (onions, celery, bell pepper)



MULATE'S
New Orleans, Louisiana

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