IN THE KITCHEN

Honoring the Past.
360 4
Shaping the Future.

Summer Favorites

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Honoring the Past.
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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 dishes that are perfect for the long, hot south Louisiana summer. Coping with the heat and humidity of a New Orleans summer has been a way of life here from the beginning. From salads and dishes with lighter sauces to icy cool desserts, our cookbook gives you some creative recipe ideas to try without sacrificing any of the flavor that New Orleans cooks are known for. Cooking outside by the grill is where you'll find many of us this summer, so we also have a handful of recipes for you try for your next family barbecue or holiday get-together, whether grilling ribs, hamburgers, steaks or – since this is Louisiana – delicious Gulf seafood.

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.

Our partner, Dale's Seasonings also knows a little something about southern summers. They were first bottled in 1946 in Birmingham, AL. Dale's Seasonings is a multipurpose marinade used in a multitude of ways from sauces to salad dressings and everything in between. They have contributed some of their favorite recipes as well.

The Southern Food and Beverage Museum, which keeps the region's delicious culinary history and heritage alive contributed articles and a delicious watermelon lemonade recipe the whole family can enjoy.

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

Chef Kevin Belton

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

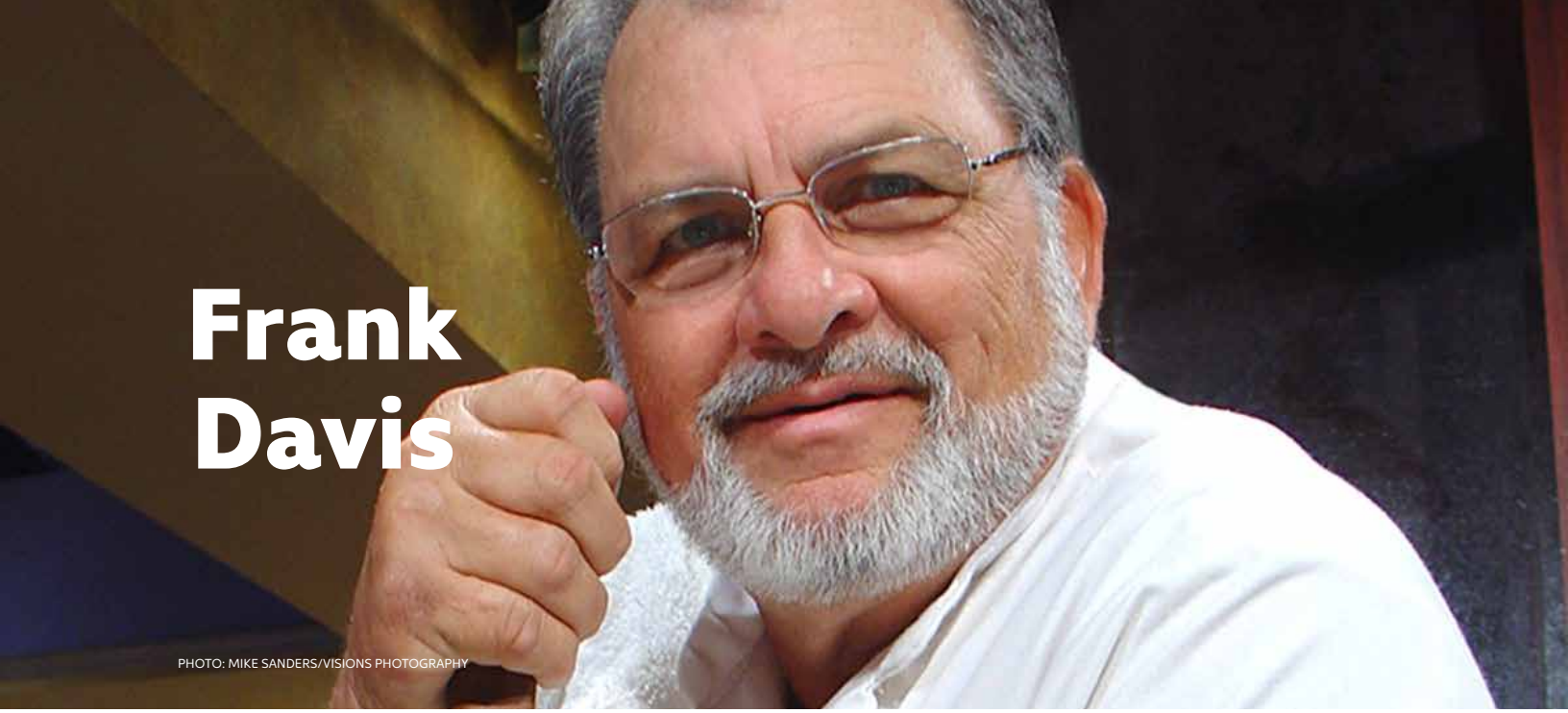
The self-trained chef began cooking under the watchful eye of his mother and grandmother in the uptown New Orleans home where he grew up. From these talented home cooks Belton learned to prepare the venerable dishes of the city and in his new series he'll share family recipes and personal tips for making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

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

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

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

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



Frank Davis

PHOTO: MIKE SANDERS/VISIONS PHOTOGRAPHY

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

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

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

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

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

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

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

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

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

What is SoFAB?

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

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

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

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

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

PHOTO: THINKSTOCK

Citrus in Louisiana

by Liz Williams, Director
Southern Food & Beverage Museum

Citrus came to Louisiana by way of the Jesuit missionaries even before the founding of the city of New Orleans. The first plant was said to have been planted in 1712 south of New Orleans. The Jesuits continued to plant citrus in the area around New Orleans. The earliest planting were trees that grew from seed. Around 1800 plantations contained large citrus groves. These large plantings continued growing into and through the American period. That famous Louisiana citrus – the satsuma – was introduced directly from Japan in the mid-nineteenth century.

Drainage improvements in 1912 made it possible for citrus to grow in Plaquemines Parish, where most of the citrus grown commercially in Louisiana can be found. Today the citrus growing in Louisiana is just a small fraction of the citrus grown in California and Florida, but those who want variety and locally grown products there are several varieties of oranges, including the Louisiana navel oranges, lemons, satsumas, kumquats, and bitter oranges available in markets.

Watermelon Lemonade

PHOTO: THINKSTOCK

Watermelon Lemonade

COURTESY OF LIZ WILLIAMS, DIRECTOR SOUTHERN FOOD AND BEVERAGE MUSEUM

INGREDIENTS

- **1 cup** lemon juice
- **2 cups** watermelon juice without pulp*
- **1 cup** sugar
- **7 cups** water
- Mint sprigs (optional)

1 Stir together all ingredients, Serve over ice with a mint sprig for garnish.

* To make the watermelon juice:
Place about 8 cups seeded, cubed watermelon in batches into a food processor. Process the watermelon until it liquefies. Strain the watermelon juice until you have 2 cups without pulp.

