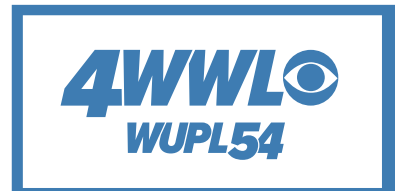


IN THE KITCHEN

Honoring the Past.
300
Shaping the Future. **4**

Global Cuisine



©2018 WWL-TV. All rights reserved.

All recipes appear with permission of WWL-TV, the Frank Davis family, and Kevin Belton, except for photos and recipes on pages 28-29; 40-41; 76-77; 82-83 which appear courtesy of TABASCO® Brand. The TABASCO® logo appears with permission of TABASCO® Brand. Southern Food and Beverage Museum Logo and National Food & Beverage Foundation Culinary Heritage Register logo appear with permission of Southern Food and Beverage Museum.

Table of Contents



Table of Contents

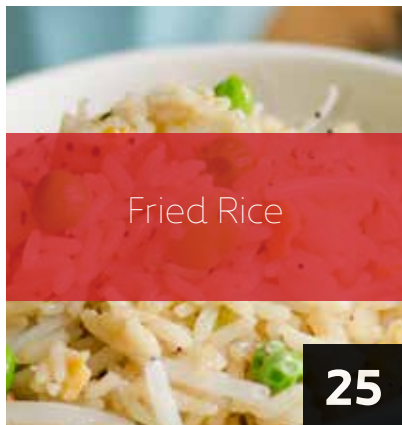


Table of Contents

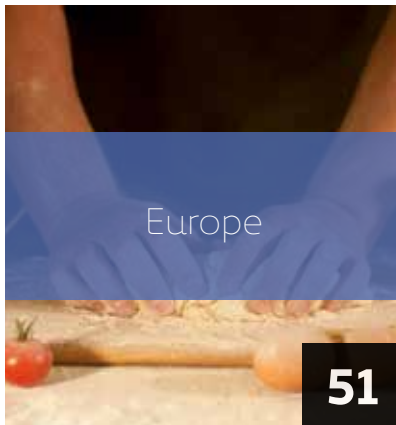
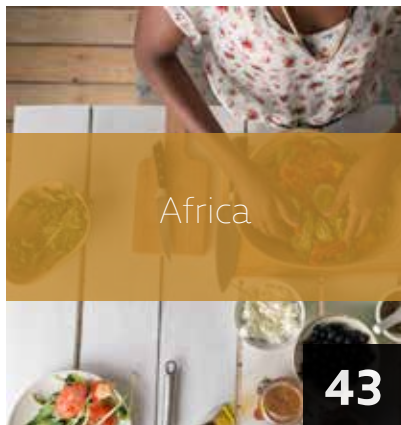


Table of Contents

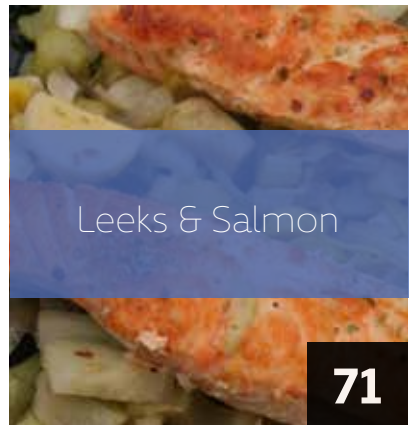
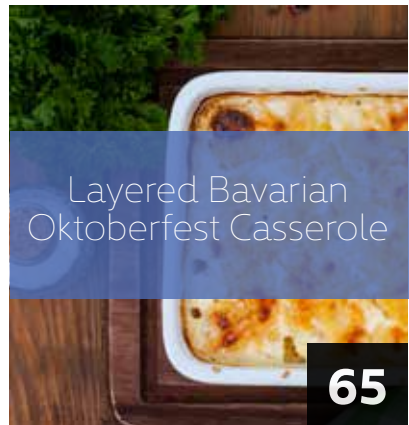
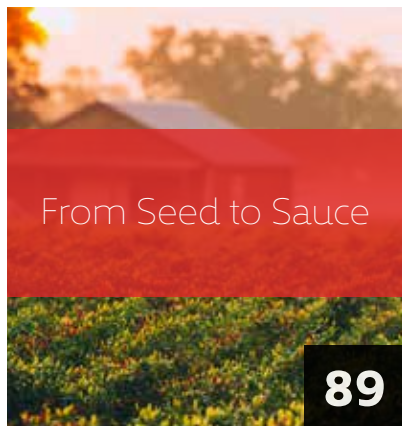
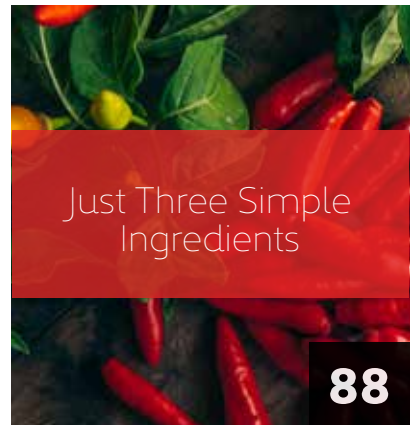


Table of Contents





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.

The global roots of the cuisine for which New Orleans has become internationally-known are as diverse as the city itself. That includes early African, French, Spanish and Cajun influences as well as food traditions passed down by Native American settlers and immigrants from Italy, Germany, Ireland, Vietnam and places in between. In return, New Orleans cooks and food lovers have added their own twists to these traditions and beloved recipes, exporting and sharing them with the rest of the world.

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.

There is no better partner to celebrate Global Cuisine in Louisiana than **TABASCO®** Sauce. For 150 years, **TABASCO®** Sauce has been enlivening the flavors of food and drinks in every corner of the world. Every bottle of the iconic red-capped pepper sauce is produced on Avery Island in Louisiana where it is labeled in 22 languages and dialects and then shipped out to more than 185 countries and territories worldwide.

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

HAPPY 300th & BON APPETIT!



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





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.



Asia

As a port city, New Orleans has the advantage of being a city of the world. And it made Louisiana a state of global flavors as people from all over the world came to settle here. During the 300 years of its history New Orleans absorbed and transformed the ingredients, the techniques, and the flavors of the world. Some of those flavors were from Asia.

Chinese flavors were brought here by those workers who came to work in the cane fields. Today more and more research is revealing that foods like a version of yaka mein, were served in early Chinese restaurants here. The Filipinos who settled in Louisiana influenced our food. In particular they created the dried shrimp industry, living and working on platforms in swampy areas of Louisiana. Those dried shrimp lend us a strong umami identity akin to the role of fish sauce in Asian cuisine. Other immigrants and national trends have brought other Asian flavors, like sushi, Indian delicacies, and Thai specialties, which are not incorporated into New Orleans cuisine, but appreciated by us as a reflection of our international nature.

Since the 1970s important Vietnamese influences have been insinuating their way into our food. And, of course, very often as these flavors wend their way into our food, we simply relish the flavor and it becomes part of the food of New Orleans and Louisiana. We forget those origins over time with the assimilation of the immigrants who brought them.



Vietnamese Chicken Wings



Vietnamese Chicken Wings

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 10** chicken wings
- 1 tsp** salt
- 1 tsp** seasoning
- 1 tsp** garlic powder
- 1 tbsp** fish sauce
- 1 tbsp** sugar
- ½ tsp** red pepper flake
- 3** cloves garlic, minced
- 2 tbsp** olive oil

- 1** Preheat oven to 475 degrees.
- 2** In a large mixing bowl, add wings, salt, seasoning, and garlic powder.
- 3** Place seasoned wings on foil lined baking sheet, skin up. Bake chicken for 23-25 minutes at 475 degrees. Baking the wings skin up will keep the skin crisp.
- 4** In sauce pan, heat olive oil and add garlic with a pinch of sugar. Cook garlic until crispy and remove and place on towel to drain leaving oil in pan.
- 5** Once wings are cooked, heat pan and add fish sauce and sugar when sauce starts to boil. Add red pepper flakes, stir, then add the wings. When sauce starts to get sticky, return cooked garlic to pan and stir well. Turn off fire and serve wings on a plate.



Vietnamese Style Baked Chicken

Vietnamese Style Baked Chicken

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 2 lbs** bone-in, skin-on chicken thighs
- ¼ cup** soy sauce
- ¼ cup** fish sauce
- ¼ tsp** dark brown sugar
- 1 tbsp** fresh ginger, peeled and minced
- 2 tsp** hot chili-garlic paste
- 1 ½ tbsp** fresh lime juice
- 1 tsp** finely grated zest from 1 lime
- 3** medium cloves garlic, minced
- 3 tsp** fresh cilantro leaves and tender stems, finely chopped
- 2 tbsp** grapeseed or canola oil
- Sliced limes and cilantro leaves, for garnish

- 1** Place thighs in a large zipper-lock bag. In a medium bowl, whisk together soy sauce, fish sauce, sugar, ginger, chili-garlic paste, lime juice, lime zest, garlic, cilantro, and oil. Pour marinade into bag with chicken, seal bag, and toss to coat well. Let chicken marinate for at least 30 minutes and up to 4 hours.
- 2** Preheat oven to 425°F and set oven rack to middle position. Line a rimmed baking sheet with foil and place a wire rack on top. Remove chicken from bag, allowing marinade to drip off, and set on wire rack skin side up, making sure to leave space between thighs. Discard marinade.
- 3** Bake until thighs register 155 to 160°F on a thermometer, about 35 minutes. If chicken skin is not brown and crisp enough by the time the thighs are cooked through, turn on oven broiler and broil until browned and crisp, about 1 minute, being careful not to burn the skin. Transfer chicken to a platter and let rest for 5 minutes. Garnish with lime slices and cilantro, then serve.



