

IN THE KITCHEN



Recipes for Lent



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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 seafood and meat-free dishes, perfect for this time of year when the celebrations and excesses of the Carnival season give way to the sacrifice and penance of Lent. Traditionally, that means eating seafood instead of meat dishes. The Catholic roots of this city, which is home to the country's oldest cathedral and a football team called the Saints, and our state, which is divided into parishes rather than counties, show just how much our culture has been influenced by faith. Even for non-Catholics, the Lenten tradition of abstaining from meat and instead eating seafood is carried out in our cuisine, which has for centuries seen chefs and home cooks turn the bounty of the Gulf of Mexico and Lake Pontchartrain into dishes that contribute greatly to our culinary history.

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.

In the season of the fish fry and crawfish boil, Louisiana Fish Fry Products is a perfect partner for this cookbook. This Louisiana company is also America's Number 1 Fish Fry. They contributed additional recipes to this book including their foolproof official crawfish boil recipe..

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





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



The Catholic Tradition of Meatless Days

After its long history as a pre-Columbian home of the native people, Louisiana was claimed by France. France, a Roman Catholic country, brought the practices of Lenten and Friday sacrifice – meatless days – with them to the New World. It is a world with many culinary alternatives to meat.

Fasting, which is what not eating meat is considered, is a deprivation which is done in commemoration of the death of Christ. It is said that the native people of America thanked the warm-blooded animals who sacrificed themselves so that they could eat. Similarly the Roman Catholic Church encourages Catholics to forego eating the flesh of warm-blooded animals – not ask them to make this sacrifice. People began to celebrate their sacrifice by eating fish. Other days besides Fridays in Lent were added as special days of fasting. In Catholic Europe the appetite for fish, its association with religion, and the growth of the fishing industry, all happened in an interconnected web. It is this web that was placed fully formed into Louisiana, where fish abound.

And since reptiles are also cold-blooded, alligators are also technically a fast-safe food. With the rise of Protestant England, Henry VIII allowed people to eat meat on traditional fast days. When this threatened the fishing industry, Edward, Henry's son, reinstated the fast days to save the industry. But these penitents were eating preserved cod and herring. The people who found themselves in New Orleans found wonderful choices that were available throughout the year, without the need to salt and preserve them.



Oysters Rockefeller

PHOTO: THINKSTOCK

Oysters Rockefeller

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 1** clove garlic
- 2 cups** fresh spinach
- ½ cup** chopped green onions
- ¾ cup** butter, room temperature
- ½ cup** Italian breadcrumbs
- 3 tbsp** anise liqueur or oyster liquor
- 1 tsp** ground fennel seeds
- 1 tbsp** hot sauce
- ¼ cup** chopped Italian parsley
- 1 tsp** salt
- 1 tsp** black pepper
- 24** fresh and unopened oysters
- 1 lb** rock salt
- ¼ cup** grated Parmesan cheese
- Lemon/lime wedges

- 1** Preheat oven to 400 degrees.
- 2** Using a food processor, chop garlic. Add spinach and green onions and continue to process using the pulse mode until mixture is finely chopped. Transfer to a small bowl.
- 3** Add butter, bread crumbs, liqueur or liquor, fennel and hot sauce to processor and blend well. Add spinach along with parsley to processor using the pulse mode to loosely blend. Add salt and black pepper. Adjust seasoning, cover and chill.
- 4** Shuck and arrange oysters on an ovenproof platter filled with rock salt. Make sure there is at least ¼ teaspoon of oyster liquor in each shell. Divide the spinach mixture among the oysters
- 5** Evenly sprinkle the cheese over each oyster. Bake in the oven until spinach and cheese begin to brown, about 12-15 minutes. Garnish with lemon or lime wedges.



Crab Cakes



Crab Cakes

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

½ cup vegetable oil

2 ½ cups onions, chopped

1 cup green onion, chopped

½ cup mayonnaise

2 eggs, beaten

1 tbsp Creole seasoning

½ tsp cayenne pepper

½ tsp salt

3 tbsp Worcestershire sauce

2 lbs lump crab meat

3 cups breadcrumbs

Oil for frying

- 1** In a large sauté pan over medium heat, sauté onion in oil until soft, about 5 minutes. Add green onions and cook for one minute. Remove from heat and set aside.
- 2** In separate mixing bowl, combine mayo, eggs, Creole seasoning, cayenne pepper, salt and Worcestershire sauce. Add cooked onions, crabmeat and 1 cup breadcrumbs. Form into cakes. Coat with breadcrumbs. Heat about 2 tablespoons of oil in a large sauté pan over medium/high heat. Sauté crab cake in hot oil until lightly browned on both sides. Drain and serve with tartar sauce or remoulade.



Crabmeat Ravigote



Crabmeat Ravigote

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

1 cup mayonnaise

¼ cup green onions, minced

2 tbsp parsley

4 anchovies, minced

1 tbsp Creole seasoning

4 cups lump crabmeat

Shredded Lettuce

- 1** Mix together all ingredients except the crabmeat and chill in the refrigerator. Carefully blend the crabmeat with the chilled sauce, preserving the lumps. Chill the mixture in the refrigerator. Serve on top of shredded lettuce.



Crawfish Fritters

PHOTO: THINKSTOCK

Crawfish Fritters

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

1/2 lb crawfish tails, chopped

1/4 cup onion, chopped

1/4 cup bell pepper, chopped

1 tbsp tomato paste

1 tbsp lemon juice

1 tbsp Creole seasoning

1 cup all-purpose flour

1/2 cup milk

Cocktail sauce

- 1** Mix together the chopped crawfish, onion, and bell pepper. Mix tomato paste, lemon juice and Creole seasoning together, then add into crawfish. Let sit for 10 minutes, then stir in the flour along with enough milk to produce a batter.
- 2** In a skillet, heat oil. Place tablespoons of batter into the hot oil, 2 at a time, cooking until golden brown and turning over as needed. Drain on paper towels. Serve hot with cocktail sauce.

A top-down view of a white ceramic bowl filled with shrimp ceviche. The dish consists of cooked shrimp, diced tomatoes, sliced onions, and green bell peppers. The bowl is placed on a white marble cutting board, which also holds several golden-brown tortilla chips. A semi-transparent red banner is overlaid across the middle of the image, containing the text 'Shrimp Ceviche'.

Shrimp Ceviche

PHOTO: THINKSTOCK

Shrimp Ceviche

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

2-3 lbs shrimp, peeled and deveined

6 limes, squeezed

6 lemons, squeezed

2 oranges, squeezed (preferably sour oranges)

1/3 cup olive oil

2 large tomatoes, diced

1/2 red onion, finely diced

1/2 cup green onion, chopped

1 bunch cilantro, diced

1 serrano pepper or 1 jalapeno, finely diced

2 large avocados, diced

2 large cucumbers, peeled and diced

Salt and pepper to taste

1 Blanche shrimp in boiling water for about 2 minutes, then shock in ice cold water. Strain the shrimp when they have cooled. Cut shrimp into 1-inch pieces and put in a bowl.

2 Add lime, lemon and orange juices and olive oil and marinate for 2 hours in refrigerator.

3 Add red onion, green onion, tomatoes, chilies and cilantro, marinate for 2 more hours.

4 Add avocados and cucumber before serving as well as salt and pepper to taste.

Tip: If you would prefer a little more seasoning, you can add a few tablespoons of your favorite Creole seasoning



Frank's Shrimp, Corn & Crabmeat Bisque for Lent



PHOTO: THINKSTOCK

INGREDIENTS

Creamed corn, whole kernel corn, a full pound of blue crab claw meat, a pound of Louisiana wild-caught shrimp, rich heavy cream, and the perfect blend of authentic New Orleans spices...