Classic Hummus

PHOTO: THINKSTOCK

Classic Hummus

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- **2 cups** cooked, drained or canned chick peas
- **¼ cup** tahini or peanut butter
- **¼ cup** olive oil
- **2 cloves** garlic
- **⅔ cup** chicken or vegetable stock
- Salt and pepper to taste
- **1** lemon juiced
- Additional olive oil to top finished hummus
- **1 tbsp** ground cumin or paprika to taste or garnish
- chopped parsley

1. Place chick peas, tahini (peanut butter), olive oil and garlic in a food processor or use a stick blender and blend. Add stock a little bit at a time to obtain a smoother consistency.
2. Taste and adjust the seasoning and add lemon juice. Serve, drizzle with olive oil and sprinkle with paprika or cumin and parsley.

Chef's Notes: The thing I LOVE about hummus is that you can easily change the flavors by making it with black beans, red beans or white beans instead of chick peas (also known as garbanzo beans). You can also top it with chopped olives, sun dried tomatoes, feta cheese or jalapenos. You can serve this as I am with pita chips and/or pretzels, you can also make a wrap, a sandwich or top a salad with it. Hummus is so versatile and you just have to make it to your taste.

Potato Corn Rounds

PHOTO: THINKSTOCK

Potato Corn Rounds

COURTESY OF FRANK DAVIS

When you find yourself getting a little stale on mashed potatoes, French fries, noodles, rice, and even grits, and you want a side dish that's got a little more flair, try making these corn and potato concoctions. And guess what? They go beautifully with almost anything you serve as an entree.

INGREDIENTS

4 cups	Russet potatoes, peeled and cubed
2 tsp	kosher or sea salt
2 cups	fresh or frozen corn (do not use canned corn!!)
5 slices (6 oz)	thick-cut bacon, diced and cooked crisp
3/4 cup	green onions, thinly sliced
2 cups	Panko bread crumbs, divided
1/3 cup	fresh parsley, chopped
1/2 cup	red bell pepper, diced
1	whole egg, beaten well
1/2 tsp	kosher salt
1 tsp	fresh-ground black pepper
1 heaping tsp	Frank Davis Vegetable Seasoning or other vegetable seasoning

1. First, you want to preheat the oven to 400 degrees.
2. Then coat a large baking sheet with Pam or line the pan with a sheet of parchment paper.
3. Meanwhile, cook the potatoes in boiling salted water until they become fork tender, which should take anywhere from 12-15 minutes.
4. When they're done, drain them while they're still hot and mash them coarsely with a potato masher.
5. Now set them aside to cool for awhile after uniformly folding in the corn, bacon, green onions, one half cup of Panko, parsley, bell pepper, egg, salt, black pepper, and vegetable seasoning.
6. When you're ready to cook, assemble 8, plump, 4-ounce potato corn rounds.
7. Then dredge each one gently in the remaining Panko crumbs, pressing down on the round to get the crumbs to adhere solidly to both sides.
8. Then liberally spray both sides of each round with Pam this is what helps them to brown. Hint: Use two egg turners to flip the rounds over so that the crumbs don't fall off!
9. All that's left to do now is bake the patty rounds on the prepared baking sheet on the center rack of the oven for about 15 minutes. But immediately before you serve them, give them a final light toasting under the broiler for 3 to 5 minutes.

   These are an outstanding accompaniment to Mike' Ultimate Baby Back Ribs. By the way, Vidalia Onion Vinaigrette makes a nice topping for the rounds, especially when it's lightly sprinkled with Parmesan cheese.

Frank's Potato Salad

PHOTO: THINKSTOCK

Frank's Potato Salad

COURTESY OF FRANK DAVIS

INGREDIENTS

- **5 lb** bag medium size red potatoes, boiled and peeled
- **1 small** finely chopped white onion
- **1/2 cups** finely sliced green onions
- **1 cup** finely chopped celery
- **1 dozen** hard-boiled eggs, whites and yolks separated
- **2-3 cups** real mayonnaise (as desired)
- **1 tbsp** yellow prepared mustard
- Coarse ground black pepper to taste
- Seasoning salt as desired
- **1/4 cup** finely minced parsley for garnish
- Paprika for garnish

1 Start off by chopping your potatoes until they are in chunks about an inch or so square, but they shouldn't look like mashed potatoes, y'all!

2 Next, mix into the potatoes (one ingredient at a time) the onions, the green onions, and the celery. And when everything is thoroughly blended, squeeze the egg whites between your fingers and fold them into the potatoes evenly!

3 Next, in a separate bowl, take a table fork and smash the egg yolks until they're crumbled.
Then cream in the mayonnaise and the yellow mustard.
And I mean cream it until you end up with nothing but a yellowish paste that is smooth and silky.
This is the secret tip to making a good-tasting potato salad!

3 At this point, you want to gently fold the egg yolk and mayonnaise paste into the potatoes being careful not to mash too many of the potato chunks. Then shake on the black pepper and Sprinkling Spice seasoning.
Be careful not to overdo it, however, or you'll lose the delicate enhancement of the individual ingredients.

4 Finally, sprinkle on the minced parsley and the paprika to garnish and color the top. Then cover the potato salad with plastic wrap and chill the dish in the refrigerator for at least an hour before you serve it.
This recipe makes a potato salad that goes good with almost anything, from crispy oven-fried shrimp, to barbecued chicken, to pot-roasted pork, to boiled crawfish, to grilled fresh tuna.

Chef's Notes: Use small Irish potatoes in this dish, but not 'B' size creamer potatoes. This potato salad is equally good served hot as well as cold.

Roasted Potatoes Cooked in Foil

PHOTO: THINKSTOCK

Roasted Potatoes Cooked in Foil

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- **2 tbsp** butter
- **1 tbsp** fresh parsley, chopped
- **1 tsp** fresh rosemary, chopped
- **2 tbsp** Creole seasoning
- **¼ cup** Creole mustard
- **1 tbsp** Worcestershire
- **1½ lb** new potatoes, cut in half

1 Preheat oven to 450 degrees. In a medium sauce pan over medium heat, melt butter. Add parsley, rosemary, Creole seasoning, Creole mustard, and Worcestershire sauce. Remove from heat. Blend fully. Add potatoes and toss to coat. Transfer potatoes to a large sheet of foil. Roll foil and secure tightly. Place on a large baking dish. Bake until potatoes are tender, approximately 30 minutes.