Banh Mi with Lemongrass Pork



Banh Mi with Lemongrass Pork

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

Banh Mi With Lemongrass Pork

2 lbs boneless pork butt,
sliced thin

4-6 Vietnamese baguette
rolls, sliced lengthwise

½ bunch cilantro

2 birds eye red chilies,
deseeded and sliced
thin

Pickled carrots and
daikon

Mayonnaise

- 1** Lightly pound the pork slices with a mallet/back of the kitchen knife. In a bowl, mix all the lemongrass pork marinade ingredients well. Put in the pork slices and marinade for about 1 hour or overnight if possible for a more intense flavor. Discard excess marinade.
- 2** Preheat grill until ready to use. Gently arrange marinated pork slices onto the grill. Grill until the pork is nicely charred on both sides and meat is thoroughly cooked. If using indoor broiler oven, broil for 5-7 minutes on each side or until the meat is completely cooked and nicely charred.
- 3** Remove lemongrass pork from grill and assemble the baguettes with mayonnaise spread, and then put the sliced chilies, a slice of grilled lemongrass pork and finish off with a handful of pickled carrots and daikon and cilantro leaves. Serve a whole baguette or cut the baguette into half.

Lemongrass Marinade:

½ cup minced lemongrass

3 tbsp fish sauce

½ cup sugar

1 ½ tbsp ground black pepper

5 shallots (peeled and
minced)

3 cloves, garlic (peeled
and minced)

2 tbsp roasted sesame oil

2 tbsp soy sauce

2 tbsp vegetable oil

A top-down view of a bowl of Vietnamese Noodle Soup. The bowl is white and filled with a clear broth, thin white rice noodles, slices of beef, green onions, and bean sprouts. A pair of wooden chopsticks with a gold band is resting on the right side of the bowl. In the background, two more white bowls are visible: one containing fresh green herbs like cilantro and green onions, and another containing bean sprouts. The entire scene is set on a rustic wooden table. A semi-transparent red banner is overlaid across the middle of the image, containing the text 'Vietnamese Noodle Soup'.

Vietnamese Noodle Soup

Vietnamese Noodle Soup

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 8 oz** rice noodles
- 1 lb** lean beef sirloin, fat trimmed
- 1 tbsp** kosher salt
- 1 tsp** freshly ground pepper
- 1** large onion, cut in half
- 1** 4-inch piece of ginger, cut in half
- 3 cups** beef broth
- 3 cups** water
- 1** cinnamon stick
- 4** green onions, sliced
- 2** jalapeno peppers
- ½ cup** fresh cilantro, rough chopped
- 2-3 tbsp** fish sauce
- 1 cup** fresh bean sprouts

- 1** Prepare the rice noodles as packaging directs.
- 2** Meanwhile, place a large pot over high heat. Poke the meat all over with a fork to tenderize it and season with salt and pepper. Sear the meat until charred but still rare, 2 to 3 minutes per side, then transfer to a plate. Add the onion and ginger to the pot; cook about 4 minutes. Add the broth, 3 cups water, and cinnamon, reduce the heat and simmer about 20 minutes.
- 3** Meanwhile, thinly slice the green onions, and jalapenos and tear the cilantro. Thinly slice the meat against the grain. Drain the noodles.
- 4** Add the fish sauce to the broth and boil 5 minutes. Discard the ginger, and cinnamon stick. Remove and slice the onion. Divide the noodles among 4 bowls; top with the broth, beef, scallions, cilantro, bean sprouts, jalapenos and onion.



Fried Rice



Fried Rice

COURTESY OF FRANK DAVIS

INGREDIENTS

½ cup cooking oil

1 egg, beaten

1 cup shrimp, pork, chicken,
beef, ham or a
combination of all

1 cup bean sprouts or diced
mushrooms

2 tbsp soy sauce

3 cups cooked rice (no instant
rice)

¼ cup green onions, chopped

Salt

White pepper to taste

- 1** Heat large skillet or wok until very hot. Add ¼ cup oil and heat until it too becomes very hot.
- 2** Add beaten egg to hot oil and stir. When done, the egg will be in rather small pieces. Add type of meat preferred and cook until brown. Remove egg and cooked meat and reserve.
- 3** Again, add ¼ cup oil and bring to high temperature. Add rice and fry until grains are fairly dry and each grain separate. There should be no lumps. Rice should be constantly stirred.
- 4** Add bean sprouts or mushrooms and meat and egg mixture previously reserved and mix together while adding seasoning. Sprinkle soy sauce over rice and mix into the fried rice by stirring briskly. Add green onions and cook while continuing to stir briskly for about a minute.

A close-up photograph of a white ceramic plate filled with Szechuan String Beans. The beans are bright green and appear to be stir-fried. They are topped with a dark, glossy sauce containing several whole red chilies, finely chopped fried onions, and other aromatic ingredients. In the foreground, a pair of light-colored wooden chopsticks rests on a grey, cracked-texture placemat. A semi-transparent red banner is overlaid across the middle of the image, containing the title text.

Szechuan String Beans

Szechuan String Beans

COURTESY OF FRANK DAVIS

INGREDIENTS

- 1 ½ tbsp** small dried shrimp
- 2-3 cups** corn or vegetable oil for deep-frying
- 1½ lbs** fresh, young string beans
- 2 oz** ground pork
- 1** clove garlic, and equal amount of fresh ginger, minced
- 1 tbsp** chopped green onions

- 1** Soak the dried shrimp in hot tap water for 15 minutes. Drain and mince.
- 2** Heat wok or skillet over high heat for one minute. Add oil, bring to 350-375 degrees. Make sure beans are pan dried. Place in hot oil for about two minutes or until beans form wrinkles. Remove from oil and drain.
- 3** Reheat wok until hot. Add 1 tablespoon oil, place ground pork and stir to separate for about 1 minute. Add minced ginger, garlic, dried shrimp and chili paste. Stir-fry for another 30 seconds. Toss string beans and all remaining ingredients into wok. Stir another 30 seconds. Remove to plate and garnish with chopped green onions.

Seasonings

- 1 tsp** Chinese black vinegar or balsamic vinegar
- 1 tsp** chili paste
- 1 tbsp** dry sherry
- 1 tbsp** soy sauce
- 3 tbsp** chicken stock
- ½ tsp** sugar



Red Hot Cold Noodles

Ingredients

4 portions (1 cup each) fresh ramen noodles, cooked, cooled in ice bath, and well-drained*

For TABASCO® Cold Noodle Sauce

1 cup malted Chinese black vinegar (or regular malt vinegar)

¾ cup soy sauce

¼ cup sake

½ cup mirin

¼ cup fresh garlic, minced

¾ cup TABASCO® Sauce

3oz vegetable oil

3oz toasted sesame oil

For TABASCO® Soy Glaze

4 tbsp soy sauce

1 cup TABASCO® Sauce

1 stick cold butter, cut into ¼-inch slices

12 slices (about 2oz each) of slow-cooked pork belly (or another cooked protein or vegetable of choice)

Red Hot Cold Noodles

COURTESY OF **TABASCO®** BRAND

For Garnish

- 3** small Fresno chilis or jalapeño pepper, cut into thin rings (remove seeds if less heat is desired)
- 2 cups** iceberg lettuce, shredded
- 3/4 cup** scallions, cut into thin rings
- 2 tsp** Japanese shichimi pepper powder (or 1 tsp ground white pepper)
- 2** boiled 6-minute semi-soft eggs, peeled

For TABASCO® Cold Noodle Sauce

- 1** Combine the vinegar, soy sauce, sake, mirin, and garlic, and simmer for 5 minutes. Turn off the heat.
- 2** Mix in the remaining sauce ingredients and cool in the refrigerator until ready to use. This lasts for 3 weeks in the fridge.

For TABASCO® Soy Glaze

- 1** In a saucepan, add soy sauce and heat to a boil. Boil for about a minute to reduce it by half. Add the TABASCO® Sauce and heat until very hot, but not boiling, about 2 minutes. Turn off the heat and whisk in the butter until melted. Keep warm.
- 2** To glaze meats or vegetables, add the cooked meats or vegetables to a sauté pan and add enough glaze to barely coat the meat. Heat pan to medium-high until the glaze has absorbed onto the meat and it becomes slightly caramelized. Keep warm.

Serving Suggestion

Mix together the chilled noodles*, Fresno chilis, shredded lettuce, scallions, and the TABASCO® Cold Noodle Sauce. Divide evenly between 4 bowls. Top with the glazed pork. Carefully slice the eggs with a very thin knife or a piece of fishing line and place half an egg on each bowl of noodles. Enjoy!

Chef's Notes: *You can find fresh ramen noodles (Sun Brand) in Whole Foods Markets or explore an Asian market. If you cannot find fresh ramen noodles, choose dry ramen noodles, cook quickly, chill well, and drain. Do not use any seasoning packets that may come with these noodles.

Prep Time: 20 minutes

Cook Time: 20 minutes

Serves: 4



A close-up photograph of several pieces of tempura, which are Japanese deep-fried foods. The tempura consists of a light, golden-brown, crispy batter coating various ingredients. In the foreground, a piece of tempura is clearly visible, showing a green vegetable, likely a broccoli floret or a similar vegetable, partially covered by the batter. The background is slightly blurred, showing more pieces of tempura and a white plate with a blue floral pattern. A semi-transparent red banner is overlaid across the middle of the image, containing the text "In the Kitchen Tempura".