2 cans whole kernel corn

2 cans creamed corn

1 ¼ stick butter

¼ cup all purpose flour

1 cup onions, finely diced

½ cup celery, finely diced

½ cup bell pepper, finely diced

½ cup carrots, finely diced

4 cloves fresh garlic, minced

1 quart heavy cream

2 quarts seafood stock

2 tsp Frank Davis Seafood Seasoning
or other seafood seasoning

½ tsp white pepper

¼ tsp red pepper

¼ tsp black pepper

½ tsp thyme

1 tsp basil

½ tsp dill

1 lb deveined and chopped
Louisiana shrimp

¼ cup Italian parsley, minced

1 lb lump or claw crabmeat

⅓ - ½ cup instant mashed potatoes (if
needed)

½ cup green onions, sliced

Dash paprika for garnish

Frank's Shrimp, Corn & Crabmeat Bisque for Lent

COURTESY OF FRANK DAVIS

- 1** Take the lids off the four cans of corn. Do not drain the whole kernel corn because that's going to be a part of the bisque. Combine both the whole kernel and the cream style corn together in a large bowl and set the mixture aside.
- 2** Next, take a heavy 5-quart Dutch oven, place it on the stovetop over medium heat, melt down the stick of butter, whisk in the quarter cup of flour, and over low heat make a light French roux (under no circumstances should you allow the roux to brown).
- 3** After six minutes or so, drop into the mixture all the seasoning vegetables onions, celery, bell pepper, carrots, and garlic and fold them in thoroughly, still over low heat.
- 4** At this point, it's time to begin building your bisque. To the roux in the Dutch oven pour in the heavy cream, stir in the corn kernels and creamed corn, and begin adding the seafood stock (you'll need to add enough to 'liquefy' the roux not too thick, but not too thin either).
- 5** Be sure to stir the mixture constantly as the stock is added so that the butter roux transforms to a creamy, smooth, silky consistency.
- 6** It's also time to sprinkle in the seasonings and spices the salt, the peppers, the thyme, the basil, and the dill. Then cover the pot and simmer the bisque over a low to medium-low flame, stirring occasionally to ensure that the cream and roux isn't scorching on the bottom of the pot.
- 7** Ideally, you want the bisque minus the shrimp and crabmeat to cook for about 40 minutes.
- 8** Finally, about 10 minutes before you're ready to eat, gently fold in the shrimp, the parsley, and the crabmeat, taking care not to break the crab apart too much. This is also the time to adjust the thickness of the bisque if it is not to your liking, and the easiest way to do that is to stir in a small amount of instant potatoes.

You should also readjust the seasonings. At this time you may need to add a little more to taste after the addition of the crabmeat and potatoes.

Then when you're ready to serve, gently swish in the remaining quarter stick of butter and ladle out generous portions of the bisque into deep, heated, soup bowls.



Cream of Redfish Soup



INGREDIENTS

- 1** stick butter
 - ½ cup** all-purpose flour
 - 2 cups** onions, finely diced
 - 1 cup** celery, finely diced
 - ¾ cup** bell pepper, finely diced
 - 6 cloves** fresh garlic, minced
 - 1 cup** mushrooms, thinly sliced
 - 4** red potatoes, peeled and diced
 - 3 pints** Half-N-Half Cream + 1 pint whole milk
 - 1 can** Campbell's Cream of Shrimp Soup, 10 ¾ oz.
 - 1 can** Rotel Tomatoes, 10 oz., with liquids
 - 1 can** creamed corn, 15 oz.
 - 6** trimmed redfish fillets (bloodline removed)
 - 1** whole bay leaf
 - 3 tsp** Frank Davis Seafood Seasoning or other seafood seasoning
 - 1 tsp** salt, if needed to taste
 - ½ cup** cocktail sherry
 - 4** fresh tomatoes, seeded and diced for garnish
 - ¾ cup** green onions, thinly sliced for garnish
 - ½ cup** parsley, minced for garnish
- Stack of multigrain wheat saltines

Cream of Redfish Soup

COURTESY OF FRANK DAVIS

- 1 First, take a large soup pot or a 5-quart Dutch oven, drop in the stick of butter, and heat it over a medium flame until it fully melts (but don't let it burn). Then, a little at a time, begin whisking in the all-purpose flour until it becomes velvety smooth. This is going to take a little while, so don't go to rushing it!

The trick is. . .you don't want the flour to brown at all! You want to make nothing but a white butter roux.

- 2 When the roux smoothes (which should happen in about five minutes or so), drop in the onions, celery, bell pepper, garlic, mushrooms and potatoes. The introduction of the vegetables into the pot does two things (1) it softens the vegetables in the hot roux, and (2) it reduces the temperature of the roux so that it cannot brown.
- 3 Immediately after the vegetables and roux are thoroughly combined, it's time to add the ingredients which will make this dish a soup, the Half-N-Half, the whole milk, the cream of shrimp, the Rotel tomatoes, and the creamed corn. Just pour these into the mix and begin dissolving everything into the roux. Then begin dropping in the fish fillets a few at a time so that they can incorporate into the cream base and release their liquids into the stock. Finally, flip in the bay leaf, reduce the fire to low, and simmer the dish until all the individual flavors marry (which should take about 45 to 50 minutes).
- 4 Now note something here: (1) plan to stir the mixture every 10 minutes or so to keep the cream base from sticking to the bottom of the pot and scorching; (2) don't worry about breaking up the redfish, you're supposed to break it up into 'flakes;' and (3) hold off on seasoning the soup until about the last 10 minutes of cooking time, the other ingredients may contain enough salt and pepper to suit your taste. Remember, the dish should be spicy—but it should never burn your lips and tongue.
- 5 When you're ready to eat, stir in the sherry wine (and a little extra milk if you find the soup to be a little too thick to your liking), along with the parsley, and allow the dish to simmer for five more minutes so that everything gently comes together in texture and consistency. All that's left is to ladle out the finished product into hefty soup bowls and garnish with a sprinkling of the diced tomatoes and the sliced green onions.

Chef's Notes: Be careful not to cook the soup 'hard' once the Half-N-Half is added. Hard boiling will cause the milk and the cream to separate, thereby curdling the cream base. Best advice is to barely simmer the soup at every step of the recipe. It's okay for you to use a little more or a little less Half-N-Half in the soup, depending upon taste and the thickness you desire.

Be sure all the bloodline is trimmed off of the redfish fillets. Trimmed, the fish will give the soup a very delicate flavor; untrimmed, or carelessly trimmed, the soup will inherit a 'fishy' taste once cooking begins.



Frank's Gumbo Z'herbes

Ingredients

- i bunch** collard greens
- 1 bunch** mustard greens
- 1 bunch** turnip greens
- 1 bunch** baby spinach
- 1 bunch** fresh beet tops
- 1 bunch** flat leaf Italian parsley, stems removed
- 1 head** Romaine lettuce
 - 1** small green cabbage, quartered
- ½ bunch** green onions, roughly cut
- 4 qrts** vegetable stock and water mixture
 - 2** bay leaves
- 6 tbsp** all-purpose flour
- 6 tbsp** extra virgin olive oil
 - 1** large white onion, coarsely chopped
- 3 tbsp** minced garlic
 - 3** ribs of celery, roughly chopped
- 1 tbsp** flat leaf Italian parsley, chopped
- 4 sprigs** fresh thyme
 - 4** whole clove
 - 3** whole allspice berries
 - Sea salt and freshly ground black pepper to taste
 - Cayenne pepper to taste
- 6 cups** cooked long-grain white rice
 - Crystal or Tabasco Green Sauce
 - Bottle of powdered file`

Frank's Gumbo Z'herbes: A Good Friday Classic Meal

COURTESY OF FRANK DAVIS

- 1 First, meticulously wash all the greens thoroughly, several times. You got to remember that all fresh greens are usually full of growing soil and field dirt. This is best removed by sloshing the leaves around in a sink full of water, then removing the greens before draining the sink so that the dirt doesn't resettle on the leaves.
- 2 Then after the sink bath, place the leaves under cool 'running water' for a final cleaning.
- 3 Next, with a sharp paring knife remove all the heavy stems or hard centers from the leaves
- 4 Then, in a stock pot large enough to hold all the greens, boil them along with the bay leaves all together in the vegetable broth and water mixture for about an hour or so, or until all the greens have wilted and become limp and tender.
- 5 At this point it's time to strain the greens in a large colander, but reserve the boiling water.
- 6 Once they've totally drained, place them onto a cutting board and with a chef's knife chop them into coarse, medium-size pieces
- 7 Then place them into a large bowl and set them aside.
- 8 In a large, heavy-bottomed stock pot make a brown roux with the flour and olive oil.
- 9 Then stir in the onion, the garlic, and the celery and sauté for 10 minutes.
- 10 Then stir in the chopped parsley and the thyme and sauté for 5 minutes more.
- 11 Finally, add back to the stockpot the reserved cooking water plus the greens and all the remaining herbs, spices, and seasonings (sea salt, black pepper, cloves, allspice berries, and cayenne).
- 12 Then simmer the gumbo on low heat, partially covered, for another hour.
- 13 Just before service, adjust the seasonings if necessary.
- 14 When you're ready to eat, generously ladle out the gumbo over steamed hot rice in large, heated, gumbo bowls.
- 15 Then put the crowning touch on each dish with a dash or two of green pepper sauce as well as a liberal sprinkling of gumbo file'

Chef's Notes: *Start the boiling process using the vegetable stock only. Then as the liquid needs to be replenished, add water to the pot.*

To fortify the flavor of the overall gumbo, puree about a quarter of the greens in a food processor.