Frank's Stuffed Creole Tomatoes with Crawfish & Egg Salad

PHOTO: THINKSTOCK

Frank's Stuffed Creole Tomatoes with Crawfish & Egg Salad

COURTESY OF FRANK DAVIS

INGREDIENTS

- **10** ripe Creole Tomatoes, tops removed and hollowed out
- **4 tbsp** margarine
- **1 cup** finely diced yellow onions
- **1 tbsp** Garlic, minced
- **2 cups** pulp from hollowed out tomatoes
- **1 lb** Louisiana crawfish tails with fat
- **12** hard-cooked eggs peeled and coarsely chopped
- **¾ cup** real mayonnaise
- **1 tsp** Chicken soup base (or granulated chicken bouillon)
- **¾ cup** red onion, finely minced
- **⅓ cup** celery, finely diced
- **¼ cup** parsely, minced
- **2 tbsp** Dijon mustard
- **1 tsp** Louisiana hot sauce
- **1 tbsp** Fresh lemon juice
- Salt and black pepper to taste
- Paprika for garnish

1. The first thing you want to do is trim the tops off the tomatoes, scrape out all the inside pulp with a melon baller, and set the tomatoes onto a cookie sheet in the refrigerator to chill.
2. Next, in a 12-inch non-stick skillet, melt the margarine, drop in the onions and garlic, and sauté them over high heat until the onions begin to wilt (it isn't necessary to caramelize them-and besides, you don't want to burn the garlic). When you feel as though the onions have softened sufficiently, pour into the skillet all the pulp you removed from inside the tomatoes and cook it down until the majority of the liquid evaporates (which should take about 10 minutes over a medium-high heat).
3. Now, once the tomato pulp has reduced, add to the skillet the crawfish tails (along with any crawfish fat left inside the package), stir everything together well, and cook the mixture just until the crawfish come up to heat-don't overcook them or they'll become tough and rubbery. When they' re ready, turn off the fire, remove the skillet from the burner, and allow them to cool to room temperature.
4. Then, when you're ready to stuff the tomatoes, take a large mixing bowl and a rubber spatula and add all the egg salad ingredients to the bowl-the eggs, mayo, soup base, red onion, celery, parsley, Dijon mustard, hot sauce, and lemon juice. Now very gently, and for a very short time, fold the ingredients together-do not stir... fold! You don't want to mash the egg yolks. When the ingredients are thoroughly blended, add the contents of the crawfish skillet to the mixture and fold everything together again-this time until the mix is totally uniform.
5. All that's left to do is season the stuffing to taste with salt and black pepper and mound the mixture by heaping spoonfuls into the chilled tomato hulls. Sprinkle the tomatoes lightly with a little paprika and serve each stuffed tomato on top crispy lettuce leaf with buttered crackers.

Shrimp Ceviche

PHOTO: MONICA PAZMINO

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)
- **⅓ cup** olive oil
- **2** large tomatoes, diced
- **½** red onion, finely diced
- **½ cup** green onion, chopped
- **1 bunch** cilantro, diced
- **1** serrano peppers 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.

Chef's Notes: If you would prefer a little more seasoning, you can add a few tablespoons of your favorite Creole seasoning.

Fish Tacos with Creamy Avocado Sauce

PHOTO: MONICA PAZMINO

Fish Tacos with Creamy Avocado Sauce

COURTESY OF CHEF KEVIN BELTON

Fish Tacos

INGREDIENTS

- **2 lbs** catfish filets
- **3 tbsp** melted butter
- **6 tbsp** Creole seasoning
- **12** (6-inch) corn tortillas
- Fresh cilantro
- Shredded lettuce
- Diced avocado
- Thinly sliced red onion

1. Brush filets in butter and coat with a thick layer of Creole seasoning. On an extremely hot grill or in a cast iron skillet, cook coated fish until blackened, about 2 minutes on each side. This can be extremely smoky, so it's great to do this on an outdoor grill.
2. Remove from grill and set fish aside covered. Lightly butter corn tortillas and heat on a griddle until warmed, abut 1 minute for each tortilla. Turn once after 30 seconds, careful not to burn them.
3. Cut fish in 1-inch strips and place in tortillas. Add cilantro, lettuce, avocado and red onion and top with creamy avocado sauce.

Creamy Avocado Sauce

INGREDIENTS

- **1** avocado
- **½ cup** plain Greek yogurt
- **½** jalapeno pepper
- **4** garlic cloves
- **½ bunch** fresh cilantro
- **1** fresh squeezed lime
- Pinch of salt

1. Scoop the avocado from its shell in put into the food processor.
2. Add Greek yogurt, jalapeno, garlic cloves, pinch of salt and bunch of cilantro into food processor. If you do not like heat, remove seeds of jalapeno. If you would like it extra spicy, add an entire jalapeno but be wary because it will have a lot of extra heat.
3. Squeeze lime into mix. Blend for 3 minutes.
4. Taste. You may need to add more salt or squeeze more lime depending on your personal taste. If you would like a thinner sauce, for a dressing possibly, add just a touch of water to thin out. Start with a tablespoon of water but the water is not necessary.
5. Blend another 2 minutes.

Chef's Notes: If catfish is not available, you can use any white flaky fish like redfish, drum or tilapia as examples.

Frank's Memorial Day Grill-Pan Louisiana Crab Burgers

PHOTO: THINKSTOCK

INGREDIENTS

- **1 lb** Louisiana fresh-picked crabmeat
- **1** whole egg, lightly beaten (or ½ cup liquid eggs)
- **½ cup** Panko breadcrumbs + ½ cup Italian seasoned breadcrumbs
- **6** small B-size creamer potatoes, boiled, peeled, and minced
- **⅓ cup** real mayonnaise
- **2 tbsp** minced green onions
- **4 tbsp** minced celery
- **4 tbsp** minced white onion
- **1 tbsp** spicy brown mustard
- **1 tbsp** lemon juice
- **¼ tsp** freshly ground black pepper
- **4 dashes** garlic hot sauce
- Seafood seasoning to taste
- Half-N-Half as needed for moisture
- **4 tbsp** extra-virgin olive oil
- **4 tbsp** unsalted butter
- **8** toasted hamburger buns
- **1 pint** mayonnaise
- **3** large sliced tomatoes
- **1** large head Romaine lettuce, shredded
- **1 jar** Kosher Crispy Pickle slices
- **1 can** Pam spray

Frank's Memorial Day Grill-Pan Louisiana Crab Burgers

COURTESY OF FRANK DAVIS

These burgers let the flavor of the crabmeat come through without masking it with fillers and strong seasoning. Cook them in a ribbed cast iron grill pan then serve then on a toasted bun with mayonnaise or tartar sauce, with a 'dressing' of cold, crisp, lettuce and thinly sliced tomatoes.

This recipe works best with either back-fin lump or 'white select' Louisiana crabmeat. Of course, I gotta admit claw meat ain't that shabby either.