In the Kitchen Tempura

PHOTO: THINKSTOCK

In the Kitchen Tempura

COURTESY OF FRANK DAVIS

INGREDIENTS

½ gal peanut or vegetable oil

1 whole egg, well beaten

1 cup very cold iced water

2 tbsp dry white wine

1 cup self-rising flour

creole seasoning

Your favorite Asian dipping sauce

Plus any or all of these foods:

Carrots, cut into thin sticks

Bell pepper, cut into 1/4 inch rings

Eggplant, thinly sliced

Broccoli, separated into florets

Cauliflower, separated into florets

Zucchini, thinly sliced

Mushrooms, cut in halves (or whole, if small)

Yellow squash, sliced thin

Asparagus, cut into 2-inch pieces

Shrimp, butterfly and de-vein

- 1 First, place the cooking oil in a high-sided skillet or a deep fryer and bring the temperature up to exactly 360 degrees. It is essential that you use either a candy thermometer or a deep-fry thermometer to accomplish this. If you guess at it, you'll get greasy tempura.
- 2 Next, in a large mixing bowl, whip together the beaten egg, the iced water, and the wine until everything is smooth and fully combined. Then add in the flour and the creole seasoning and whisk it into the egg mixture very quickly. You want it thick but not pasty.
- 3 When you're ready to cook, set aside a pan of dry flour next to the tempura batter. Then when the oil is up to heat, dredge whatever you plan to cook first in the dry flour (this keeps the batter from sliding off in the oil) and then in the tempura batter.
- 4 When the food is fully coated, and the excess has dripped off, drop the battered food into the hot oil and fry it until lightly browned and crunchy-crispy. Drain each piece on several layers of paper towels to absorb whatever excess oil remains.
- 5 Serve piping hot with your favorite Asian dipping sauces.

Chef's Notes: *Using very cold water, at about 40 degrees, keeps the batter from becoming gooey and sticky, which produces an oil tempura.*

Be sure to cut whatever you want to tempura in thin slices so that the pieces cook quickly and evenly. You should deep fry all foods in small batches so that you can maintain the temperature of the oil to prevent them from becoming greasy. Vegetables usually take 2-3 minutes to cook.

Never use lard or solid shortening when making tempura.

If handling battered food becomes a problem, it is okay to use a pair of tongs or a tablespoon to place it in the hot oil.

A top-down view of a white oval plate containing several pieces of golden-brown fried chicken. A small white bowl on the left side of the plate is filled with a dark, thick dipping sauce. Two stalks of fresh green onions are placed horizontally across the middle of the chicken pieces. A semi-transparent red banner is overlaid across the center of the image, containing the text 'Thai Style Fried Chicken' in white. The background is a dark, textured surface.

Thai Style Fried Chicken

Thai Style Fried Chicken

COURTESY OF FRANK DAVIS

INGREDIENTS

- 3 lbs** chicken wings
- 3 tbsp** oyster sauce
- 3 tbsp** fish sauce
- 1 tsp** granulated sugar
- 2 tbsp** garlic, minced
- 2 tbsp** cilantro, rough chopped
- ¼ cup** tapioca flour
- ½ cup** all-purpose flour
- 1 cup** Canola oil
- 2 qts** Canola oil for deep frying

- 1** Marinate the chicken in all the above ingredients (except the 2 quarts of oil) for at least one hour (but no more than 6 hours). Then, in a 4-quart cast Iron Dutch oven, preheat the oil to 300 degrees. Then when you're ready to fry, gently drop the chicken into the oil one piece at a time. But do not overcrowd the pan. I recommend you cook all the wings in two batches, three if necessary.
- 2** Two notes of caution here: (1) Make sure all the chicken pieces are separated and not stuck together while they fry. And (2) Between batches, allow the temperature of the oil to come back to 300 degrees – maintain that temperature throughout the frying process. Cook until the chicken pieces float to the top or until they turn a light, toasty brown -- which should take about 6-8 minutes. Serve them piping hot right out the Dutch oven. Once again, plum sauce and hot mustard sauce can be used as condiments.



Shrimp Curry with Vegetables

Shrimp Curry with Vegetables

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

3 tbsp vegetable oil

1 onion, finely chopped

1 2-inch piece ginger,
finely grated

kosher salt, freshly
ground pepper

1 5-inch piece
lemongrass, tough
outer layer removed,
lightly smashed

1 tbsp red curry paste

1 tbsp shrimp paste with
bean oil

1 13.5oz can
unsweetened coconut
milk

2 cups chicken stock

2 tbsp fish sauce

½ head cauliflower, cut into
1-inch pieces

1 15.5oz can chickpeas,
drained, rinsed

1 lb medium to large
shrimp, peeled and
deveined

Basmati rice, shredded
purple cabbage,
cilantro or basil, and
lime wedges (for
serving)

1 Heat oil in a Dutch oven on medium heat. Add onion and cook, stir until softened, about 6 minutes. Add ginger and cook, stirring, until onion is tender, about 2 minutes. Season to taste with salt and pepper.

2 Add lemongrass, red curry paste, and shrimp paste and cook, about 1 minute. Add coconut milk, chicken broth and fish sauce, bring to a boil, then reduce heat and simmer until slightly thickened, 20–30 minutes.

3 Add cauliflower and chickpeas and continue to simmer until cauliflower is tender, about 15 minutes. Add shrimp and simmer until shrimp are cooked through, 3–5 minutes. Discard lemongrass; season with salt. Serve curry over rice; top with cabbage, cilantro, and limes.

A close-up photograph of a white ceramic bowl with a blue scalloped pattern on the exterior. The bowl is filled with a dish of Curry & Lemongrass Shrimp, featuring large, succulent shrimp pieces and chunks of yellow curry. A single, vibrant red rose is placed on top of the shrimp. The bowl sits on a wooden surface, and fresh lemongrass stalks and green chilies are visible in the background. A semi-transparent red banner is overlaid across the middle of the image, containing the title text.

Curry & Lemongrass Shrimp

Curry & Lemongrass Shrimp

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 1** large shallot, coarsely chopped
 - 5** garlic cloves, smashed
 - 2** lemongrass stalks, bulb and pale green parts very thinly sliced
 - 1** 1-inch piece ginger, peeled, chopped
 - 1 tsp** ground coriander
 - ½ tsp** ground cumin
 - ½ cup** cilantro leaves and extra for serving
 - 2 tbsp** vegetable oil, divided
 - 2 tbsp** white miso
 - 2 tbsp** light brown sugar
 - 1** 13.5oz can coconut milk
 - kosher salt and freshly ground pepper
 - 1 lb** large shrimp, peeled, deveined
 - 2 tbsp** fresh lime juice
 - Cooked rice and lime wedges
- 1** Place shallot, garlic, lemongrass, ginger, coriander, cumin, ½ cup cilantro, and 1 tbsp oil in a food processor, pulse until it forms a smooth paste.
 - 2** Heat remaining 1 tbsp oil in a medium saucepan over medium-high. Cook paste, stirring constantly, until very fragrant and starting to brown on bottom of pan, about 5 minutes. Mix in miso and sugar, then whisk in coconut milk and ½ cup water. Bring to a simmer; season with salt and pepper. Reduce heat and simmer curry, stirring occasionally for 20–25 minutes. Taste curry and season with more salt and pepper, if needed.
 - 3** Add shrimp to curry and simmer just until cooked through, about 3 minutes. Remove pan from heat and stir lime juice into curry.
 - 4** Divide rice among bowls, spoon curry over, and top with some cilantro. Serve with lime wedges for squeezing over.



Chicken Tikka Masala

Chicken Tikka Masala

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 6** garlic cloves, finely chopped
- 4 tsp** ginger, peeled and finely grated
- 4 tsp** ground turmeric
- 2 tsp** garam masala
- 2 tsp** ground coriander
- 2 tsp** ground cumin
- 1½ cups** plain yogurt (not Greek)
- 1 tbsp** kosher salt
- 2 lbs** skinless, boneless chicken breasts, halved lengthwise
- 3 tbsp** vegetable oil
 - 1** small onion, thinly sliced
- ¼ cup** tomato paste
 - 6** cardamom pods, crushed
 - ½ tsp** crushed red pepper flakes
 - 1** 28oz can whole peeled tomatoes
- 2 cups** heavy cream
- ¾ cup** chopped fresh cilantro plus sprigs for garnish
- Steamed basmati rice (for serving)

- 1** Combine garlic, ginger, turmeric, garam masala, coriander, and cumin in a small bowl. Whisk yogurt, salt, and half of spice mixture in a medium bowl; add chicken and turn to coat. Cover and chill 4-6 hours. Cover and chill remaining spice mixture.
- 2** Heat vegetable oil in a large heavy pot over medium heat. Add onion, tomato paste, cardamom, and red pepper flake and cook, stirring often, until tomato paste has darkened and onion is soft, about 5 minutes. Add remaining half of spice mixture and cook, stirring often, until bottom of pot begins to brown, about 4 minutes.
- 3** Add tomatoes with juice, crushing them with your hands as you add them. Bring to a boil, reduce heat, and simmer, stirring often and scraping up browned bits from bottom of pot, until sauce thickens, 8-10 minutes.
- 4** Add cream and chopped cilantro. Simmer, stirring occasionally, until sauce thickens, 30-40 minutes.
- 5** Meanwhile, preheat broiler. Line a rimmed baking sheet with foil and set a wire rack inside sheet. Arrange chicken on rack in a single layer. Broil until chicken starts to blacken in spots, about 10 minutes.
- 6** Cut chicken into bite-size pieces, add to sauce, and simmer, stirring occasionally, until chicken is cooked through, 8-10 minutes. Serve with rice and cilantro.



Spicy Hummus with Harissa

INGREDIENTS

For Spicy Hummus

- 3 cups** dried chickpeas
- 2 ½ tsp** baking soda
 - 2** large garlic cloves, finely chopped
- ⅓ cup** tahini (I prefer the White Dove brand)
- 2 tbsp** fresh lemon juice
- 2 tsp** TABASCO® Sauce
- 3 tbsp** olive oil, plus more for garnish
- 1 ½ tsp** kosher salt
- ½ tsp** ground cumin
 - Small pinch of freshly ground black pepper

For Harissa

- 10** garlic cloves
- 1** large red bell pepper
- 1 ¼ cups** canola oil
- ½ cup** ground cumin
- 1 tsp** cayenne pepper
- 2 tbsp** TABASCO® Sauce
- ⅓ cup** sweet Hungarian paprika
- ¼ cup** ground caraway
- ½ tbsp** plus 1 tsp kosher salt

Spicy Hummus with Harissa

COURTESY OF **TABASCO®** BRAND

For Spicy Hummus

- 1 In a bowl, add the chickpeas and 1 1/2 teaspoons of the baking soda. Add cold water to cover and leave to soak overnight.
- 2 Drain the chickpeas and transfer them to a large pot of water. Add the remaining 1 teaspoon baking soda and bring to a boil. Boil until the chickpeas are tender, 45 to 50 minutes. Skim off any floating shells.
- 3 Drain, reserve 1 cup of the cooking liquid, and let the chickpeas cool completely.
- 4 In a food processor, combine the chickpeas, garlic, reserved liquid*, tahini, lemon juice, TABASCO® Sauce, 3 tablespoons of the olive oil, salt, cumin, and pepper and puree until smooth and creamy.
- 5 The hummus can be stored in an airtight container for up to 3 days.