Meatless in Louisiana

We in Louisiana all seem to know about meatless Fridays and other days that are meatless during Lent. For years, even public schools served meatless meals on Fridays. This practice may have a religious origin, but it also became a cultural practice. Its origins are in the Roman Catholic church, which was the official church of both the French founders of the city and then the Spanish government continuing the European reign of the 18th century. Despite the American centuries that followed, the Catholic church established the meatless practices which would last well into the 1960s even after the Second Vatican Council eased the restrictions on meat during Lent.

In earlier times meat was once a special food that many people did not have very often. Today most people are able to eat meat and the sacrifice that being deprived of meat is supposed to represent is quite different than it once was, especially when the alternative is Louisiana seafood. But even today the Catholic church describes the meatless days of Lent as a sacrifice that serves a religious purpose.

It might be a hardship to have meatless days in some parts of the country, but that can hardly be said about the food in Louisiana. Whether it is crawfish, crabs, shrimp, any of our varieties of fin fish, or oysters, the food of Louisiana's bounty tastes wonderful. It is a treat. We might never complain about meatless meals. And with the special descriptions of turtle, frog legs and alligator as water rather than land animals, the array of choices grows even larger.

So whether you have a legacy of Catholic heritage or you are just a happy resident of Louisiana, you can join in the Lenten culture of meatless meals by eating and enjoying the seafood of Louisiana's waters.



Saucy Speckled Trout Hotpot

PHOTO: THINKSTOCK

Saucy Speckled Trout Hotpot

COURTESY OF FRANK DAVIS

INGREDIENTS

- ¼ cup** extra virgin olive oil
- 2 tbsp** unsalted butter
 - 1** medium yellow onion, roughly cut
- 1 can** tomato sauce, 8-ounce size
 - 1** bay leaf
- 2 tsp** Worcestershire Sauce
- 10** small speckled trout fillets, cut in halves
- 1 tbsp** Frank Davis Seafood Seasoning or other seafood seasoning
 - ½** small lemon, quartered and wedged
- 2 cups** cooked white rice
- 1 cup** petit pois peas
 - 3-4** medium potatoes, peeled, sliced and boiled
- 2 tsp** Frank Davis Vegetable Seasoning or other vegetable seasoning, for peas
- 3 tbsp** parsley, minced, for garnish
- 3 tbsp** scallions, thinly sliced
 - Field greens salad mixture + prepared olive salad mix Frank Davis Sprinkling Spice or Tony Chachere's for salad Hot, crusty baguette right out of the oven

- 1** In a heavy aluminum or stainless-steel pot (an oval roaster works well), pour in and heat up the olive oil. Then quickly stir in the butter. And when the mixture begins to sizzle, drop in the onions, toss them around, and sauté them until they wilt and clear. Note: You do not have to brown them!
- 2** Next, pour in the tomato sauce and add the bay leaf and Worcestershire sauce. At this stage, lower the fire to simmer and allow the contents of the pot to blend together.
- 3** While all these ingredients are coming to a complete blend, lay out the speckled trout fillets on the countertop and lightly sprinkle them evenly front and back with the seafood seasoning. At this point, stir in the lemon wedges into the pot. This is also the time to drop in the trout fillets and snuggle them down into the tomatoey sauce.
- 4** Now, allow the fish to cook gently for about 5 minutes. Then when they're just beginning to show signs of breaking apart, add in the rice, the peas, and the potatoes one ingredient at a time and fold everything over and over gently until all the pot contents are evenly and thoroughly blended.
- 5** When everything is fully combined, take the dish from the stovetop, cover it tightly, and slide it into a preheated 325-degree oven. The 'hotpot' will finish cooking and all the flavors will fully develop in the oven in about 30 minutes.



Mushrooms & Mudbugs



Mushrooms & Mudbugs

COURTESY OF FRANK DAVIS

INGREDIENTS

- ½ stick** salted butter, softened
- ¼ cup** extra virgin olive oil
- ¾ cup** chopped veggie mix
- 1 lb** fresh mushrooms, sliced
- 1** med. tomato, seeded and diced
- 3 tbsp** fresh parsley, minced
- ¼ cup** green onions, thinly sliced
- 1 tbsp** garlic, minced
- 2 lbs** Louisiana crawfish tails
- ⅔ cup** Swanson's Chicken Broth (as needed)
- 1 lb tub** Sour cream
- 1 ½ tsp** Frank Davis seafood Seasoning or other seafood seasoning
- 12** puff pastry shells, baked light and crispy
- 12** half-slices Lorraine Swiss Cheese

- 1** In a heavy 12-inch skillet or fry-pan, melt down the butter and briskly combine it with the extra virgin olive oil. Then, over medium high heat, rapidly whisk in the chopped veggies and saute them until they wilt and completely soften.
- 2** At this point, with a slotted spoon, remove all the veggies from the pan and set them aside momentarily. Now, with the heat turned back up to high, begin adding the mushrooms to the empty pan a little at a time and start stir-frying them in the residual oil until they become brown and toasty and nutty flavored. As the individual slices brown, continue adding more slices to the pan until all the mushrooms are done. Note: Be sure they are 'sautéing' and not 'sweating out their natural juices.' Place too many slices in the pan initially and the 'shrooms won't sauté.
- 3** When the mushrooms are ready, return the chopped vegetables to the pan, along with the seeded tomato, the fresh parsley, the green onions, the garlic, and all of the crawfish tails. Then reduce the fire to medium and completely combine all the ingredients thoroughly. By the way, it's okay to splash on a little of the chicken broth right about now to loosen up the stuffin' mix to a workable consistency.
- 4** Then when the mixture in the pan takes on the appearance and texture of a creamy stuffing, transfer it from the pan to a large mixing bowl. At this point, immediately stir it in the sour cream and sprinkle on the seafood seasoning to taste.
- 5** When you're ready to fill the shells, place them side by side on a baking pan that has been lined with a sheet of parchment paper. Then one at a time, spoon the crawfish and mushroom stuffing into the shells. When they have all been filled (actually they should be overfilled), gently lay a half-slice of Lorraine Swiss over the tops of each overstuffed pastry shell.
- 6** All that's left to do now is to slide the baking pan into a preheated 450-degree oven just long enough to fully melt the cheese caps (I'm thinking about 8-10 minutes should do it). Then when you're ready to eat, serve your guests a couple of pastries each, directly atop a chilled plate of cold salad, including lettuce, tomatoes, celery, cucumbers, bell pepper, hard-boiled eggs, shredded Parmesan, pesto salad dressing, and a healthy splash of hot sauce.



Crabmeat Au Gratin



Crabmeat Au Gratin

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

½ cup heavy cream

1 tbsp dry sherry

1 tbsp hot sauce

2 tbsp Creole seasoning

1 cup cheddar cheese,
grated

1 cup Gruyere or Swiss
cheese, grated

1 cup shredded Parmesan

1 lb crabmeat

½ cup green onion, sliced

2 tbsp parsley, chopped

1 Preheat oven to 350 degrees

2 In a saucepan, combine cream, sherry, hot sauce, and Creole seasoning. Heat thoroughly, and add cheeses stirring until melted. Gently fold crabmeat, green onions and parsley. Place into oven proof dish and bake for about 20 minutes or until golden brown. Serve with French bread.