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1. In a large stainless steel or glass bowl, mix together until uniform the crabmeat, egg, breadcrumbs, potatoes, mayonnaise, green onions, celery, white onion, brown mustard, lemon juice, black pepper, hot sauce, seafood seasoning, and Half-N-Half.
2. At this point, wet your hands and use them to form the mixture into 8 patties or burgers and allow them to rest briefly on the countertop on a large sheet of parchment or freezer paper.
3. When you're ready to cook, heat together the olive oil and the butter and brush it evenly over a hot cast iron grill pan. Then lightly brush each of the prepared burgers with the oil-butter mixture and immediately dredge them in the Panko mix.
4. All that's left is to go directly to the hot grill pan and cook the patties over medium-high heat until they crust over and turn a golden brown (which should take about 4 minutes per side).

   Hint: As they grill it's a good idea to spray them lightly with the Pam to produce a rich brown crust.
5. By the way, I suggest you turn them in the grill pan only once and use two buttered spatulas to do it to keep the burgers from breaking and falling apart.
6. All that's left is to dress the buns with mayo, tomatoes, lettuce, and pickle slices and set a crispy crab-burger between the bun halves. Yum!

Frank's Grilled Tuna Recipe

PHOTO: THINKSTOCK

Frank's Grilled Tuna Recipe

COURTESY OF FRANK DAVIS

Fresh tuna? The best recipe calls for sheer simplicity! Use a minimum of ingredients, all sparsely applied, to do nothing more than accentuate the natural delicate flavor of the fish.

INGREDIENTS

- **⅓ cup** Balsamic or rice wine vinegar
- **⅓ cup** extra virgin olive oil
- **¼ cup** parsley, minced
- **4 cloves** garlic, crushed
- **1 tsp** salt
- **1 tsp** fresh-ground black pepper
- **1 tsp** seafood seasoning
- **1 stick** melted butter
- **½** medium yellow onion, thinly sliced
- **4** fresh ahi tuna steaks, 3/4 inch thick
- **2 tbsp** soy or Worcestershire Sauce
- **2** large lemons, quartered

1. In a clear glass mixing bowl, whisk together the vinegar, olive oil, parsley, garlic, salt, black pepper, and seafood seasoning to form a marinade.
2. Then gently place the tuna steaks into the marinade, being sure to completely coat every side of the fish.
3. At this point, cover the bowl with clean plastic wrap and refrigerate the steaks for about 20 to 30 minutes, turning them occasionally.
4. Meanwhile, prepare your cast iron grill pan or broiler by spraying it with Pam.
5. Then while the grill pan or broiler is coming up to heat, saute in butter in a 10-inch skillet the thinly sliced onions.
6. When they're tender and slightly caramelized, set them aside.
7. Now, using the grill pan, sear the steaks for 2 minutes on each side while basting them with the marinade. If done properly, the tuna should flake apart and be creamy-grayish in color all the way through.
8. When you're ready to eat, place the tuna steaks on heated serving plates, garnish with the sauteed onion and a meager splash of Soy or Worcestershire Sauce, and squirt with a drizzle of fresh lemon juice.

Chef's Notes: A can of spray Pam is ideal for coating the 'grates' on your grill pan.

Ahi tuna is another term for yellowfin tuna.

A suitable top dressing for ahi steaks is a couple tablespoons of Italian olive salad dressing.

Italian Baked Eggs

PHOTO: THINKSTOCK

Italian Baked Eggs

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- **4 tbsp** extra-virgin olive oil
- **1 lb** Italian sausage out of casing
- **1** medium onion coarsely chopped
- **3 cloves** garlic thinly sliced
- **1 tsp** red pepper flakes
- **14oz can** tomatoes, crushed
- **8** large eggs
- **¼** grated cheddar or Parmigiano Reggiano
- Shredded basil
- Salt and pepper

1. Place in cast iron skillet, on the grill over medium heat. Add the oil and heat.
2. Sauté Italian sausage until cooked, and add chopped onion, garlic, and red pepper flakes and cook until softened and light brown, about 8 minutes.
3. Add the crushed tomato and bring to a simmer. Cook for about 10 minutes.
4. Turn off the heat and divide the sauce into your separate dishes (if you want you can always make one big egg dish and cook them in the skillet you cooked the sauce in)
5. Crack the eggs one by one into your dishes. Sprinkle grated cheese on top of cracked eggs and season with salt and pepper.
6. Cook at 400 degrees for around 12-15 minutes or until as set as desired.
7. Remove the pan from the oven and let them sit for 3 minutes.
8. Sprinkle with fresh basil and serve with some toasted bread on the side.

Crowd Pleasing Pizza Casserole

PHOTO: MONICA PAZMINO

Crowd Pleasing Pizza Casserole

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- **1 lb** ground beef
- **¼ lb** sliced pepperoni
- **1** medium onion, chopped
- **1** medium green pepper, chopped
- **6 oz** mushrooms, chopped
- Salt and pepper to taste
- **7 oz** spaghetti, cooked and drained
- **⅓ cup** butter, melted
- **1 lb** fresh tomatoes, diced
- **½ tsp** dried oregano
- **½ tsp** dried basil
- **1 tsp** brown sugar
- **1 cup** Parmesan cheese
- **4 cups** mozzarella cheese, shredded

1. In a large skillet, cook the beef, pepperoni, onion and green pepper over medium heat until the meat is no longer pink; drain. Stir in mushrooms, salt and pepper to taste and set aside.
2. While cooking meat mixture, in a pot, cook down tomatoes, oregano, basil and brown sugar. When tomatoes are thoroughly cooked, you can either pulse tomato mixture with an immersion blender or blender.
3. Combine spaghetti and butter in a greased 13 x 9 inch baking dish and toss to coat. Pour 1 cup of tomato sauce over pasta. Top with half of meat mixture. Combine cheeses and sprinkle half over the top. Layer with remaining meat and cheese mixtures. Pour remaining tomato sauce over the top.
4. Bake uncovered at 350 degrees for 30 minutes or until cheese is bubbly.

Skewered Steak & Chicken

PHOTO: MONICA PAZMINO

Skewered Steak & Chicken

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

Marinade:

- **¼ cup** Soy Sauce
- **1 cup** Vegetable oil
- **¼ cup** Worcestershire sauce
- **2 tbsp** Creole Seasoning
- **½ cup** lemon juice
- **3** garlic cloves, minced
- **¼ cup** Creole mustard
- **2 tsp** fresh cracked black pepper

Combine ingredients:

- **1 ½ lb** Top sirloin steak, cut in 2" cubes
- **1 ½ lb** chicken breasts, skinless and cubed 2"
- **8** skewers
- **1** red onion, cut in chunks
- **8** garlic cloves, peeled (optional)
- **1** yellow bell pepper cut in chunks
- baby portabella mushrooms, whole or pineapple chunks
- **¼ cup** honey

1. Alternating ingredients, skewer meats and vegetables. Place in a deep pan and pour marinade coating thoroughly. Marinate in the refrigerator for 4 hours and up to overnight.
2. Preheat oven to 350 degrees. Remove from refrigerator and sit out for 20 minutes. Place in oven and roast until cooked, about 20 minutes. Baste once during cooking.
3. You can easily grill these skewers for 8-10 minutes turning to ensure even cooking.
4. Serve warm
5. If you choose to grill your skewers, pour marinade into a sauce pan, bring to a boil and let it simmer for 10 minutes. Add honey and simmer for additional 5 minutes. Brush over skewers before taking them off the grill.