For Harissa

- 1 Place the bell pepper directly on a hot grill or under a broiler and roast until the skin is charred on all sides, about 20 minutes. Place in a bowl and cover tightly with plastic wrap without letting the plastic wrap touch the hot bell pepper. Let the pepper cool completely.
- 2 Carefully remove the skin, cut off the stems, and scrape off the seeds. Slice the pepper into large chunks.
- 3 In a food processor, combine the garlic, bell pepper, and 1 cup of the oil. Pulse until the mixture is almost pureed.
- 4 Add the cumin, cayenne, TABASCO® Sauce, paprika, caraway, and salt. Slowly drizzle in the remaining 1/4 cup oil while the machine is running. Keep processing until the harissa is completely pureed and all the ingredients are thoroughly combined.
- 5 Store the harissa in an airtight container in the refrigerator for up to 3 months.

When ready to serve, put the hummus on a plate or in a shallow bowl, make a well with a spoon, and garnish with a spoonful of harissa in the center and a drizzle of olive oil.

Chef's Notes: *If you forget to reserve the cooking liquid, you can substitute 1 cup ice-cold water. But using the cooking liquid will give the hummus a richer, bolder flavor.*

Prep Time: 20 minutes, plus overnight

Cook Time: 1 hour

Serves: 8-10





Africa

There is no continent that has had more influence on our cuisine than Africa. It was the enslaved Africans, mostly from West Africa, who brought much of the technology of farming to the region. They knew how to grow rice, they worked in the cane fields, they ground the cane and boiled to juice to make sugar, they loaded and unloaded food from the ships at the port of New Orleans. And to a great extent they were the cooks to the European settlers. For generations Africans and their descendants shaped the palates and influence the taste of the people of New Orleans.

Regardless of industry – whether distilling or baking – there were African hands doing the labor, applying their skills, and advancing cuisine.

No matter what the Europeans said that they wanted to eat, the techniques and mechanics of creating a meal were left to the African cooks. And that is a good thing. Where would we be without frying? Fried chicken and calas have added so much to our cuisine and our enjoyment. And the combination of rice and beans is a reflection of the classic West African combination of rice and peas. And most important to Louisiana is the introduction of okra to the New World. Gumbo, the word derived from the West African word for okra (Bantu language family) – ngombo – is the defining dish of our culture. Not only did the okra that we add to the gumbo come to us from Africa, but the very name of the dish is their gift too.

A close-up photograph of a traditional Senegalese Thieboudienne dish. The dish is served on a dark wooden platter and consists of white rice, a large piece of fish, and various vegetables including potatoes and carrots. A silver spoon is placed on the left side of the platter. The background is a blue and green woven mat. A semi-transparent orange banner is overlaid on the center of the image, containing the text "Senegalese Thieboudienne Rice".

Senegalese Thieboudienne Rice

Senegalese Thieboudienne Rice

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 3** tilapia, cleaned and cut into 4 pieces each
- ¼ cup** parsley, finely chopped
- ¼ cup** cilantro, finely chopped
- 3** bay leaves
- 1 tbsp** thyme
- 3** green onions, finely chopped
- 2 tbsp** Afro Fusion Cuisines' All-Purpose Seasoning
- 4 oz** tomato paste
- 2** plum tomatoes, finely chopped
- 3** medium onions, finely chopped
- 3 cups** broken rice or rice grits
- 1 cup** oil
- Salt and black pepper
- Vegetables of your choice
- 2** carrots, cut into 4-inch pieces
- 1** eggplant, cut into 4-inch pieces
- 1** cassava or yucca, cut into 4-inch pieces
- 3** okras

- 1** Clean the fish well and set aside
- 2** Prepare the special marinade called "Nokoss" by combining all the herbs and spices in a blender.
- 3** With a paring knife score the fish. Rub ½ of your marinade onto the fish and immediately broil or fry then set aside
- 4** Parboil or steam your rice and set aside.
- 5** In a pot, place 4 tablespoons of the oil used to fry your fish, add a dash of salt, add onion, tomato paste and plum tomatoes (cook for 5-7 min. and make sure to stir).
- 6** Add 6 cups of water to the pot, add the veggies, the fish already fried and the remaining half of the marinade. Let simmer for 15 minutes for the fish and juices to blend
- 7** Remove the fish from the pot and start plating
- 8** Then remove the veggies from the sauce and plate.
- 9** Add the pre-cooked or steamed broken rice to the boiling sauce
- 10** Put the fire on low and let it reduce about 15-30 minutes depending on rice. Add to plate.



Slow Cooker Moroccan Chicken with Chickpeas



Slow Cooker Moroccan Chicken with Chickpeas

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

Marinate Chicken

- 6** 6 bone-in chicken thighs, trim excess fat and skin
- 1 tsp** salt
- ¼ tsp** minced ginger
- ½ tsp** minced garlic
- ½ tsp** cumin
- ½ tsp** smoked paprika

Slow cooker Moroccan Chicken with Chickpeas

- 2 tbsp** olive oil
- 1 tsp** ground coriander
- 3 tsp** garlic, minced
- 1 tsp** ginger, minced
- 1 tsp** ground cumin
- 2** small bay leaves
- ½ tbsp** smoked paprika
- 1** 1 medium onion sliced
- 8 oz** canned diced tomatoes
- ½ cup** green olives
- ½ tsp** cayenne pepper
- 1** can chickpeas, rinsed and drained
- ¾ cup** chickenstock

Herb Couscous

- 2 tbsp** butter
- ½ tsp** garlic
- 2 cups** couscous
- 2 ½ cup** stock, heated
- 1 ½ tbsp** parsley, minced
- 1 ½ tbsp** basil, minced

- 1** Place chicken thighs in a large bowl or saucepan then add salt, garlic, ginger, cumin, pepper, bay leaves and smoked paprika
- 2** Mix chicken until it is well coated, set aside in the fridge and allow to marinate for 30 minutes.
- 3** Place canned tomatoes in the slow cooker
- 4** Heat a skillet or large sauce pan with oil, and brown the chicken, about 5 minutes until chicken is golden brown. Remove and place in the crockpot. Drain any excess oil from the skillet
- 5** Combine onions, garlic, smoked paprika, cumin, coriander. Add salt and cayenne pepper to taste. Allow this mixture to sit for a few minutes so the flavors combine.
- 6** Then add to crockpot, deglaze pan with about ¾ cup of stock and add to slow cooker, together with chickpeas and olives.
- 7** Cover and cook on high for about 3-4 hours. Remove and serve with couscous

Herb Couscous

- 1** Heat a saucepan with butter. Then add onions, garlic, and salt sauté for about a minute.
- 2** Stir in couscous to the pan, about a minute then add stock. Reduce heat to a simmer. Cover for about 2 minutes or more, Add herbs and fluff. Check and adjust the seasoning.



Calas

Calas

COURTESY OF CHEF KEVIN BELTON


INGREDIENTS

- oil for frying
- 3 tbsp** granulated sugar
- 2 tsp** baking powder
- Pinch salt
- Pinch ground nutmeg
- 2 cups** cooked rice, cooled
- 2** large eggs
- 5-6 tbsp** all-purpose flour
- Confectioners' sugar

- 1** Pour oil 4 inches deep in a large Dutch oven and heat over medium-high heat until a thermometer reads 360 degrees.
- 2** Meanwhile in a small bowl, combine granulated sugar, baking powder, salt, and nutmeg. In a large bowl, combine rice and eggs. Add sugar mixture to rice mixture, and stir to combine. If the mixture is too loose, add up to 6 tablespoons flour, 1 tablespoon at a time. Dough should have the consistency of wet biscuit dough.
- 3** Carefully drop by tablespoonfuls into hot oil. Fry until golden, 3 to 4 minutes, turning halfway through. Remove from oil, and let drain on paper towels. While still hot, dust calas with confectioners' sugar. Serve immediately.



Europe



The Europeans add much to the global flavors that we enjoy here in New Orleans and Louisiana. When they first came to America, the Spanish brought pigs and chickens on board their ships. They left the ones that had not been eaten to run wild in America. That would make the animals available to them when they next visited. Imagine our cuisine without chicken and pork. They brought peach trees during an early voyage, which the Native Americans planted so that they were totally naturalized allowing us to eat peaches across the American South.

Europeans not only brought foods that became important ingredients in our cuisine, but also brought methods of cooking and attitudes toward eating. An important food was wheat. Wheat is a great grain of Europe and Asia, but corn was the grain of the Americas. But once it was brought here, wheat has given us roux, a basic flavor of so many important foods of our region. And we would have neither poboys nor banh mi without it. There would be no king cake.

Europeans introduced us to the taste of grape wine and spirits. That led us to the development of the cocktail. A serious drink that came here during the 19th century, directly from Europe, was absinthe. And although it is made with Herbsaint, the taste for absinthe led to the invention of the Sazerac, the official drink of New Orleans.