Frank's Shrimp, Potato & Crabmeat Casserole

INGREDIENTS

- ½ stick** unsalted butter
- 3 tbsp** extra virgin olive oil
- 3 lbs** peeled and deveined shrimp, chopped
- 2 cups** mixed vegetable mirapoix, chopped
- 1** medium green bell pepper, minced
- 3 lbs** red new potatoes, boiled, peeled, and chopped
- 1 cup** prepared whole button mushrooms, drained
- 8 oz** Philadelphia Brand Cream Cheese, softened and mashed
- 8 oz** sour cream
- 2 cans** cream of shrimp soup
- 1 cup** Half & Half as needed
- 1 cup** shredded mild cheddar cheese
- 2 lbs** lump crabmeat, picked through for shell bits
- 1 bunch** green onions, thinly sliced
- sea salt and white pepper to taste
- 1 cup** crumbled potato chips
- 2 cups** shredded Parmesan cheese
- ¼ cup** minced parsley

Frank's Shrimp, Potato & Crabmeat Casserole

COURTESY OF FRANK DAVIS

- 1** First, preheat your oven to 350 degrees and make sure the rack is in the center of the oven.
- 2** While that's in progress, in a 12- or 14-inch non-stick skillet (or a 5-quart porcelain-lined Dutch oven), melt together the butter and the olive oil and bring the mixture up to medium-high heat.
- 3** Then, a handful at a time, begin dropping in the shrimp.
- 4** Stir or toss them and sauté them only until they turn pink but do not let them render out their juices.
- 5** When they lose all their gray color, take a strainer spoon and remove them temporarily to a glass or Pyrex bowl.
- 6** Then add the next batch and cook them the same way until all the shrimp are done.
- 7** At this point, with the skillet or Dutch oven still on high heat, drop in the vegetable mirepoix and the chopped green pepper.
- 8** Then sauté the mixture until the veggies are soft and thoroughly wilted. They do not have to brown very deeply.
- 9** Now add to the pan the potatoes and the mushrooms and toss them over and over until completely mixed uniformly.
- 10** Once this is done, begin folding in the Philly cheese, the sour cream, the shrimp soup, and the Half & Half (enough to keep the mixture semi-fluid).
- 11** When the blend is totally consistent, fold in the Cheddar cheese, the crabmeat, the shrimp, and the green onions.
- 12** Add your salt and white pepper at this stage if you think you need it.
- 13** Once again take your time and harmoniously work together all the ingredients until they are married.
- 14** When your potatoes have reached 'casserole' consistency, transfer them to a 4-inch deep baking pan, level them off, evenly sprinkle on the potato chips, and then liberally scatter on the Parmesan, enough of it to produce a thick, crunchy, top once the dish has baked.
- 15** All that's left is to do is slide the pan into the preheated oven and bake the casserole until the sides are hot and bubbly and the Parmesan has deeply browned and crusted thickly over the top.
- 16** Serve still hot with a cold, crisp, green salad. Yeah, I know. . .it's a sacrifice and a Deep South, bayou-style form of penance.



Frank's Eggs & Pasta for Lent



PHOTO: THINKSTOCK

INGREDIENTS

¼ cup extra virgin olive oil

1 medium onion, finely diced

6 cloves garlic, minced

3 large cans Contadina or Hunt's tomato paste

9 large cans water or vegetable broth

1 cup Madeira wine

10 cloves garlic, whole

2 bay leaves

3 tsp Frank Davis Sicilian Seasoning or other Italian seasoning

½ cup Italian flatleaf parsley, minced

6 strips anchovies, chopped and mashed

2 tsp salt

1 tsp red pepper flakes

½ tsp black pepper, coarsely ground

2 dozen eggs, raw

2 lbs cooked pasta, al dente

½ cup green onions, thinly sliced

2 cups Romano or Parmesan cheese, grated

Loaves of French or Italian bread for dipping

Frank's Eggs & Pasta for Lent

COURTESY OF FRANK DAVIS

- 1 Start off with a heavy-bottomed 6-quart Dutch oven or oval roaster and heat the olive oil until it almost sizzles.
- 2 Then drop in the onions and the minced garlic and sauté the mixture until it wilts and softens (but be careful not to burn the garlic or it will turn bitter).
- 3 When the onions have rendered out most of their water, stir in the tomato paste and fry it down stirring continuously for about a minute or two to 'mellow' out the tomato acid.
- 4 At this point pour in the water or the vegetable broth, along with the wine, and work them into the tomato paste until a smooth and silky gravy base forms.
- 5 Then drop in the whole garlic cloves, the bay leaves, the Sicilian seasoning, the parsley, and the anchovies.
- 6 When all the ingredients are in, season the gravy (Italians refer to it as a sugo) with salt and pepper. Put a lid on the pot, reduce the fire to very low, and simmer for about an hour, stirring occasionally.
- 7 When you're ready to eat, transfer about a fourth of the gravy to a 12-inch or 14-inch, high-sided frypan or chicken fryer.
- 8 Then bring the pan to a slow, slow boil and begin cracking the raw eggs directly into the hot gravy but you got to do this very gently or the eggs will 'run' through the gravy and the yolks will break.
- 9 As long as the gravy is simmering, you can continue to add and cook eggs, just avoid stirring the pot! Incidentally, just so you'll know, it will take about four minutes for the eggs to harden and be ready to serve (since what you're really doing is poaching them in the hot flavored gravy).
- 10 The classical Sicilian way to serve this dish is to first plate up a helping of pasta. Then, ladle the gravy over the top, crown it with a couple of eggs (removed from the gravy with a slotted spoon), sprinkle on the thinly sliced green onions and a scattering of grated Romano, and top it off with a hefty piece of Italian bread hot from the oven!

Chef's Notes: *The recipe is traditionally made with #4 spaghetti, although other pasta shapes can be used if you prefer. I can also tell you that whole-wheat pasta makes a nice substitute.*



Frank's Lenten Bronzed Fish Over Buttered Penne



PHOTO: THINKSTOCK

INGREDIENTS

- 1** non-stick skillet (12-inch size) or anodized grill pan
- 1 lb** unsalted butter or olive oil
- 8** fresh fish fillets, skinless and boneless
- 1 bottle** Frank Davis Bronzing Mix or seafood seasoning mix
- 1 large can** Spray Pam
- 1 spray bottle** Can't Believe It's Not Butter Spray
- 6** fresh lemons, cut in halves and juiced
- 1 bottle** favorite dry white wine
Pan drippings from bronzing the fish
- ½ stick** sweet cream butter, in pats
- 1 lb** mushrooms, sliced
Creole seasoning to taste
- 1 container** prepared pesto sauce
- 1 lb** penne pasta, cooked al dente
- 8 oz block** Parmesan cheese

Frank's Lenten Bronzed Fish Over Buttered Penne

COURTESY OF FRANK DAVIS

- 1 First, place the skillet or grill pan on the stove and turn the heat up to medium-high. While that's taking place, lay out the fish fillets on a sheet of waxed freezer paper and brush them with either the olive oil or the butter (or both).
- 2 Then sprinkle on (and rub in briskly with your hands) the bronzing mix. A good trick is to season the fillet then lift it to your nose to smell it. A good trick is to season, then lift to your nose. If it smells like you could eat it raw, right there on the spot, you have it seasoned properly.
- 3 Once the fillets are ready and the pan is sizzling hot, liberally spray it with the Pam and ease the fish in gently. Do not, however, try to move them around or turn them over (at least not until the undersides are toasted to a seared, golden brown color)! You also must allow the fish to cook fully on one side before trying to flip it over, otherwise the fillets will become so tender they will literally fall apart on the spatula. Once you do turn them over, however, give the toasted side (that is now facing up) a generous spritz with the 'Can't Believe It's Not Butter Spray.'
- 4 Now you can also add a pat or two of butter to the skillet as needed between the fillets. This enriches the sauce you're about to make and causes the fish to take on a dark toasty color. When they are almost done, spoon about a teaspoon of lemon juice and a little bit of the wine over the fillets. Then when they flake easily with a dinner fork, they're just about ready to serve. . .except for the pan sauce. Here's how that's made:
- 5 Bring the pan drippings from bronzing the fish to a bubble. Then, one pat at a time, begin dropping the butter into the drippings and swishing everything around until the butter transforms into a light, creamy sauce. At this point slosh on a scant more wine, stir in the sliced mushrooms, season them with a dash or two of creole seasoning, then whisk in the pesto until it blends totally with the butter and the drippings and becomes silky smooth.
- 6 Toss the penne and the pesto sauce together until uniformly combined. When they're totally blended, present the dish at the table with a bronzed fish fillet, placed on top of the pasta, crowned with the sauce, and garnished with shredded Parmesan cheese.

Chef's Notes: *If you use a fish with a heavy bloodline, take care to meticulously cut away the line before attempting to cook the fillets. The 'line' is really not blood, but an extremely oily fat line that produces a strong pungent taste in the finished fish. These lines are heaviest in redfish, sheepshead, drum, and catfish.*

As an alternative to the 'Can't Believe It's Not Butter' spray, you can simply melt down about a half-stick of butter and drizzle it over the finished fish by the tablespoonfuls.



PHOTO: THINKSTOCK

Fish Fry Dinners

Fried fish is a delicious delicacy. It can be eaten hot on a po-boy dressed with pickles, lettuce and tomato slices. It can be eaten on a chipped plate at a fishing camp, having been fried in an old cast iron pan. It can be eaten on a plate served on a white tablecloth, served with crawfish sauce made with white wine. And it can be eaten on a paper plate at a church fish fry, raising money for any number of important things.

There is serious dispute as to the origin of the fish fry. They seem to exist on Fridays in many parts of America with strong Roman Catholic roots, each claiming to have originated the practice. In the South, the practice of frying – whether fish or chicken or other proteins – has African roots.