Chef's Notes: Tips: Soak wooden skewers in water prior to threading to prevent the skewers from charring or catching on fire especially if grilling on open flame.

Burger Triplet

PHOTO: THINKSTOCK

Burger Triplet

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

Basic Burger:

- **1 ¼ lb** ground beef
- **2 tbsp** Creole Seasoning

Hot Burger:

- **¾ lb** hot sausage
- **2 tbsp** BBQ sauce
- **1 cup** cheddar/Monterey jack cheese

Blue Bacon:

- **1/2 cup** blue cheese crumbles
- **20-25** bacon strips

Stuffed Burgers

1. Season the meat with Creole seasoning for 8-12 patties. Use your thumb and place an indent half in the patties. This is where you place the filling.

Hot Burger

1. Mix hot sausage and BBQ sauce into the ground meat then form your patties. Evenly distribute cheese onto patties in the indentation. Place another patty on top and press to seal the edges. Cook on hot grill for 3-5 minutes per side.

Blue Bacon

1. Evenly distribute blue cheese onto the dented patties. Place another patty on top and press to seal.
2. Place three slices of bacon on baking sheet side to side running perpendicular to the edge of the counter. Fold down the top halves of 1st and 3rd slices. Place a third of a slice of bacon across the top of the folds, running perpendicular to the first 3 slices, then unfold the bacon so that the new slice is woven over and under every other slice. Fold down the 2nd slice and lay another third of a slice of bacon across the top of the fold. Unfold the slices. Repeat until all bacon has been laid in an interwoven pattern. Place hamburger patty on one side of interwoven bacon and fold the other side over. Use a spatula to place on baking sheet and bake at 375 degrees for 25-35 minutes depending on desired doneness.

Toasted Beef Sandwiches with Blue Cheese

PHOTO: MONICA PAZMINO

Toasted Beef Sandwiches with Blue Cheese

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- **2 oz** jalapeno cream cheese, softened
- **2 oz** crumbled blue cheese
- Large rustic loaf that can be sliced to get at least 8 slices
- **¾ lb** thinly sliced deli roast beef
- **½** red onion, thinly sliced
- **¼ cup** olive oil

1. In a small bowl, mix cream cheese and blue cheese until blended. Spread over bread slices. Layer four of the slices with roast beef and onion. Top with remining bread slices.
2. Brush outside of sandwiches with oil. In a large skillet, toast sandwiches over medium heat about 5 minutes or until golden brown on each side.

Frank's Grilled Pork Kabobs with Boudin

PHOTO: THINKSTOCK

Frank's Grilled Pork Kabobs with Boudin

COURTESY OF FRANK DAVIS

A pound or two of tender pork squares, some vegetables, a bowl of bite size pineapple chunks, and all the right seasonings blended into an overnight marinade, and you got all the fixins' for a summertime meal you can eat either outdoors or indoors.

INGREDIENTS

- **3 tbsp** reduced sodium soy sauce
- **3 tbsp** extra virgin olive oil
- **3** garlic cloves, minced
- **1/2 tsp** red pepper flakes
- **2 tsp** Frank Davis Sprinkling Spice
- **2 lbs** boneless pork loin, cut in 1-inch cubes
- **1 can** low sodium beef stock (14.5 oz. size)
- **2 tbsp** cornstarch
- **2 tbsp** reduced sodium soy sauce
- **1 tbsp** dark brown sugar
- **2 cloves** garlic, minced
- **1/4 tsp** ground ginger
- **3** small to medium Portabella mushrooms, cut into quarters
- **1** large Vidalia or red onion, cut into 12 wedges
- **12** cherry or grape tomatoes
- **12** bite size chunks fresh pineapple
- Large pack of bamboo skewers, presoaked overnight in water

1. Directions: In a shallow baking pan, mix together 3 tablespoons of soy sauce, 3 tablespoons of olive oil, 3 cloves of garlic, the red pepper flakes, and the Sprinkling Spice.
2. Then drop in the pork cubes and toss everything together to coat the pork evenly. Now cover the bowl and refrigerated for 3 hours.
3. cNext, in a high-sided saucepan, combine the beef stock, the cornstarch, the soy sauce, the brown sugar, the minced garlic, and the ginger.
4. Now bring the mixture to a full boil, stirring constantly, but immediately reduce the heat and simmer for 5 minutes to form a kabob baste.
5. While the baste is simmering, preheat your outdoor grill on high and lightly oil the grate. In the meantime, thread the pork cubes onto the skewers, alternating with the mushrooms, the onions, the tomatoes, and the pineapple chunks. Hold them in the refrigerator on a platter until you're ready to cook.
6. All you do then is place the kabobs on the grill for 15 minutes or until the pork is cooked through (just don't overcook it or it will turn out dry and stringy). I recommend that you periodically turn the skewers to ensure even cooking and brush the kabobs often with the baste during cooking.
7. Serve immediately as they come off the grill, preferably over a plate of steamed rice.
Hint: These kabobs can also be done in a well-greased, well-seasoned black cast iron grill pan.

Frank's Labor Day Chinese Ribs on the Grill

PHOTO: THINKSTOCK

Frank's Labor Day Chinese Ribs on the Grill

COURTESY OF FRANK DAVIS

INGREDIENTS

For 3 to 5 pounds of Baby Back Ribs

- **1 cup** tomato catsup
- **½ cup** honey
- **½ cup** brown sugar, loosely packed
- **1 tbsp** Worcestershire sauce
- **1 tsp** powdered garlic
- **1 tsp** lemon juice
- **1 tbsp** ground ginger
- **½ tsp** dry mustard
- Dash cinnamon
- Dash hot sauce
- **1 tsp** paprika

1. Mix all the ingredients together until uniformly blended using a wire whip. Set on the countertop for about 20 minutes to allow the seasonings to "marry".
2. Meanwhile, strip the silverskin off the back of the ribs and fill a baking pan half full of water.
3. Then "rub" the ribs with the marinade--and rub it in hard! Put a lot on - don't be stingy, when fully covered, place the ribs on a rack and put the rack over the pan with the water in it. Cook the ribs hot (400-500. degrees) until the ribs start to brown... then reduce the heat or move it further from the heat source and continue cooking until the rib bones pull away from the meat slightly.
4. Put the lid down on the grill, or cover a briquette fired grill with an aluminum foil dome. (this recipe can also be done in your oven!)