Greek Gyro with Tzatziki Sauce

PHOTO: THINKSTOCK

Greek Gyro with Tzatziki Sauce

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- $\frac{1}{2}$ seedless cucumber
- 3** cloves garlic
- 1 cup** Greek yogurt
- $\frac{1}{4}$ **cup** extra-virgin olive oil
- 2 tbsp** fresh dill, chopped
- 1** lemon, zest finely grated and juice reserved separately
- Kosher salt
- freshly ground black pepper
- 1 $\frac{1}{2}$ lbs** ground lamb or beef
- 1 $\frac{1}{2}$ tsp** dried rosemary
- $\frac{3}{4}$ **tsp** dried oregano
- $\frac{1}{4}$ **tsp** crushed red pepper flakes, optional
- 6** pocket-less pitas
- 1** romaine heart, coarsely shredded
- 1** medium, ripe tomato, thinly sliced
- $\frac{1}{3}$ **cup** red onion, thinly sliced

- 1** Preheat the oven to 325 degrees F.
- 2** To make the tzatziki sauce, grate the cucumber on the large holes of a box grater onto a clean dishtowel and then use the towel to squeeze out the extra liquid. Put the cucumber in a medium bowl and finely grate 1 clove of the garlic. Add the yogurt, 1 tablespoon of the olive oil, the dill, 1 tablespoon of the lemon juice, $\frac{1}{2}$ teaspoon salt and some pepper. Adjust the seasonings with additional lemon juice and salt. Chill the tzatziki while making and cooking the meat to allow the flavors to blend.
- 3** Add the ground meat, rosemary, oregano and lemon zest to a food processor. Chop the remaining 2 cloves of garlic and add to the bowl with 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper and the pepper flakes, if using. Process this mixture until it is well combined and fine in texture but not pasty, stopping to scrape down the bowl as needed.
- 4** Form the meat into eighteen 2- by 4-inch, very thin oval-shape patties. Heat 1 tablespoon of the oil in a large skillet set over medium-high heat. Add 6 of the patties and cook until well browned on each side and just cooked through, about 3 minutes. Transfer the patties to a rimmed baking sheet and place in the oven to keep warm. Repeat, cooking the remaining patties in two batches, using the remaining 2 tablespoons of oil as needed.
- 5** Put the pitas in the oven to warm, about 5 minutes. Then top each pita with 3 meat patties, shredded lettuce, sliced tomato and red onions. Top with about $\frac{1}{4}$ cup tzatziki sauce and wrap with paper.



Greek Pastitsio



PHOTO: THINKSTOCK

Greek Pastitsio

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- | | |
|--|---|
| <p>8 ounces bucatini pasta or ziti pasta</p> <p>3 tbsp melted butter</p> <p>1/3 cup Parmesan cheese, grated</p> <p>1/3 cup milk</p> <p>1 egg, beaten</p> <p>1 lb ground beef</p> <p>1/2 cup chopped onion</p> <p>1 (8 ounce) can tomato sauce</p> <p>1 tsp salt</p> <p>1 tbsp mint, chopped</p> <p>1/2 tsp ground cinnamon</p> <p>1/2 tsp ground nutmeg</p> <p>1/8 tsp pepper</p> <p>4 tbsp butter</p> <p>4 tbsp all-purpose flour</p> <p>1/4 tsp salt</p> <p>2 cups milk</p> <p>1 egg, beaten</p> <p>1/3 cup Parmesan cheese</p> | <p>1 Cook macaroni; drain, and return to pan.</p> <p>2 Stir in the melted butter, 1/3 cup Parmesan cheese, 1/3 cup milk, and the egg into the macaroni and set aside.</p> <p>3 In a skillet or large saucepan, cook ground beef and onion until meat loses its pinkness and onion is soft. Drain excess fat.</p> <p>4 Stir in tomato sauce, salt, mint, cinnamon, nutmeg, pepper and set aside.</p> <p>5 In a saucepan, melt 4 tablespoons butter, then mix in flour and 1/4 teaspoon salt.</p> <p>6 Slowly stir in the 2 cups milk, stirring well after each addition so that no lumps form. Cook and stir on medium high until cream sauce starts to thicken; stir for one minute more, then remove from heat.</p> <p>7 Beat egg in a small bowl, then pour into cream sauce, stirring briskly.</p> <p>8 Blend in the 1/3 cup Parmesan cheese.</p> <p>9 Layer half the pasta mixture in a 11" x 7" (or 2 quart) baking dish.</p> <p>10 Spoon the meat mixture evenly on top, then the remaining pasta.</p> <p>11 Pour cream sauce over top, to cover completely.</p> <p>12 Bake, uncovered, at 350F for about 40 minutes, or until hot and lightly browned. Let stand for 10 minutes.</p> |
|--|---|



Greek Shrimp with Feta & Tomatoes

Greek Shrimp with Feta & Tomatoes

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 4 tbsp.** extra-virgin olive oil
- ¾ cup** onion, finely chopped
 - 4** garlic cloves, roughly chopped
- 2-3** tomatoes diced
- 1 ½ tsp** salt
- ¼ tsp** pepper
- 1 tsp** ground cumin
- ½ tsp** crushed red pepper flakes
- 1 tbsp** honey
- 1 tbsp** oregano fresh
- 1 ½ lb** extra-large shrimp, peeled and deveined
- 6 oz** feta cheese
- 2 tbsp** roughly chopped fresh mint

- 1** Set one oven rack in the middle position and another about 5 inches underneath the broiler.
- 2** Preheat oven to 400°.
- 3** Heat the olive oil in a wide oven-proof skillet over medium-low heat. Add the onions and garlic and cook, stirring occasionally, until softened, 5 to 7 minutes. Do not brown.
- 4** Add the tomatoes, salt, pepper, cumin, red pepper flakes, honey, and oregano. Bring to a boil, then reduce the heat to medium-low and cook, uncovered, stirring occasionally, until the sauce is thickened, 15 to 20 minutes.
- 5** Off the heat, arrange the shrimp over the tomato sauce in an even layer. Crumble the feta over the shrimp. Bake for 12 to 15 minutes, until the shrimp are pink and just cooked (the cooking time will depend on the size of the shrimp). Turn on the broiler. Carefully transfer the pan to the higher oven rack and broil for 1 to 2 minutes, or until the feta is golden brown in spots. Let the shrimp rest for 5 minutes, then sprinkle with mint and serve.



Sicilian Frittatas

Chef's Notes: *In Italy, frittatas are traditionally served cold for lunch.*

How big a frittata can you make? As big as you can flip over onto a plate without making a mess in the kitchen.

You can make spaghetti frittatas, sundried tomato frittatas, Chorizo frittatas, spinach frittatas, salami frittatas, anchovy frittatas. . .in fact, I can't imagine a signature ingredient you could not fashion into a frittata-salmon, shrimp, crabmeat, garlic, eggplant, prosciutto, ham, potato, green onion, whew!--the list goes on!

Never add milk to a scrambled egg mix! Milk tends to toughen the egg. Instead, add 1 tablespoon of bottled water for every egg you whip. The water expands the egg and makes it light. Just a little secret I thought you'd want to know.

Sicilian Frittatas

COURTESY OF FRANK DAVIS

INGREDIENTS

4 tbsp extra virgin olive oil or
4 tbsp. sweet cream
butter

1 small onion, finely
diced

1/8 tsp Frank Davis Sicilian
Seasoning or other
Italian seasoning

Salt and coarse
ground black pepper
to taste

6 eggs, well beaten

6 tbsp water

1/4 cup freshly grated
Parmesan cheese

- 1** These are what are called your 'baseline ingredients.' Regardless of the kind of frittata you make, you will have to start with these ingredients. The primary 'signature ingredients'-shrimp, sausage, pork, spinach, sun-dried tomatoes, mushrooms, pasta, crabmeat, calamari, cheese, chicken, or whatever else you like-are added once the baseline is in place.
- 2** So, let's say you wanted to make an Italian sausage frittata, all you'd need to add to the baseline is Italian sausage (of course, you could drop in any combination of things you like with the sausage). And this is how the recipe would come together.
- 3** In a 10 or 12-inch non-stick skillet heat the olive oil or the butter until it begins to sizzle. Then drop in-and sauté-the onions until they just begin to caramelize (turn a light brown). Then when the onions are ready put in your Italian sausage and cook it until it too begins to brown slightly.
- 4** Of course, while all this is happening, you should crack the eggs in a large mixing bowl, sprinkle on a little salt and black pepper to taste, pour in the water, and drizzle on the Parmesan. Then whip the eggs to a froth! And when the Italian sausage is a beautiful golden brown, pour in the whipped eggs, lower the fire to medium, agitate the pan until the eggs settle evenly, and cook them for about 4 to 6 minutes or until they begin to brown slightly around the perimeter.
- 5** When the bottom side of the frittata is done, place a dinner plate upside down in the skillet. Then flip the skillet and the frittata over into the plate, put the skillet back on the fire, slide the frittata off the plate back into the skillet, and cook the other side of the frittata for another 4 minutes or so. When it's ready, serve it hot or cold, sprinkled over the top with a little extra Parmesan or sloshed with a little warm tomato gravy.



Sicilian Caponatina



Chef's Notes: *This is authentic Sicilian Caponatina, not northern Italian caponata. It retains the color of the eggplant and contains only enough olive oil to give the ingredients base flavor. For a redder color and a more concentrated tomato base, you can add 2 tablespoons of tomato paste and cook it into the eggplants as they are sauteing. Keep in mind, however, that this greatly reduces the intensity of the eggplant flavor.*

Before adding to the dish, the celery should be stripped of its long, stringy filaments. Dice them only after the stripping has been done and, for perfect texture, blanch the diced pieces in lightly salted simmering water for a few minutes to tenderize them.

To remove whatever 'bite' and bitterness might be in the diced eggplant pieces, I recommend that you place the pieces into a colander, liberally sprinkle them with salt, and let the oxalic acid bleed out of the vegetable into the sink for at least an hour. Rinse the chunks thoroughly after the 'sweating period' and dry them completely with a towel before adding them to the dish.

I also recommend that, while many recipes don't call for it, you 'do' peel the tomatoes before adding them into the Caponatina.