The fish fry is a way to share a good meal, share good social connections and sometimes raise a bit of money. A Friday fish fry can produce dinners that today we would consider “to go.” If you pick up a fish fry dinner you can do good and you can leave the mess and smell of the fish fry somewhere else. All you have to do is enjoy the tradition and the meal.

Traditional sides that accompany the fish fry change in different parts of the country. In Louisiana we can expect cole slaw, mac and cheese, and either corn bread or hush puppies. The batter on the fish is usually a fine, seasoned cornmeal. But in the Midwest and in some parts of the northeast, the coating on the fish is salt and peppered flour that is held on by an egg wash. Regardless of where you eat it, the unifying quality of the fish fry is deliciousness.



Butterfried Speckled Trout
in an Exotic Wine Sauce

Butterfried Speckled Trout in an Exotic Wine Sauce

COURTESY OF FRANK DAVIS

INGREDIENTS

- 8** speckled trout fillets, each about 6-8 ounces
- 2 cups** all-purpose flour (seasoned with salt, pepper, and other spices)
- 2** whole eggs, slightly beaten
- 1 cup** skim milk
- ½ cup** extra-virgin olive oil
- ½ stick** unsalted butter
- 1** large yellow onion, sliced in thin rings
- ¼ cup** fresh parsley, minced
- Dash paprika for garnish

- 1** Take the fillets one at a time, dip them individually in the skim milk, and then dredge them in the seasoned flour.
- 2** When evenly coated, set them on a sheet of either waxed paper or freezer paper for about a minute or so until the flour adheres to the fillets.
- 3** Now finally drop them again one at a time, taking care not to crowd them in the skillet into the hot 'butter oil' (which you've created in a non-stick or anodized skillet and set over a medium-high heat just below the smoking point).
- 4** At this point you want to sauté the fish in the butter, on both sides, until the flour turns golden brown and crispy.
- 5** Try to keep the oil temp right at medium-high on your stovetop.
- 6** When the fillets are done, set them on a warming platter, cover them in the onion rings, and hold them at temp in a shallow baking pan placed into a warm (200-degree) oven.
- 7** In the meantime, make the Exotic Wine Sauce.

To the drippings of the saute pan, add:

INGREDIENTS

- ½ cup** green onions, sliced
- 2-3 tbsp** Worcestershire Sauce
- 2 tbsp** lemon juice
- ½ cup** dry white wine (I prefer Pinot Grigio)
- 1 tsp** Dijon mustard
- Dash of salt and black pepper

- 1** Taking the skillet you sauteed the trout in, and working over a medium-high heat, begin adding the above ingredients one at a time, whisking them in as they're introduced.
- 2** Then when the residual flour that dropped off the fillets as they cooked begins to expand in the liquids, the sauce will thicken to the proper consistency not thick and pasty, yet not watery either.
- 3** When you're ready to eat, place a couple of fillets onto a heated dinner plate, drizzle on the sauce, sprinkle on the parsley and a dash of paprika, and serve alongside a warm (or cold) old-time New Orleans potato salad.

A top-down photograph of a white ceramic plate resting on a dark wooden surface. The plate contains three pieces of smoked catfish fillets, which are golden-brown with a slightly charred, herb-spiced crust. A bunch of fresh green dill is placed on the right side of the plate. A semi-transparent red banner is overlaid across the middle of the image, containing the title text.

Frank's Smoked Catfish

PHOTO: THINKSTOCK

Frank's Smoked Catfish

COURTESY OF FRANK DAVIS

INGREDIENTS

Catfish Brine

1 gallon water

¾ cup salt

1 tsp both black pepper and
cayenne pepper

½ cup soy sauce

3 cloves garlic, peeled
and smashed

1 cup brown sugar

- 1** Prepare your brine solution in a large non-reactive container (Lexan, plastic, or even a couple plastic zipper bags).
- 2** Now take the fillets (the equivalent of 2 to 3 pounds) and place them completely submerged in the brine solution for at least 4 or 5 hours.
- 3** After the allotted time, remove them, rinse them well, and allow them to dry on the smoker rack for about an hour at room temperature.
- 4** At this point, fire up your stovetop smoker over a 'medium-high' heat, place 2 heaping tablespoons of wood chips on the bottom of the unit, lay the drip pan on top of the chips, close the lid, and allow the smoker to reach 190-200 degrees (the point when the smoke just begins to leak out of the closed lid).
- 5** When you reach this level, slide the lid open just enough to place the catfish in position on the rack inside the smoker.
- 6** Immediately close the cover again and allow the fish to cook for about 25 to 30 minutes (or until the meat is opaque, flakes easily, and has reached an internal temperature of 140 degrees on an instant-read thermometer).
- 7** Once you're there, take the fish (still on the rack) out of the smoker and allow them to cool enough to touch barehanded.
- 8** Oh, by the way... if you find it necessary to flip the fillets (but you really shouldn't have to), flip them only once. That way, they stay moist and juicy.
- 9** Finally, smoked catfish can be eaten hot or cold. Oh, yeah...and this exact recipe can be used to smoke not only catfish, but trout, redfish, flounder, drum, salmon, bass, lemonfish, sheepshead, and a myriad of other species.



New Orleans Boiled Crabs

PHOTO: THINKSTOCK

New Orleans Boiled Crabs

COURTESY OF FRANK DAVIS

INGREDIENTS

For about 2 to 4 dozen live crabs, add to a 48-quart pot. . .

5 gallons water

1 cup seafood boil

4 lemons, sliced

6 medium onions, quartered

6 ribs of celery

3 heads garlic

4 bay leaves

½ cup salt (or to taste)

4 tbsp red pepper flakes (optional)

- 1** First, bring the plain water to a rolling boil.
- 2** Then toss in all the ingredients and allow the water and the seasonings to boil rapidly for about 10 minutes so that the flavors meld into a rich boiling stock.
- 3** Meanwhile, chill the crabs with a bag of ice (this keeps their claws from falling off when they are added to the boiling water!)
- 4** Then when you're ready to cook, put the crabs into the pot. The water will stop boiling. When it comes back to a rolling boil, time the crabs... 8 minutes for small to medium crabs, 10 minutes for medium to large crabs.
- 5** When the boiling time is over, shut off the fire, remove the pot from the burner (because if you don't, the crabs keep cooking from the secondary heat stored in the steel burner grate), drop another half-bag of ice on top of the crabs (which will cause them to sink to the bottom and start absorbing the seasonings), and let them soak for at least 20 minutes (or until they reach the seasoning intensity you desire).

Chef's Notes: *This recipe can be reduced or increased proportionately without affecting the flavor of the boiled crabs. Of course, if you like your seafood 'South Louisiana Spicy,' stir in enough seafood boil to make the water too hot and too salty. You do this by tasting the stock just before it comes to a rolling boil and before adding the crabs to the pot*

Large quantities of seafood boil best when cooked over propane heat. Natural gas from kitchen stoves just doesn't provide the BTU's necessary to boil large volumes of water. What you end up with is incorrect cooking times and mushy crabs.

If you plan to cook potatoes with your crabs, put them into the pot and boil them by themselves for 8 minutes. Then add the crabs, time them out as instructed above, and the potatoes and crabs will be ready at the same time. Always re-season the water every time you cook an additional batch.

To boil corn with your crabs, put the corn in the pot and boil the ears by themselves for 2 minutes. Then add the crabs, time them out as instructed above, and the corn and the crabs will be ready at the same time.

Never, never put cooked crabs back into the same container you used for the uncooked crabs with out first washing that container thoroughly with lots of soap and extremely hot water! That is how you get cholera!



BBQ Shrimp



BBQ Shrimp

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

2 lbs unsalted butter

6 garlic cloves, smashed

1 cup white wine


3 lbs head on unpeeled
shrimp (21-25 count)

3 tbsp Creole seasoning


¾ cup Worcestershire sauce

¼ cup hot sauce

- 1** In a large saucepan over medium heat add ½ lb. of butter.
- 2** Once melted add garlic, and white wine. Cook for 3 minutes.
- 3** Add shrimp, Creole seasoning, Worcestershire, and hot sauce. Stir constantly cooking until all shrimp are cooked, about 2-3 minutes.
- 4** Remove from heat, and stir in remaining butter.
- 5** Cover, and let shrimp stand for 5 minutes.
- 6** Serve with French bread.