Coca Cola Ribs

PHOTO: MONICA PAZMINO

Coca Cola Ribs

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- **1 slab** pork ribs
- **4 tbsp** Creole seasoning
- **½ cup** Coke
- **½ cup** beef stock
- **3 tbsp** Creole mustard
- **4 tbsp** brown sugar, packed
- **1 cup** tomato sauce
- **1 tbsp** Worcestershire sauce

1. Cut ribs into 2 bone sections, and season with Creole seasoning. Refrigerate for 4 hours or more.
2. Combine the Coca Cola and stock in the pressure cooker. Place the steamer insert inside the cooker. Place seasoned ribs on the steamer insert.
3. Carefully following the manufacturer's directions, lock the lid in place and bring the cooker to high pressure.
4. Maintain the pressure for 20 minutes for tender ribs and up to 30 minutes to achieve "fall of the bone" doneness.
5. Turn cooker to off position. Let pressure fall before unlocking lid. Remove the ribs using tongs and transfer to a lined platter. As the liquid in the cooker cools the fat will rise. Skim fat off and discard.
6. Preheat oven on broiler setting.
7. Transfer the liquid to a sauce pan, bring to a boil and reduce by ⅓. Add mustard, brown sugar, tomato sauce and Worcestershire. Simmer for 5 minutes or until sauce is a thick.
8. Baste ribs with thickened sauce and place in oven for four minutes or until sauce is bubbling.
9. Baste ribs with thickened sauce and place in oven for four minutes or until sauce is bubbling.
10. Remove and serve.

Frank's Real N'Awlins Barbeque Sauce

PHOTO: THINKSTOCK

Frank's Real N'Awlins Barbeque Sauce

COURTESY OF FRANK DAVIS

This recipe, handed down in my family for several years, is outstanding if you have a flair for rich tastes. It makes a gallon, but once its prepared, it can be stored on the shelves of your pantry of placed in the refrigerator for several months. And as Tony the Tiger would say.... "It's great!"

INGREDIENTS

- **1 cup** Extra Virgin Olive Oil
- **2 cups** chopped onions
- **¼ cup** finely minced garlic
- **1 cup** finely minced celery
- **½ cup** lemon juice
- **½ cup** cider vinegar
- **½ cup** paprika
- **2 cans** tomato paste (6 oz. size)
- **1 can** tomato sauce (6 oz. size)
- **1 pint** tomato juice
- **½ cup** Karo syrup (light)
- **1 cup** Worchestershire sauce
- **32 oz** tomato catsup
- **¼ cup** cayenne pepper (add to taste)
- Enough water to make a gallon

1. Add all these ingredients to a 6-quart Dutch oven and cook over medium heat for about 20-25 minutes until smooth. It is important to continually stir the mix as it cooks, and to gradually add water to achieve the consistency you desire.
2. After the mix has cooked for the allotted time, add salt to taste. The original recipe calls for 3 tablespoons of salt, but this can be adjusted to your personal desires. Actually, the sauce is tantalizingly rich with only a slight amount of salt.

Lemon Steak Sauce for Burgers

PHOTO: THINKSTOCK

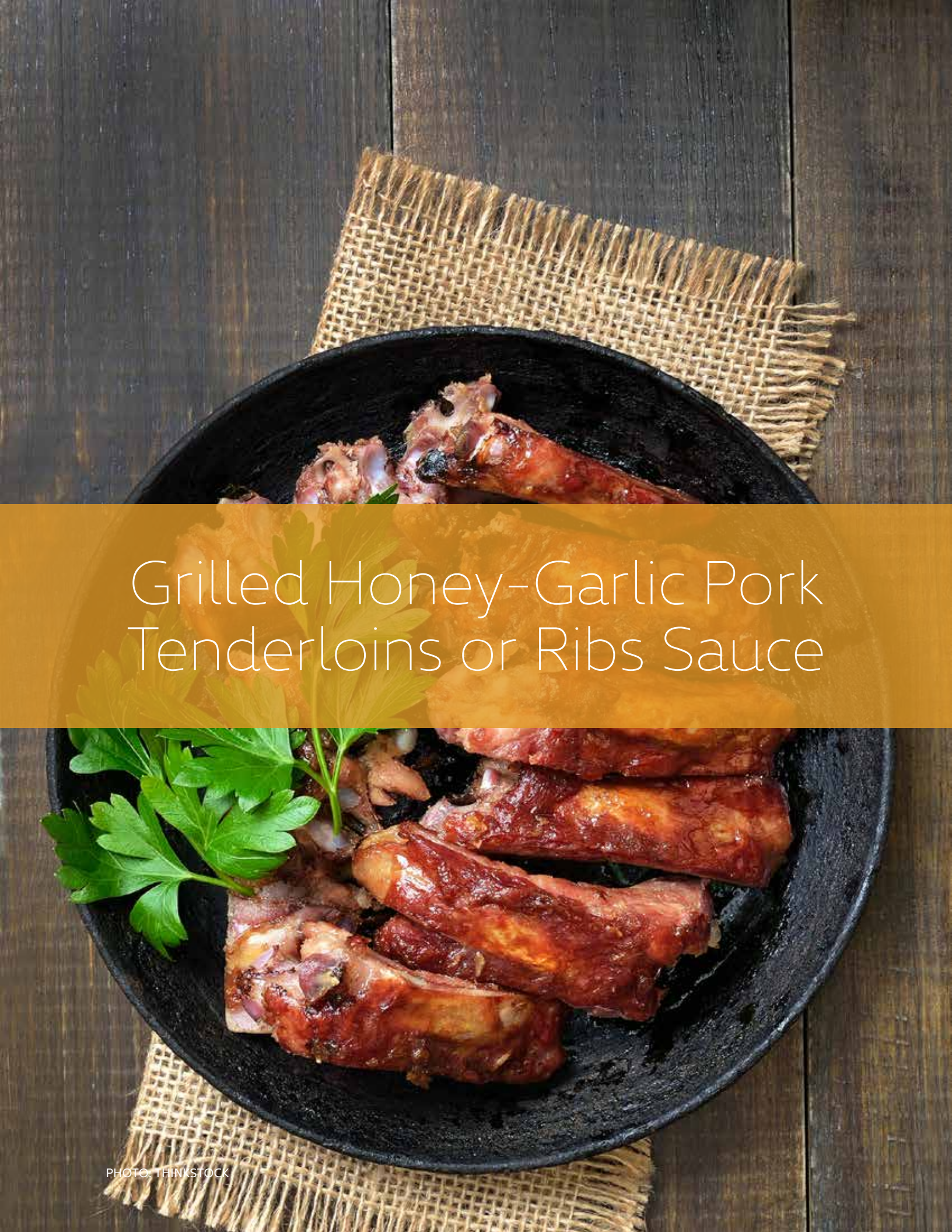
Lemon Steak Sauce for Burgers

COURTESY OF FRANK DAVIS

INGREDIENTS

- **⅓ cup** A-1 steak sauce
- **2 tsp** grated lemon peel
- **1 clove** garlic, minced
- **¼ tsp** black pepper, coarsely ground
- **¼ cup** Extra Virgin Olive Oil

1. In small bowl, combine steak sauce, lemon peel, garlic, pepper, and olive oil; brush on both sides of steaks.
2. Grill steaks over medium heat on each side until done, brushing with sauce occasionally. Serve immediately.