Sicilian Caponatina

COURTESY OF FRANK DAVIS

INGREDIENTS

1 cup extra virgin olive oil	6 cloves finely minced fresh garlic	½ cup slightly roasted pine nuts
6 whole mashed anchovies	1 tsp Frank Davis Sicilian Seasoning or Italian seasoning	1 tsp kosher or sea salt
1 large onion, medium diced	2 tsp granulated sugar	½ tsp coarse ground black pepper
2 cups celery, medium diced	¼ cup balsamic vinegar	½ tsp crushed red pepper flakes
3 medium eggplants, unpeeled but diced	¼ cup tarragon vinegar	8 fresh basil leaves, finely minced
5-6 medium fresh tomatoes, seeded and small diced	¾ cup sliced Kalamata olives	Thin Italian pepper crackers
1 cup diced marinated artichoke hearts	¾ cup sliced Sicilian olives	8 oz grated Parmesan cheese for sprinkling
1 small can Contadina tomato sauce	½ cup pimento stuffed olives	
	½ cup pitted Green olives	
	¼ cup fresh minced parsley	
	½ cup capers, rinsed	

- 1** In a heavy 6-quart Dutch oven, heat the olive oil, stir in the anchovies, and sauté the onions and celery until just tender. Then drop in the diced eggplants and cook them (stirring constantly) until they soften. The tomatoes, artichoke hearts, tomato sauce, and garlic go in next, and you need to cook everything together until all the ingredients are thoroughly blended. Incidentally, all of this happens over a high heat!
- 2** At this point, reduce the fire to medium and simply begin adding and combining all the other ingredients--in the order listed except for the fresh basil. I suggest you add them one at a time and stir everything well between additions to get the full flavor to develop.
- 3** When everything is in the mix, remove the pot from the fire, stir well once again, and allow the mixture to come to room temperature. In the meantime, sterilize about a half dozen pint-size Mason jars and lids in boiling water and let them dry. Then when the Caponatina has cooled, fill each jar and store in your refrigerator. It will keep for at least 6 weeks refrigerated.

A close-up photograph of a white ceramic bowl filled with Hungarian Pork Paprikash. The dish features a large, succulent pork knuckle (carrot) and several pieces of tender pork meat, all coated in a thick, vibrant orange-red paprika sauce. To the right of the meat, there is a generous portion of small, yellow, shell-shaped pasta. The bowl is set on a light-colored, textured fabric napkin. In the bottom left corner, a silver fork and knife are partially visible. A semi-transparent blue banner with a repeating pattern of small, light blue leaves or petals is overlaid across the middle of the image, containing the text 'Hungarian Pork Paprikash'.

Hungarian Pork Paprikash

Hungarian Pork Paprikash

COURTESY OF FRANK DAVIS

INGREDIENTS

- 3 tbsp** bacon drippings
- 2 lbs** pork tenderloin, cut into 1-1/2-inch cubes
- 1 tbsp** all-purpose flour
- 2 tsp** Frank Davis Pork Seasoning or other pork seasoning
- 1** medium onion, cut into thin slices
- 2** large green bell peppers, cut into thin strips
- 1/2 tsp** sea salt
- 1/2 tsp** fresh ground black pepper
- 1/4 cup** sweet Hungarian paprika
- 8 oz** bacon, diced and rendered
- 2 cups** canned chicken broth
- 1 cup** sour cream
- 1 lb** elbow pasta or egg noodles

- 1** First, take a heavy 5-quart Dutch oven, put it on the stovetop, and heat one tablespoon of the bacon drippings over moderately high heat. While this is happening, take a large mixing bowl and toss the pork with the flour and the pork seasoning.
- 2** Then when the Dutch oven is up to heat, add about half of the pork to the pot and brown the pieces for about 3 minutes, stirring constantly. When they're ready, remove them and set them aside momentarily. Then add to the pot another tablespoon of bacon drippings and repeat the process with the remaining pork cubes. When they're done, remove them too and set them aside.
- 3** In the meantime, reduce the heat to medium low and add the final tablespoon of bacon drippings to the pot. Now drop in the onions and bell peppers and cook them, covered but stirred occasionally, for about 8-10 minutes.
- 4** Then immediately stir in the sea salt, the black pepper, and all of the paprika (but be careful not to burn the paprika). Cook everything, still over the lowered heat, for about 30 seconds-and never stop stirring. At this point, it's time to add the pork, along with any accumulated juices, the crumbled bacon bits, and all of the chicken broth to the pot.
- 5** Then bring the stew mixture to a boil, but immediately reduce the heat to a simmer and cook the dish-partially covered-until the pork is just done, which should take about 10 to 15 minutes. Finally, reduce the heat even further to very very low and whisk in the sour cream.
- 6** Meanwhile, put on a large pot of salted water, bring it to a boil, and cook the pasta until done-about 9 minutes or so. Then drain it thoroughly and remove a half-cup of the sauce from the stew and toss it with the pasta to keep it from sticking together.
- 7** Finally, when you're ready to eat, generously spoon the paprikash over the pasta and enjoy!



Layered Bavarian Oktoberfest Casserole

INGREDIENTS

- 2 lbs** 'B' size red creamer potatoes
- 1 tsp** caraway seed
- 1/3 cup** cup apple cider vinegar
- 3 tbsp** spicy brown mustard
- 1/2 tsp** sea salt
- 1 tbsp** cornstarch
- 1 tbsp** sugar
- 1/4 tsp** coarse ground black pepper
- dash Worcestershire sauce
- dash Hot Sauce
- 2** small gherkin pickles, diced
- 2 tbsp** capers, drained
- 12 oz** minced lean bacon + drippings
- 1 cup** onions, finely diced
- 1/2 cup** white wine
- 3 tbsp** juniper berries
- 4 cups** sauerkraut, drained and squeezed
- 2 cans** corn beef, defatted and shredded
- 2 lbs** knackwurst, boiled and cooled, cut into 1/4-inch slices
- 2 cups** imported Swiss cheese, shredded
- 2 tbsp** parsley, minced

Layered Bavarian Oktoberfest Casserole

COURTESY OF FRANK DAVIS

- 1** First, take a large saucepan and cook the potatoes--covered--in a small amount of boiling water for about 25 minutes or until they are fork-tender. Then drain, cool, peel, chill and thinly slice them and set them aside for a while.
- 2** Next, using a mortar and pestle, coarsely crush the caraway seeds and combine them in a mixing bowl with the vinegar, mustard, cornstarch, sugar, pepper, Worcestershire, hot sauce, pickles and capers. Then set the mixture aside too.
- 3** At this point, take a small skillet, place it over medium heat, render out the bacon, and cook the chopped onions in the pan drippings. When they turn a rich golden brown, remove them from the skillet and deglaze the pan with the white wine. When a rich stock forms, drop in the juniper berries and the sauerkraut and simmer everything for about 5 to 10 minutes or until the sauerkraut is heated thoroughly.
- 4** Now's the time to build your casserole, and you do that by taking an ungreased 3-quart rectangular baking dish and--in order--layer in half of the potatoes, sauerkraut, sausage, corned beef, and cheese. Then stir the caraway seed mixture briskly to combine all the ingredients once again. Then spoon it evenly on top of the cheese.
- 5** All that's left now is to repeat the layers (with the exception of the Swiss cheese) and bake it uncovered at 375 degrees for 30-35 minutes or until hot and steamy. Then a few moments before you're ready to eat, remove the casserole from the oven, generously top it with the remaining Swiss cheese, and garnish it with parsley.

Chef's Notes: *Don't buy the canned sauerkraut to make this dish! It is much too harsh and vinegary. Best results come from using the refrigerated Claussen brand which is found in glass containers in the cooler section at most major grocery stores.*

Be sure to thoroughly wash, drain, and squeeze the sauerkraut before incorporating it into the casserole. Washing minimizes the vinegar taste and squeezing prevents the casserole from turning watery at the base.

By the way, the casserole comes out best if you poach the knackwursts in hot water for about 6 minutes before cutting them into slices.



German Potato Salad



German Potato Salad

COURTESY OF FRANK DAVIS

INGREDIENTS

2 ½ lb red new potatoes

4-6 slices lean bacon, crumbled

½ medium red onion,
finely diced

¼ **cup** rice wine vinegar

⅓ **cup** bottled water

2 tbsp granulated sugar

1 tsp kosher or sea salt

1 tsp fresh-ground black
pepper

2 tsp coarse ground brown
mustard

½ **cup** green onions, chopped


2 tbsp fresh parsley, finely
chopped

1 tsp paprika for garnish

- 1** Start off by placing the potatoes in a large oval roaster or gumbo pot.
- 2** Then add to the pot just enough water to cover them about an inch or two.
- 3** Now bring them to a rapid boil over high heat. . . but immediately reduce the heat and simmer the spuds, uncovered, for 20 or 30 minutes or until they become fork-tender.
- 4** At that point, drain them and let them cool. When you can handle them comfortably, peel them with a small paring knife, removing only the outermost layer of skin.
- 5** The next step is to cut each potato into small, diced chunks. When that's all done, set the chunks aside for a while.
- 6** Since this recipe requires that you cook 4-6 slices of bacon and crumble it into this dish, I suggest you do this while you're peeling the 'taters. I also suggest that you then leave about 3 tablespoons or so of the bacon drippings in the skillet so that you can toss in the diced red onion and sauté it until tender.
- 7** Meanwhile, it's time to briskly whisk together in a large bowl the vinegar, water, sugar, salt, black pepper, mustard, and green onions (in other words, the seasoning mix for this salad). Then when these ingredients are thoroughly mixed, drop into the bowl the chopped potatoes and the crumbled bacon and toss everything together gently until the 'taters are well coated. I strongly recommend that you do this 'tossing' gently because to do otherwise will turn the potato salad into a big bowl of 'smashed potatoes.'
- 8** All that's left to do now is garnish the potato salad with finely minced fresh parsley when it's served and crown it with a sprinkling of paprika.