Frank's Lenten- Stuffed Bell Pepper Patties



INGREDIENTS

- 4** large bell peppers, medium diced
- ½ cup** vegetable oil for sautéing, divided
- 1 cup** commercially prepared mirepoix
- 1 lb** crab claw meat
- 2 cloves** garlic, minced
- 2 ½ lbs** cleaned chopped shrimp
- ⅓ cup** old fashioned oats or coarsely crushed croutons
- ¾ loaf** broken lightly toasted sliced bread
- 1 tbsp** seafood seasoning or as desired to taste
- 1 tbsp** sea or kosher salt
- ½ tsp** black pepper
- ¼ tsp** cayenne pepper
- 2 tbsp** Worcestershire Sauce
- ½ cup** fresh Italian flat leaf parsley, minced
- ½ - 1 cup** cooked rice as needed
- 2** well-beaten eggs as binder
- 1 stick** almost melted butter, divided
- 2-4 cups** Italian seasoned bread crumbs
- 1 can** Spray Pam or 1 cup vegetable oil for sautéing
- Bowl of buttered green beans
- Hearts of Romaine Salad with garlic, croutons, anchovies, and Parmesan cheese
- 1 jar** bottled Bertoli Basil and Garlic spaghetti sauce for topping

Frank's Lenten-Stuffed Bell Pepper Patties

COURTESY OF FRANK DAVIS

- 1 First, wash, dry, and cut the bell peppers and chop them into fine-to-medium dice.
- 2 Then pour a quarter cup of vegetable oil in a large high-sided skillet and bring it up to medium-high heat. When the oil just begins to show a wisp of smoke, drop in the chopped bell peppers, the mirepoix, the garlic, and the diced shrimp.
- 3 Then combine everything and sauté the mixture until all the veggies wilt and the shrimp fully turns pink (about 10 minutes).
- 4 Next, stir it around briskly, and reduce the heat to medium-low, allowing time for the shrimp to 'sweat' out its natural juices. All the while, continue to fold the mixture with a chef's spoon or heat-proof spatula.

When the stuffing concoction begins to form clusters that want to stick to the spoon, you're ready to turn the fire off and begin folding in the remainder of the ingredients oats or croutons, toasted sliced bread, seafood seasoning, kosher salt, black pepper, cayenne, Worcestershire sauce, parsley, and cooked rice.

- 5 Then when everything is uniformly blended and the heat has dissipated from the skillet, quickly and briskly fold in the eggs so that the patties will hold together when they are formed and shaped. At this point, set the stuffing aside until you're ready to put the patties together. When you're ready to eat, you have two options: (1) bake the patties, or (2) pan-fry the patties.

TO BAKE:

- 1 Take a half sheet pan, line it with parchment paper, scoop out a small-to-moderate handful of mix, place it on a sheet of freezer wrap on the countertop, flatten it into a serving-size patty, brush it liberally with some of the almost melted butter, shake on a generous sprinkling of seasoned bread crumbs, and 'gently' transfer the patty to the sheet pan. Repeat the procedure over and over until you have all of the patties on the sheet pan.
- 2 Then liberally spray the top of each patty with the Pam and slide the sheet pan into a 350-degree oven for about 35 minutes or until they turn a toasty, crispy, golden brown.

TO SAUTE:

- 1 Put a 12-inch or 14-inch non-stick skillet on a medium to medium-high fire. Immediately place into the pan a scant amount of vegetable oil and a smidge of melted butter.
- 2 While the mixture is coming up to heat, scoop out a small-to-moderate handful of mix, place it on a sheet of freezer wrap on the countertop, flatten it into a serving-size patty, shake on a generous sprinkling of seasoned bread crumbs 'on both sides', and 'gently' transfer the patty to the hot non-stick skillet.
- 3 Gently pan-fry on both sides until the patty is toasty, crispy, and golden brown.

TO SERVE: Drizzle hot spaghetti sauce, bottled or homemade, over each patty and place alongside a cold, crisp Hearts of Romaine salad with a side of hot buttered cut green beans.



Stuffed Eggplant

Stuffed Eggplant

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 3** medium eggplants
- 4 tbsp** butter
- 2 cups** onions, chopped
- ½ cup** celery, chopped
- ½ cup** bell pepper, chopped
- 3** garlic cloves, minced
- 3 tbsp** Creole seasoning
- ½ lb** fresh small shrimp, peeled and deveined
- ½ lb** lump crabmeat
- ½ cup** parsley, chopped
- ¼ cup** breadcrumbs

- 1** Boil the eggplants for 10 minutes, then slice in half and scoop out the pulp. Place the pulp in a bowl and set shells aside for stuffing.
- 2** In a large skillet melt butter, sauté the onions, celery, bell pepper, garlic and Creole seasoning, cooking for 5 minutes. Add eggplant pulp and sauté until dry. Add the shrimp, cooking until the shrimp are pink, about 3 minutes. Transfer the mixture to a bowl and gently fold in the crabmeat with the parsley. Allow the mixture to cool.
- 3** Preheat the oven to 350 degrees. Carefully combine the bread crumbs with the eggplant mixture, keeping the crabmeat in lumps. Stuff the eggplants shells, sprinkle the tops with additional bread crumbs. Dot with additional butter, if desired. Bake until brown, about 15 minutes.

A close-up photograph of a stuffed artichoke. The artichoke is cooked, with its leaves appearing soft and slightly browned. The top of the artichoke is filled with a golden-brown, melted cheese or breadcrumb mixture. Several fresh oysters are placed on top of the stuffing. The artichoke is resting on a white surface, and other artichokes are visible in the background, slightly out of focus.

Stuffed Artichoke with Oysters

PHOTO: THINKSTOCK

Stuffed Artichoke with Oysters

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

2 tbsp butter

½ bunch green onions, chopped

1 ½ tbsp flour

2 dozen oysters

1 cup oyster liquor

6 artichoke hearts

1 tbsp salt

2 tbsp Creole seasoning

4 whole fresh artichokes

2 cups Parmesan cheese

- 1** Melt the butter in a skillet, add the onions and sauté. Stir in the flour until smooth, then add the oysters, oyster liquor and artichoke hearts. Season with salt and Creole seasoning. Simmer for 5 minutes, or until the sauce thickens.
- 2** Meanwhile, steam the whole artichokes and remove the center leaves and thistles. Preheat the broiler. Spoon the artichoke and oyster mixture, sprinkle with Parmesan cheese and place under the preheated broiler for about 5 minutes until the cheese turns golden brown.



Lenten Pane Gourmet



INGREDIENTS

- 1 loaf** garlic cheese bread, frozen
- ½ cup** extra virgin olive oil
- 1 bag** fresh spinach, prewashed and trimmed
- ½ tsp** Frank Davis Vegetable Seasoning or other vegetable seasoning
- 1** small eggplant, thinly sliced
- ½ tsp** Frank Davis Sicilian Seasoning or other Italian seasoning
- 1** large Portabella mushroom, thinly sliced
- ½ tsp** Frank Davis Sprinkling Spice or Creole seasoning
- 1** medium tomato, thinly sliced
- 1 tsp** fresh ground black pepper
- ½ cup** feta cheese, crumbled
- ½ cup** pepper jack cheese, shredded
- ¼ cup** Parmesan cheese, shredded
- ½ cup** black olives, pitted

Lenten Pane Gourmet

COURTESY OF FRANK DAVIS

- 1 First heat the garlic bread according to package directions (most say to preheat the oven to 450 degrees, remove the bread from its wrapper, place it open face on a cookie sheet, and bake the halves for about 10-12 minutes until they are heated all the way through and just slightly becoming crispy). Two things to note though: (1) keep an eye on the oven so that you don't burn the bread, and (2) if your bread directions differ from the above, then follow your directions. Of course, it should go without saying that you should use the highest quality garlic bread you can find.