Grilled Honey-Garlic Pork Tenderloins or Ribs Sauce

PHOTO: THINKSTOCK

Grilled Honey-Garlic Pork Tenderloins or Ribs Sauce

COURTESY OF FRANK DAVIS

INGREDIENTS

- **3 tsp** Cajun Seasoning Seasoning
- **¼ cup** lemon juice
- **¼ cup** honey
- **¾ cup** prepared hickory flavored barbecue sauce
- **3 tbsp** apple cider vinegar
- **1 tbsp** dry sherry
- **2 cloves** garlic, minced

1. Combine marinade ingredients and pour over chops in heavy plastic bag, seal. Refrigerate 4-24 hours.
2. Prepare covered grill with drip pan in center banked by medium-hot coals. Remove chops from marinade, reserve marinade.
3. Grill chops 12-15 minutes, turning once and basting occasionally with reserved marinade. Discard remaining marinade.

Portabella & Sheepshead Sauce

PHOTO: THINKSTOCK

Portabella & Sheepshead Sauce

COURTESY OF FRANK DAVIS

INGREDIENTS

- **¾ cup** Extra Virgin Olive Oil
- **1 bottle** Italian Balsamic Vinegar Dressing (purchased)
- **2 tbsp** fresh-squeezed lemon juice
- **2 cloves** fresh garlic, pressed
- **2 tsp** Cajun Seasoning or Vegetable Seasoning
- **3 dashes** Hot Sauce

1. In a medium-size mixing bowl combine all the ingredients and whisk them until fully blended (or emulsify them together with a pole blender).
2. Heavily brush the sauce over the Portabellas or Sheepshead.
3. Then wrap tightly in plastic wrap and allow to marinate for at least an hour.
4. Brush on the sauce occasionally as the mushrooms or fish grills.

Cranberry-Barbequed Chicken Wing Sauce

PHOTO: THINKSTOCK

Cranberry-Barberqued Chicken Wing Sauce

COURTESY OF FRANK DAVIS

INGREDIENTS

- **1 can** jellied cranberry sauce (8 oz size)
- **2 tsp** packed brown sugar
- **2 tsp** prepared Creole mustard
- Worcestershire sauce
- **3 tsp** Frank Davis Garlic Hot Sauce

1. Place chicken wings in shallow glass dish. Mix remaining ingredients in 1-quart saucepan.
2. Heat over low heat, stirring constantly, until smooth; pour over chicken.
3. Cover and refrigerate at least 1 hour.
4. Remove chicken from marinade; reserve marinade.
5. Cover and grill chicken 5 to 6 inches from medium coals 20 to 35 minutes, turning and brushing 2 or 3 times wiih marinade, until done.

Southern Comfort Ice Cream Sauce

PHOTO: THINKSTOCK

Southern Comfort Ice Cream Sauce

COURTESY OF FRANK DAVIS

INGREDIENTS

2 sticks	butter
1 ilb	brown sugar
2 tsp	vanilla
	Dash cinnamon
½ cup	Southern Comfort Liqueur
2 heaping cups	vanilla ice cream

1 First, melt the butter over medium heat in a 3 ½ quart sauce pan, stir In the brown sugar, and cook until the sugar melts and turns creamy smooth. Then quickly stir in the vanilla, the cinnamon, and the liqueur and cook everything gently over medium heat until all the ingredients blend and the alcohol evaporates from the syrup.

2 Then just before you're ready to serve, gradually begin adding the Ice cream - stirring constantly!

3 And when It has all melted and the sauce has turned silky and creamy, ladle It liberally over your bread pudding.

It's just that simple!

Chef's Notes: I suggest that you use this recipe to experiment with liqueurs other than Southern Comfort. For example, you can try Grand Marnier, Galliano, Kahlua, Peach Brandy, Amaretto, and a wide variety of others. It's just a matter of letting your imagination be your guide.

Cookie & Cream Bars

PHOTO: THINKSTOCK

Cookie & Cream Bars

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- **1** (16-ounce) package of Oreo cookies
- **5 cups** (1 bag) of large marshmallows
- **4 tbsp** butter

1. Line an 8x8-inch baking dish with aluminum foil, allowing the foil to hang over the edges, and set aside.
2. Place Oreo cookies in food processor (or crush in a large Ziploc bag with a rolling pin) and pulse until crumbled but not ground.
3. Melt marshmallows and butter in a large pot until completely melted. Remove and pour in ground cookies. Stir to combine quickly, then transfer to baking dish.
4. Allow to set for 10 to 15 minutes. Remove bars from pan by foil edges. Cut into bars and serve.

Chef's Notes: These can be enjoyed as is or you can dip them in chocolate. You can enjoy them for dessert with a glass of milk or pack them up as a welcome treat in a child's (or adult's) lunchbox.

PHOTO: THINKSTOCK

Blueberries in Louisiana

by Liz Williams, Director
Southern Food & Beverage Museum

Commercial blueberry production does not have a long history in Louisiana. The state has been in production of blueberries for only about half a century. The rabbit-eye variety of blueberry is native to the Southeast. Because they are comfortable in the local environment – lots of rain and heat – they grow well without lots of tending. Commercial production continues to grow.

But the blueberry – the rabbit-eye – is also great for either an edible garden or for landscaping. Imagine the benefits of a landscaped garden that also delivers a sweet treat. The blue-green leaves of the blueberry plant are wonderful in the spring and they turn bright orange to red in the fall, creating a lovely pop of color in the landscape. They lose their leaves over the winter, but spout the lovely blue-green foliage again in the spring.