Chef's Notes: *Oh nearly forgot! This potato salad can be served both hot or cold, and because it contains no eggs or mayonnaise it is ideal for Oktoberfest or as a side dish for picnics and other outdoor meals.*

To serve it warm, you can either slide it into the microwave for a minute or two (remember it's served 'warm' not 'hot'), or place the container it's in (preferably stainless steel) in the oven covered at 200 degrees until warm.



Daube with Portabellas & Penne

INGREDIENTS

- 4 lbs** boneless chuck roast
cut into 2-inch squares
- 2** onions, one quartered,
one minced
- 3** carrots, peeled and
sliced
- 8** fresh thyme sprigs
- 1** fresh rosemary sprig
- 2** bay leaves
- 2 tsp** salt
- 2 tsp** black pepper
- 12** garlic cloves, minced
- 4** orange peel strips
(each 1/2 inch wide)
- 1 bottle** zinfandel or hearty
burgundy
- 2 tbsp** balsamic vinegar
- 1/3 cup** salt pork, minced
- 2 tbsp** all-purpose flour
- 1 cup** water
- 1 can** Italian tomatoes (14 oz
size), sliced
- 2 cups** Portabella
mushrooms, coarsely
chopped
- 16oz** penne pasta, cooked
al dente
- 1 cup** Parmesan cheese,
freshly grated
- Chopped parsley for
garnish

Daube with Portabellas and Penne

COURTESY OF FRANK DAVIS

- 1** First off, cut the chuck roast into 2-inch squares, taking care to trim away any large pieces of fat. Then place the meat into a large glass, plastic, or ceramic bowl (or into a gallon size Zip-Loc bag.)
- 2** Next, quarter one onion and add it to the meat, along with the carrots, thyme, bay leaves, rosemary, half of the salt, half of the pepper, half of the garlic, and the orange peels. Then pour the wine and the balsamic vinegar over everything and toss it thoroughly to mix and cover all the ingredients. At this point, seal off the meat mix and let it marinate in the refrigerator overnight (or at least 4 hours).
- 3** Now, when you're ready to cook, drop the salt pork into a heavy, cast iron Dutch oven that is large enough to hold all of the ingredients and fry down the pork over medium-low heat until it releases its fat (which should take about 5 minutes or so). Then discard the crumbled pork pieces and immediately drop into the pot the diced onion and minced garlic that remains. Now sauté the onions until they turn clear (they don't have to brown), and as soon as they do remove them from the pot with a slotted spoon and set them aside.
- 4** Next, drain the meat and pat it as dry as possible with absorbent paper towels (but save the marinade). Then, a few pieces at a time, add the meat to the Dutch oven (but don't crowd them so that they can sear to seal in their juices). You want to take your time to sauté the pieces for about 6 minutes or so, turning them once or twice. The beef will darken but it won't truly 'brown.' That's okay, though—simply remove it from the Dutch oven with a slotted spoon and set it aside with the seasoning mixture.
- 5** At this point it's time to add the flour to the pot and cook it until it browns (be sure to keep stirring it so that it doesn't lump and burn). Then increase the heat to high, slowly pour in the rest of the marinade that you saved and deglaze the pot, scraping up any bits that cling to the bottom. Now return the onions, the garlic, the meat, and the meat juices to the pot, add the remaining salt and pepper, the water, the can of tomatoes, and the mushrooms, and bring everything to a near boil. But when it reaches that stage, reduce the heat to very low, cover the pot with a tight-fitting lid, and gently simmer the daube for about 3 hours or until it can be cut easily with a spoon and the liquid has thickened.
- 6** Finally, when you're ready to eat, place a mound of hot pasta into a serving dish and ladle over it, directly from the pot, the daube and the sauce it cooked in. All that's left is to shake on a little extra salt and pepper or a pre-blended beef seasoning if you need it, and top it all off with a garnish of Romano cheese and minced parsley.

Chef's Notes: *Feel free to use another kind of mushroom in place of the Portabellas. Common white buttons, shiitakes, and Italian cremini will substitute nicely.*



Leeks & Salmon



Leeks & Salmon

COURTESY OF FRANK DAVIS

INGREDIENTS

- 3** large leeks, white part only, thoroughly washed and cut in ¼-inch slices
- 2 tbsp** bottled water
- 1 tbsp** extra-virgin olive oil
- 1 tsp** finely shredded lemon zest
- 2 tsp** chopped fresh dill
- 8** salmon steaks, about ½ lb a piece
- ¼ tsp** fresh ground black pepper
- 2 tbsp** lemon juice
- Lemon wedges and fresh dill for garnish

Leeks are a popular member of the onion family and one of the oldest Irish vegetables.

They complement everything from potatoes to fish. Initially, because of their distinctive oniony flavor, leeks were used most often as a flavoring; but more and more they're turning up on their own, often as a bedding or nest for meat or fish fillets.

- 1** Start this recipe by preheating your oven to 425 degrees.
- 2** Then in an ovenproof casserole dish or a stainless roasting pan large enough to hold all eight fillets, combine the leeks, water, olive oil, and lemon zest.
- 3** Then cover the pan with aluminum foil and bake the leeks for 20 minutes or so, stirring about halfway through the cooking process.
- 4** This is the point when you remove the pan from the oven, push the leeks aside, and add in the fillets.
- 5** Then spoon the leeks evenly over the fish and season everything with salt, pepper, and lemon juice.
- 6** Finally, return the pan to the oven and bake the leeks and fish, uncovered, until the salmon becomes opaque (about 10 to 12 minutes). But do not overcook the fish! It will become leathery and dry.
- 7** When you're ready to serve, divide the leeks equally between your dinner guests and top with the salmon fillets. Yummmmm!

Green Mayonnaise Sauce:

- ½ cup** cooked spinach water
- 1 tsp** Dijon mustard
- 1 tsp** lemon juice
- 1 tbsp** fresh parsley, chopped
- ½ tsp** dried tarragon
- ½ tsp** basil
- 2 cups** reduced fat mayonnaise

This is one of the easiest Irish sauces you'll ever find. All you do is place all of the ingredients, except the mayonnaise, into a blender. Then process everything until you create a silky-smooth sauce. Finish it by stirring in the mayo and whisking everything until totally combined. This recipe will make about 2 ½ cups.



Saint Paddy's Smashed Irish Potatoes



Saint Paddy's Smashed Irish Potatoes

COURTESY OF FRANK DAVIS

INGREDIENTS

2 cups green cabbage
shredded

2 cups Irish potatoes,
smashed

¼ cup minced green onions

¼ tsp fresh ground black
pepper

Pats of butter, as
desired

Parsley for garnish

- 1** Start by heating 2 cups of water to boiling.
- 2** Then stir in the shredded cabbage, cover it, and bring the heat back up to boiling.
- 3** At this time you cook the cabbage for all of 5 minutes.
- 4** Then drain it.
- 5** Finally, when you're ready to eat, prepare your Irish potatoes by boiling them until they become fork tender. Then fold together the cabbage, the onions, and the pepper and dot with butter and sprinkle with parsley.

Chef's Notes: *This recipe will serve approximately 4 people. So, make extra if you got some real 'hungries' coming for dinner! And don't worry... there won't be any leftovers.*



PHOTO: THINKSTOCK

The Americas

So much that has happened to the cuisine of the world happened in the little more than a half of millennium since Columbus discovered the Americas. Not only was America introduced to new foods, but also the rest of the world was introduced to foods that had not been used anywhere else in the world before Columbus' historic journey. These foods transformed cuisines all over the world. Tomatoes, for example, revolutionized the food of Southern Italy and Sicily. Potatoes changed the lives of the Irish and history of Ireland. And the whole world loves fried potatoes, one of the universal street foods. Peppers created firey, spicy cuisines all over the world. Chocolate has become the universal sweet.

The food of New Orleans and Louisiana still reflects America's contributions. The native sassafras gives us filé, so crucial in our gumbos, lending a distinct flavor and thickening power. Corn is everywhere from maque choux to cornbread to corn and crab soup to grits fish fry. Tomatoes are transformed into shrimp Creole. And our pecans make wonderful pralines and are delicious on their own. And our landscape was once full of game, letting the native peoples have the variety of deer, duck, bear, bison and alligator, as well as fish, shrimp, crabs, oysters, and crawfish.

Louisiana and the Port of New Orleans also supplied the rest of America with coffee, bananas, pineapples, sugar, and rum. Global flavors found their entry into America through New Orleans. And that adds to the richness and informs the nuance of the food of Louisiana.



Bloody Mary



Bloody Mary

COURTESY OF **TABASCO®** BRAND & TONY SIMMONS, CEO + PRESIDENT OF MCILHENNY COMPANY

INGREDIENTS

2oz vodka

8oz tomato juice

$\frac{1}{4}$ lemon, juiced

1 tsp Worcestershire Sauce

6 drops TABASCO® Sauce

$\frac{1}{4}$ **tsp** prepared horseradish

Black pepper to taste

Celery salt to taste

Add ice to a tall glass. Combine all ingredients and stir well. Season with black pepper and celery salt to taste. Serve immediately.