Now while the bread is heating, begin the sandwich making process:

- 2 In a grill pan, pour in a scant amount of olive oil and bring it to medium-high heat. In the meantime, using a pastry brush, coat the eggplant slices with a little extra olive oil and sprinkle on a light coating of the Sicilian seasoning. When the pan reaches temperature, drop in the slices and cook them quickly (about 2 minutes on each side) until slightly browned and softened.
- 3 At the same time you're doing the eggplant, pour a scant amount of olive oil in a second grill pan and bring it to medium-high heat as well. In the meantime, using a pastry brush, coat the Portabella mushroom slices with a little extra olive oil and sprinkle on a light coating of the Sprinkling Spice. When the pan reaches temperature, drop in the slices and cook them quickly (about 3 minutes on each side) until slightly browned and softened.
- 4 At the same time you're doing the eggplant and the mushrooms, pour about 2 tablespoons of olive oil into a 12-inch non-stick skillet and bring it to medium-high heat. Then when the skillet reaches temperature, open the bag of spinach, add its entire contents to the skillet, and begin tossing the leaves over and over to thoroughly coat each one. Then lightly season them with a scant amount of sprinkling spice and stir fry the spinach quickly (it will take only about 3 minutes tops to wilt and tenderize the leaves).
- 5 At this point, remove the bread from the oven and begin 'building' the sandwich. On one half of the hot bread brush on a little extra olive oil; then layer on the eggplant slices, the mushroom slices, the tomato slices, and the spinach. The on the other half of the bread, brush on a little extra olive oil then sprinkle on the black pepper, the crumbled feta, the pepper jack, the Parmesan and the black olives. The secret to reaching maximum flavor in this dish is to evenly layer in all the ingredients.
- 6 When you're ready to eat, gently fuse both bread halves together; then position them so that one rests atop the other. Finally, very carefully push the finished loaf downward, thereby compressing two halves into one, and immediately slice the loaf on a bias into individual servings.

Chef's Notes: *If you would like to make the entire sandwich from scratch using French bread or whole wheat, you will have to first liberally brush the bread halves with olive oil, sprinkle on some garlic powder or finely creamed roasted garlic, and scatter on a few pinches of minced parsley. The remainder of the sandwich goes together is directed in the recipe.*



St. Joseph's Day
Sicilian Fig Cookies

St. Joseph's Day Sicilian Fig Cookies

COURTESY OF FRANK DAVIS

INGREDIENTS: The Dough

- 8 cups** all purpose flour
- 2 tsp** baking soda
- 2 cups** melted Crisco shortening
- 2** whole eggs, beaten
- 2 cups** granulated sugar
- ½ cup** scalded milk
- 2 tsp** vanilla

- 1** To make the dough, first mix together the flour and the baking soda in a large bowl.
- 2** Then, in an electric mixer, whip the Crisco, eggs, sugar, milk, and vanilla until smooth and fully blended.
- 3** Now, a little at a time, add the flour to the Crisco/egg mix and knead it into a resilient 'doughball.' Hint: Dough hooks or a good processor do an excellent job of kneading and save you considerable time.

INGREDIENTS: The Fig Mixture

- 1 ½ lbs** dry figs
- ½ lb** dates
- ½ lb** raisins
- ½ lb** mixed nuts (walnuts/pecans)
- ½** orange (peel and all)
- juice of **½** lemon
- ½ lb** brown sugar
- ½ tsp** ground nutmeg
- ½ tsp** ground cinnamon
- ½ tsp** ground cloves
- 1** full jigger of whiskey

- 1** In a food grinder, fine-grind all the dried fruits and nuts, as well as the orange (or chop them fine with the cutting blade of your food processor). Then, in a large bowl, mix in the remaining ingredients and stir everything together well (again, the dough hook attachment on your mixer will save you a lot of time and elbow grease because the paste turns thick once the brown sugar is added).
- 2** Then, when everything is uniformly mixed, set the paste aside for about 10 minutes to 'cure.' At this point, preheat your oven to 400 degrees. Now, in small batches, roll out the dough and cut it into thin strips about 2 inches wide by 12 inches long. Then run a bead of the fig paste filling directly down the center of the dough strip and wrap the dough around the stuffing. Seal in the filling by rolling the dough back and forth with your fingertips a couple of times. Then cut the dough into cookies about 2 inches long, place them on a greased cookie sheet, and bake them at 400 degrees for 15-18 minutes or until they turn a honey brown.

Chef's Notes: *This is the guarded recipe of the late Nina Scalia Bruscato, who gave it to me because I married her youngest daughter. There are no better Italian cookies anywhere! Thanks, Mama*



Peach Bread Pudding

PHOTO: THINKSTOCK

Peach Bread Pudding

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

1 loaf French Bread

2 cups milk

1 cup heavy cream

1 cup peach juice

3 eggs, beaten

2 cups sugar

2 tbsp vanilla extract

1 (12 oz.) can sliced
peaches, drained and
diced

8 tbsp butter, melted

- 1 Preheat oven to 325 degrees. In a large mixing bowl, combine milk, cream and peach juice. Tear apart French bread by hand and add to milk mixture to soak, about 15 minutes. In a separate bowl, combine eggs, sugar, vanilla. Mix well and add peaches. Combine with milk and bread mixture. Pour melted butter and stir. Spray baking pan with nonstick spray, add bread mixture and bake about 1 hour.
- 2 Prepare the peach sauce by creaming together the butter and sugar, heating in a double broiler until hot and well dissolved. Rapidly whip the egg to avoid curdling. Add the peach juice, spoon over each serving.

Peach Sauce

8 tbsp butter

1 cup sugar

1 egg, beaten

3 tbsp peach juice

Louisiana Fish Fry Products "Official" Crawfish Boil Recipe

Whether you are new to boiling crawfish or a "seasoned veteran", the following recipe from Louisiana Fish Fry Products is a foolproof way to have your friends and family **"Cravin' Crawfish"**.

Ingredients

- ◆ One 35-40 lb. sack of live crawfish
- ◆ 4 lbs. new potatoes
- ◆ One 4.5 lb. bag of Louisiana Powdered Fish Fry Products Crawfish Shrimp and Crab Boil
- ◆ 8 oz. Louisiana Fish Fry Products Liquid Crab Boil (optional)
- ◆ 4 oz. Louisiana Fish Fry Products Cayenne Pepper (optional)
- ◆ 2 lbs. of quartered onions
- ◆ 5 garlic pods
- ◆ 1 lb. quartered lemons
- ◆ 10-15 corn cobbettes
- ◆ Two bags of Louisiana Fish Fry Products 3 oz. Crawfish Shrimp & Crab Seed Boil (Optional)



Makes 6-8
Servings



1 Hour
Prep Time



1 Hour
Cook Time

Popular Add-On Ideas

- ◆ Smoked sausage: boil with crawfish.
- ◆ Fresh mushrooms: add them during the soak time.
- ◆ Fresh asparagus: add them during the soak time.
- ◆ Small sweet potatoes: boil the same as new potatoes.
- ◆ Canned pineapple rings: punch holes in the can and soak one minute.
- ◆ Brussel sprouts: boil with the crawfish.
- ◆ Artichokes: boil with the crawfish.
- ◆ Coors Light®

Boil Tools

- ◆ Paddle at least 3 feet in length
- ◆ 80-quart Boil Pot with basket
- ◆ #3 Wash Tub
- ◆ High Pressure Propane Burner
(Low pressure fry burners will not boil water as quickly)

Boil Perfect Crawfish in 3 Easy Steps

1. Wash the Crawfish

- ◆ Wash LIVE crawfish in a #3 Tub with fresh water until runoff is clear.
- ◆ Remove any dead crawfish.
- ◆ Save crawfish sack for potatoes.

2. Prepare the Seasoning & Cook the Potatoes

- ◆ Fill 80-quart boil pot with water; $\frac{3}{4}$ full.
- ◆ Add one 4.5 pound bag of Louisiana Fish Fry Products Powdered Crawfish, Shrimp, & Crab Boil to the water.
- ◆ Add 8 oz. Louisiana Fish Fry Products Liquid Crawfish, Shrimp, & Crab Boil.
- ◆ Add 4 oz. Louisiana Fish Fry Products Cayenne Pepper.
- ◆ Stir seasonings and bring to a boil.
- ◆ Place your new potatoes into the crawfish sack.
- ◆ Place potatoes into a boiling basket and lower into the boiling water.
- ◆ Cook potatoes approximately 20 minutes or until fork tender.
- ◆ Remove from pot and set aside in container.
- ◆ Reduce heat on burner.

3. Boil & Soak the Crawfish

- ◆ Add two 3 oz. bags of Louisiana Fish Fry Products Crawfish, Shrimp & Crab Boil to pot.
- ◆ Add live crawfish, onions, garlic, lemons, and corn to your boil basket and carefully lower into boiling water.
- ◆ Turn your burner to high and return to a boil.
- ◆ **BOIL FOR 5 MINUTES AFTER WATER RESUMES BOILING.**
- ◆ Turn off burner.
- ◆ Return new potatoes to boil pot.
- ◆ Let your crawfish and potatoes soak 20 minutes.
- ◆ Taste your crawfish. If you would like them spicier, let them soak another 5 minutes.
- ◆ **CAUTION:** Your crawfish will turn mushy if allowed to soak too long!
- ◆ Crawfish are ready! Take a moment to jot down any adjustments you might want to make for your next boil.
- ◆ Boiling another sack? Follow the same method as above but this time use only HALF the seasonings.