Chef's Notes:

Prep Time: 5 minutes

Serves: 1





"Manuel's Style"
New Orleans Tamales



"Manuel's Style" New Orleans Tamales

COURTESY OF FRANK DAVIS

INGREDIENTS

3 lbs lean ground meat

1 extra-large onion,
finely chopped

1 can Rotel tomatoes with
chilies, 10 oz size

1 envelope Two-Alarm Chili Mix

1 can peeled tomatoes,
chopped, 16 oz size

1 can Mexican-Style chili
powder, 2.5 oz size

1 tsp ground cumin

3 cups bottled water

Salt and cayenne
pepper to taste

2 cups Martha White
cornbread mix

- 1** In a large, heavy skillet start off by sautéing the ground beef and the onions until the beef browns and the onions become tender.
- 2** At this point, strain the meat in a colander and drain off all but a couple tablespoons of the beef drippings. But keep it in reserve-you'll need it later.
- 3** Then, in an 8-quart tamale (stock) pot combine into the meat the Rotel tomatoes, the chili mix, the peeled tomatoes, the chili powder, the cumin, the water, and your salt and cayenne pepper. Now bring the mixture up to a slow boil, but as soon as the boil begins reduce the heat to low and simmer everything together (with the cover on the pot) for about 45 minutes to an hour. Next, strain the meat again from the juices (but save the juices).
- 4** Then put the seasoned meat back into the pot and stir in the cornbread mix and one cup of the meat drippings that you saved from the sautéing process. At this point, you can adjust the 'spiciness' of the tamales by adding either more chili powder or cayenne pepper. Then mix everything together extremely well once more and note - you want the tamale mixture to be moist and pasty, but not 'wet'!
- 5** Finally, when you're ready to start making them, place about a tablespoon of the meat stuffing into the center of a moistened tamale paper, roll the paper around the tamale, and put the rolled tamales into an 8 or 10-quart deep steamer pot, wrapped ends down.
- 6** When they're all in the pot-standing upright on end--it's time to ladle over the tamales all the juices and drippings you reserved during the preparation process and simmer everything on low for about 45 minutes. All that's left is to serve them piping hot alongside a stack of saltine crackers when you're ready to eat.

Oh, and I recommend you serve them N'Awlins style--on top of most of a Times-Picayune newspaper. Enjoy!

Chef's Notes: For best results, use the cornbread mix on the grocery shelf containing the smallest amount of sugar.



Spanish Pan Pie



INGREDIENTS

- 2 lbs** hamburger (ground chuck)
- 1** large onion, chopped
- 1 bunch** green onions, thinly sliced
- 1** small green bell pepper, chopped
- ½ cup** parsley, minced
- 2 tsp** garlic, minced
- 2 jars** processed mushrooms, sliced
- 1 can** green chilies, finely diced
- 2 tsp** mild chili powder
- 2 packages** taco seasoning
 - 1** medium-size jar smooth salsa
- 1-8 oz can** enchilada sauce
- 1-8oz can** taco sauce
- 1 can** cream of chicken soup
- 3 tsp** ground cumin
- 1 tsp** salt
- 1 tsp** black pepper
- ¼ cup** cilantro, minced
- 2 cans** black beans, drained
- 2 cans** garbanzo beans, drained
- 1 tub** cottage cheese, washed
- 1 lb** grated or shredded cheeses
- 2 packages** Mexican-style cornbread mix, 6 oz size
- 1 tub** sour cream for garnish
- Shredded lettuce for garnish

Spanish Pan Pie

COURTESY OF FRANK DAVIS

- 1 Start off by liberally spraying a 5-quart Dutch oven with Pam. Then drop in the ground chuck and fry it down over high heat until it becomes thoroughly browned. When it's done, take a slotted spoon, remove it from the pot, and set it aside for a while.
- 2 Next, in the same pot you browned the beef, combine and sauté in the drippings, the onions, green onions, bell pepper, parsley, and garlic until the mixture softens (which should take about 4 minutes). Now add the ground beef back to the wilted seasoning vegetables and stir everything together well.
- 3 At this point, fold into the meat mix the mushrooms, green chilies, chili powder, taco seasoning, salsa, enchilada sauce, taco sauce, chicken soup, cumin, salt, and black pepper. Now simmer this mixture very gently over medium-low heat for about 10 minutes, taking time to stir continuously.
- 4 When you're ready to build the 'pies,' take two non-stick 12-inch skillet (they will need to have oven-safe handles since they'll go into the oven) and spray them liberally with Pam. Then begin layering into each skillet all of the ingredients in small batches—meat mixture on the bottom, followed by a sprinkling of cilantro, followed by a thin layer of black beans, followed by a thin layer of garbanzo beans, followed by a thin layer of cottage cheese, and finally by a thin layer of shredded cheese. Then repeat the layers once more in the same order and set the pans aside to 'compact and settle' for about 10 minutes while you make the cornbread crown.
- 5 Using two 6-ounce packages of Mexican-Style cornbread mix, prepare the batter according to package directions (usually the mix plus 1-1/3 cups of milk plus two eggs). When fully blended, pour the mixture evenly over the two pans of casserole ingredients. Then slide them into a preheated 450-degree oven and bake uncovered for 30-35 minutes or until the cornbread crown is richly browned.
- 6 All that's left now is to place a handful of shredded lettuce on a dinner plate, spoon out the Spanish Pan Pie over the lettuce, drop a hearty dollop of sour cream right on the top, maybe sprinkle with a little extra shredded cheese while still piping hot, and dive in!

Here's a chef's hint: *It is not uncommon to have extra ingredients left over after building the pan pies. If you find this to be your case, simply combine everything together in one bowl, cover tightly with plastic wrap, and stash in the refrigerator. Then a couple of days later, heat up a half-dozen or so taco shells, dice up a couple of ripe tomatoes, shred a little extra lettuce, and use the 'extras' you saved as taco filling*

Feel free to either double or halve the recipe. The ingredients listed above will serve about 10-12 folks. You can reduce that to 6 by cutting the recipe in half.



Shrimp Ceviche

Shrimp Ceviche

COURTESY OF **TABASCO®** BRAND

INGREDIENTS

20-24 raw, whole medium shrimp, peeled and deveined

1 cup TABASCO® Sauce or TABASCO® Chipotle Sauce

1 cup lemon juice, freshly squeezed

1 tbsp fine salt

1 cup tomato, diced

1 cup red onion, diced

1 cup fresh cilantro, roughly chopped

$\frac{1}{2}$ avocado, cubed

2 tbsp sour cream

4 tostadas

$\frac{1}{2}$ **cup** crispy pork cracklings (chicharrón), for garnish

- 1** In a large bowl, combine shrimp, TABASCO® Sauce, lemon juice, and salt. Set aside and marinate for 20 minutes.
- 2** In a separate bowl, combine the tomato, onion, and cilantro and mix well. Season with salt to taste. Add avocado cubes.
- 3** Transfer vegetable mixture to bowl of marinated shrimp and mix well to incorporate.
- 4** Spread sour cream on each tostada and top with ceviche. Garnish with slices of crispy pork cracklings (chicharrón).

Chef's Notes:

Prep Time: 35 minutes

Serves: 4





Salvadoran Pupusa



INGREDIENTS

The Beans

- 3 cups** red beans, cooked
- $\frac{1}{4}$ small onion
- $\frac{1}{2}$ cup** corn oil
- 1 tbsp** salt
- 1 cup** chicken stock

The cheese

- 3 lbs** mozzarella cheese, shredded
- $\frac{1}{2}$ green bell pepper, diced

The Masa

- 4 cups** masa corn flour
- 2 cups** warm water

Salvadoran Pupusa

COURTESY OF CHEF KEVIN BELTON

The Beans

- 1 Heat the corn oil in a large soup pan on medium high heat. Once the oil is heated fry the onion until golden brown.
- 2 While the onions are cooking, place half of the beans and 1/2 cup of the stock in a blender and blend for 1 minute.
- 3 Once the onion is golden in color, about 4 minutes, take the onion out with a slotted spoon.
- 4 Carefully stir the beans from the blender into the hot oil. Turn your heat down to medium low.
- 5 Next add the onion and the rest of the beans and reserved 1/2 cup stock into the blender and liquefy for a minute. Add the beans to the rest of the mixture that is already cooking.
- 6 Carefully stir the beans until no oil appears in the beans, about 3 minutes. Cook on medium stirring about every 5 minutes until the beans have darkened about 3 shades and are the consistency of refried beans.

The Cheese

- 1 Place the shredded mozzarella, and bell pepper in a food processor and process until the bell peppers are chopped into tiny pieces and fully incorporated into the cheese.
- 2 Place the cheese mixture into a plastic bowl and warm the mix in the microwave for no more than 20 seconds. Squeeze the cheese mixture with your hands until it becomes like a soft putty consistency.
- 3 Set the cheese aside and get ready for the masa.

The Masa

- 1 Place the masa mix and water in a bowl and stir until fully mixed. The masa should be very sticky but should form an easy ball when rolled. If not, add water until it is sticky but easy to work with.
- 2 Place an egg size ball of masa in your hand (it helps to place a tiny bit of oil on your hands before doing this) and press the masa out in one hand to represent a small plate the size of your palm.
- 3 Place about a tablespoon of cheese down onto the masa, then a tsp of beans. Pull the sides of the masa up around the beans and cheese and roll it into a ball. Next, flatten it a tiny bit with your palms to form a thick disc. Pat the disc turning it between your hands about 6 times to flatten it more but to keep it in a round shape.
- 4 The pupusa should be a little less than 1/2 inch thick.
- 5 Place the pupusa on a large oiled nonstick surface and cook on medium high until each side is golden brown, around 3 minutes on each side.



Coconut Flan

Coconut Flan

COURTESY OF CHEK KEVIN BELTON

INGREDIENTS

1 can condensed milk (14oz)

1 cup coconut milk (13.5oz)

6 eggs

1 cup grated coconut

1 cup sugar

coconut strips for
garnish

- 1** In a bowl, mix the beaten eggs with the coconut milk, condensed milk and the grated coconut.
- 2** Place sugar in a medium skillet, cook over medium heat to make caramel making sure you stir periodically. Let it cover bottom of the pie pan and cool.
- 3** Pour the mixture into the mold with the caramel, cover it and cook it in a water bath for one hour until it curdles.
- 4** Let it cool, unmold and decorate with coconut strip.



JUST THREE SIMPLE INGREDIENTS
peppers, salt, vinegar

from **SEED TO SAUCE**

The recipe, process, and ingredients that Edmund McIlhenny first used to make **TABASCO®** Sauce in 1868 have remained virtually the same for 150 years.



PLANT



HARVEST



MASH



AGED FOR 3 YEARS



INSPECT



BLENDED FOR
28 DAYS



BOTTLED AND SHIPPED
TO MORE THAN 185 COUNTRIES AND
TERRITORIES AROUND THE WORLD





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)