Blackened Grouper

Make grouper great again with this easy and delicious dish.



Makes 6
Servings



10 Min
Prep Time



10 Min
Cook Time

Ingredients

- ◆ Six 8 oz. grouper fillets
- ◆ 4 oz. butter, melted
- ◆ 1 package of Louisiana Fish Fry Products Blackened Seasoning

Preparation

- 1 Sprinkle grouper fillets with Louisiana Fish Fry Products Blackened Seasoning on both sides.
- 2 Preheat cast iron skillet until it smokes.
- 3 Dip the fillets in the melted butter.
- 4 Gently place grouper fillets in the skillet and cook for 2 minutes.
- 5 Reduce heat and gently flip fillets.
- 6 Cook until brick red in color, but no darker.
- 7 Pour 1 tbsp. melted butter over each fillet. Continue cooking until flaky and white.

Pecan Cobbler Bars

Something sweet, something creamy— A decadent southern dessert that delights the senses.



Makes 8-10
Servings



15 Min
Prep Time



45 Min
Cooking Time

Ingredients

- ◆ 1 package of Louisiana Fish Fry Products Cobbler Mix
- ◆ 5 tbsp. butter
- ◆ 1 tbsp. all-purpose flour
- ◆ One 8 oz. package of softened cream cheese
- ◆ 1/2 cup powdered sugar
- ◆ 2/3 cup whole milk
- ◆ 1 cup pecan halves

Preparation

- 1 Preheat oven to 350°F.
- 2 Grease with 1 tbsp. of butter and then flour a 9"x 9" baking dish.
- 3 Melt 4 tbsp. of butter.
- 4 Add melted butter, softened cream cheese and milk to mixing bowl and mix well.
- 5 Add Louisiana Fish Fry Products Cobbler Mix, powdered sugar and pecans to mixing bowl and continue mixing.
- 6 Pour mix into baking dish.
- 7 Bake in oven for 40 minutes.
- 8 Remove from oven and allow to cool before slicing.
- 9 Cut into slices, top with a scoop of vanilla ice cream and fresh mint.





Redfish Courtboullion

Hearty crowd-pleaser that is surprisingly easy to prepare.



Makes 6
Servings



15 Min
Prep Time



30 Min
Cooking Time

Ingredients

- ◆ 2 lbs. redfish fillets, cut into 2 oz. pieces
- ◆ 1 package of Louisiana Fish Fry Products Etouffée Base
- ◆ 1 package of Louisiana Fish Fry Products Shrimp Creole Base
- ◆ 10 tbsp. butter
- ◆ 4 cups water
- ◆ One 8 oz. can of tomato sauce
- ◆ 1 cup chopped green onions
- ◆ 4 cups cooked rice

Preparation

- 1 Melt butter in saucepan.
- 2 Add Louisiana Fish Fry Products Etouffée Base and Louisiana Fish Fry Products Shrimp Creole Base and stir over medium heat for 3 minutes.
- 3 Add 4 cups water and entire can of tomato sauce. Stir well.
- 4 Simmer for 10 minutes.
- 5 Next, add 2 lbs. of redfish and simmer on low until the pieces are white and flaky in the middle.
- 6 Remove saucepan from heat and let stand for 15 minutes.
- 7 Serve over rice and garnish with green onions.

Catfish Tony

Celebrate everything you love about Louisiana with this seafood masterpiece crafted by our founder, Mr. Tony Pizzolato!



Makes 4
Servings



10 Min
Prep Time



30 Min
Cook Time

Ingredients

- ◆ Four 7 oz. catfish fillets
- ◆ 1 package of Louisiana Fish Fry Products Etouffée Base
- ◆ 1 package of Louisiana Fish Fry Products Seasoned Fish Fry
- ◆ 5 tbsp. of butter
- ◆ 2 cups water
- ◆ 1 lb. crawfish tails
- ◆ 4 cups cooked rice
- ◆ Cooking oil

Preparation

- 1 Melt butter in saucepan.
- 2 Add Louisiana Fish Fry Products Etouffée Base and stir over low heat until the mixture is medium brown.
- 3 Stir in 2 cups water, mix well and bring to a boil stirring often.
- 4 Add crawfish tails to mixture and return to boil.
- 5 Reduce heat and cook 15 minutes.
- 6 Remove saucepan from heat and let stand an additional 15 minutes.
- 7 Prepare and fry catfish fillets using the instructions located on our Louisiana Fish Fry Products Seasoned Fish Fry package.
- 8 In a serving dish, spoon etouffée over rice, place catfish on top, and then ladle additional etouffée on top of the catfish.





Remoulade Tuna Salad

It's so easy to love this easy-to-make tuna fish salad with a twist.

Ingredients

- ◆ One 7 oz. can tuna fish
- ◆ 1/4 cup mayonnaise
- ◆ 1/4 cup Louisiana Fish Fry Products Remoulade Dressing
- ◆ 1 tbsp. chopped celery
- ◆ 1/2 cup sweet relish
- ◆ 1 tbsp. chopped onion
- ◆ 1 egg, hard boiled and chopped
- ◆ Salt
- ◆ Pepper
- ◆ Sliced apples (optional)
- ◆ Chopped walnuts (optional)



Makes 2
Servings



15 Min
Prep Time



12 Min
Cook Time

Preparation

- 1 Drain tuna and flake with fork.
- 2 Combine mayonnaise, Louisiana Fish Fry Products Remoulade Dressing, celery, sweet relish, onion, and egg in a mixing bowl. Stir.
- 3 Add salt and pepper to taste.
- 4 Serve on toasted bread, stuffed in a fresh tomato or over kale.



Crunch & Punch Poboy

Nothing packs a Louisiana punch like this take on the traditional oyster poboy. These two fry blends add the perfect crunch with Cajun punch.



Makes 2
Servings



10 Min
Prep Time



2 Min
Cook Time

Ingredients

- ◆ 1 pint shucked oysters
- ◆ 1 package of Louisiana Fish Fry Products Unseasoned Fish Fry
- ◆ 1 package of Louisiana Fish Fry Products Cajun Fish Fry
- ◆ 1 loaf of fresh french bread
- ◆ 2 poboy set ups. Your po-boy can be as simple as buttered french bread or dressed out all the way with lettuce, tomato, mayonnaise, ketchup and/or any combination of the following Louisiana Fish Fry Products sauces: Cocktail, Tartar, and Hot Sauce.

Preparation

- 1 Pour oysters into colander and check for any shell fragments.
- 2 Divide oysters evenly into two bowls.
- 3 Dredge one half in Louisiana Fish Fry Products Unseasoned Fish Fry.
- 4 Dredge the other half in Louisiana Fish Fry Products Cajun Fish Fry.
- 5 Once you've dredged the oysters, fry each batch separately at 350°F for two minutes.
- 6 Cover one half of the poboy with the Unseasoned Fish Fry Oysters and the other half with Cajun Fish Fry Oysters.
- 7 Dress each half as desired.

America loves Louisiana Fish Fry—and so will you!

If you want to understand the success of Louisiana Fish Fry Products, just visit their test kitchen. With the aroma of Cajun spices and seasonings in the air, and the hustle and bustle of fry batters and boil mixes being perfected, it might be one of the most intoxicating experiences you'll ever have and it certainly shows how this Louisiana-made, family-owned business continues to create original Louisiana Cajun recipes that are easy-to-use and consistently flavorful.



1972

Business expands into Tony's Seafood, enjoys tremendous growth, and quickly becomes a Baton Rouge landmark.

1982

Louisiana Fish Fry Products is born, offering consumers everywhere authentic Louisiana Cajun food that provides flavor appeal, ease of use, and versatility.

1959

Tony Pizzolato opens a small produce stand in Baton Rouge.



Today

Proud to be the home of America's #1 selling fish fry! Louisiana Fish Fry Products are available in all 50 states, as well as internationally.

New Orleans
Style Fish Fry

Great for Trout,
Flounder, & Grouper

Seasoned Crispy
Shrimp Fry

Great for Shrimp,
Calamari, Crab fingers,
Oysters, & Clams

Seasoned Beer
Batter

Great for Cod Fish,
Haddock, Onion Rings,
& Veggies

FISH FRY FINDER



Seasoned Crispy
Fish Fry

Great for Catfish,
Bream, & Bass

Cajun Crispy
Fish Fry

Great for Tilapia,
Catfish, & Sac-a-lait
(Crappie)

Unseasoned
Fish Fry

Great for anything,
especially Oysters

Seasoned Crispy
Chicken Fry

Great for Chicken,
Pork Chops, &
Pork Tenderloin



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)