Blueberry Crumble

PHOTO: THINKSTOCK

Blueberry Crumble

COURTESY OF FRANK DAVIS

INGREDIENTS

- **½ cup** granulated sugar
- **4 tsp** cornstarch
- **¼ tsp** sea salt
- **5 cups** fresh blueberries
- **⅔ cup** all-purpose flour
- **½ cup** old fashioned oats
- **⅓ cup** packed light brown sugar
- **½ tsp** ground cinnamon
- **6 tbsp** unsalted butter, cut into 6 chilled pieces
- Whipped cream or ice cream for topping

1. Before you even collect the ingredients, adjust your oven rack to the middle-low position and preheat it to 375 degrees.
2. Then uniformly combine the granulated sugar, cornstarch, and ¼ teaspoon salt in a large bowl.
3. That done add the berries to the bowl and toss them to coat.
4. Now transfer them to an 8-inch square baking dish.
5. Next, process the flour, oats, brown sugar, cinnamon, and the remaining salt in a food processor until combined.
6. Then drop in the cold butter and pulse everything until dime-size clumps of "crumble" form.
7. Immediately transfer it to the bowl and pinch together any powdery parts that are still present.
8. When that's done, sprinkle the crumble evenly over the berries.
9. All that's left to do is bake the dessert until the filling bubbles around the edges and the topping turns a beautiful golden brown, which should take about 30 minutes.
10. Then when it comes out of the oven, cool on a wire rack for at least 30 minutes before serving it topped with a mountain of whipped cream. Vanilla, black walnut, or rocky road ice cream can also be used as a topping.

Chef's Notes: Do not used frozen blueberries in this recipe! They become mushy while baking and prevent the crumble from being "crumbly." Do not use instant quick oats, either. They also turn mushy and you'll end up with a "paste" topping instead of a crumbly one. Once the crumble is cooled, it can be wrapped in plastic and refrigerated for 1 day. All you need to do is bring the dessert to room temperature before serving it.

Raspberry Icebox Pie

PHOTO: MONICA PAZMINO

Raspberry Icebox Pie

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

Crust:

- **2 cups** chocolate graham cracker crumbs
- **⅓ cup** sugar
- **¼ cup** butter

Filling:

- **2 cups** frozen raspberries
- **1 cup** sugar
- **½ cup** fresh lime juice
- **¾ cup** pear juice
- **¼ cup** cornstarch
- **3** egg yolks
- **2 tbsp** butter

1. Preheat oven to 350 degrees.
2. In a bowl, combine graham cracker crumbs, sugar and melted butter. In a 9" pie plate, press crust into the bottom of the pan and up its sides. Bake for 15 minutes. Let cool completely.
3. In a bowl, place raspberries, 1 cup sugar, ½ cup lime juice, stir and refrigerate for at least 1 hour. Strain juice from raspberries into a bowl and add remaining lime juice, pear juice. Mix well and add cornstarch, whisking to dissolve. Add egg yolks and remaining sugar and whisk to combine.
4. Pour mixture into saucepan. Bring to a simmer over medium heat stirring constantly until mixture thickens, about 5-6 minutes. Remove from heat and add butter and raspberries. Stir to combine and let cool for 15 minutes, stirring often.
5. Pour into prepared crust and refrigerate for at least 4 hours.

BLOODY MARY WITH DALE'S

1 oz	vodka
3 oz	tomato juice
2 splashes	red hot sauce
2 splashes	green hot sauce
1 tsp	Dale's Seasoning
½ oz	lemon juice
1 pinch	salt
1 pinch	pepper
1 stalk	celery

1. Add vodka, tomato juice, red hot sauce, green hot sauce, dale's Seasoning, lemon juice, pinch of salt, pinch of pepper.
2. Pour back and forth between two mixing glasses.
3. Strain into an ice-filled highball glass.
4. Adorn with celery stalk, veggies, bacon or your favorite garnishes.

BLOODY MARY GLAZE

½ cup	Dale's Seasoning
½ cup	crushed celery salt
1 tsp	Tabasco
1 tsp	horseradish

1. Combine all ingredients.
2. Brush over beef while cooking.

DALE'S JALAPENO POPPERS

Prep Time: 45 minutes

Serves: 8 (as appetizer)

Cook Time: 25 minutes

Yield: 16 pieces

- 8 oz mild Italian pork sausage
- 16 jalapeno peppers
- 8 oz cream cheese, room temperature
- 3 tbsp Dale's Seasoning, divided
- 2 tbsp chopped chives
- 1 cup finely grated cheddar cheese
- 16 slices thin-cut bacon (about 1 lb)
- 32 wooden toothpicks, soaked in water

1. Heat a skillet over medium high heat. Add the sausage and cook, breaking into small pieces, until browned and no longer pink throughout, about 6-7 minutes. Remove from pan and drain on paper towel lined plate.
2. Slice each jalapeno in half, lengthwise. Use the tip of a small spoon to scrape out the seeds and white membrane.
3. In a medium bowl, stir together the cream cheese, 1 tablespoon dale's Seasoning, chives, cheddar, and cooked sausage. Fill pepper halves evenly with the cream cheese mixture.
4. Heat oven to 375 degrees. Slice each bacon piece in half crosswise. Wrap one piece of bacon around each stuffed jalapeno half. Secure the bacon with a toothpick. Place cut side up on a foil-lined sheet tray. Brush the bacon evenly with remaining 2 tablespoons of dale's Seasoning. Bake until the bacon is crispy and the peppers are tender, 20-22 minutes.

SMOKED CHICKEN WINGS WITH HORSERADISH WHITE BBQ SAUCE

Prep Time:
20 minutes

Cook Time:
50 minutes

Serves:
6-8 as an appetizer

- 3 lbs chicken wings
- ½ cup Dale's Seasoning
- 2 cloves chopped garlic
- 2 tsp ground turmeric
- ½ tsp smoked paprika
- ¼ tsp ground cayenne
- 1 cup mayonnaise
- 2 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 tbsp prepared horseradish
- 1 tsp black pepper
- ¼ tsp cayenne
- 1 tbsp vegetable oil

1. Soak 1 cup Applewood chips in 3 cups of water.
2. Place the chicken wings in a gallon size, plastic bag. In a small bowl, whisk together the dale's Seasoning, garlic, turmeric, smoked paprika, and ground cayenne. Pour the mixture over the chicken wings. Press as much air as possible out of the bag and seal. Refrigerate 30 minutes, turning over after 15 minutes.
3. In a small bowl, whisk together the mayonnaise, apple cider vinegar, lemon juice, horseradish, black pepper and cayenne. Cover and refrigerate while smoking the wings
4. Pre-heat a charcoal grill to 350°F. Push the hot coals to cover one half of the grill. Remove the chicken wings from the marinade and pat dry with a paper towel. Place the wings on the side of the grill, directly over the charcoal. Let cook 5 minutes, without moving. Using heat resistant tongs, turn the wings and place on the other half of the grill. Remove the Applewood chips from the water and scatter evenly over the charcoal. Cover the grill and let smoke for 50 minutes. (Do not remove lid). (Heat should hover between 300 – 325 degrees during this time). Cook until wings reach temperature of 165°F.
5. Serve alongside white bbq sauce.

Tip: If your charcoal grill grate has a little door that flips up and open, arrange that part of the grate over the coals. This will make it easier to add the wood chips once the grill is heated.

If you like extra smoky flavor, add an additional ½ cup of wood chips (that have been soaked in water for at least 30 minutes), over the coals, halfway through cooking.

BACON, TOMATO, AVOCADO & MOZZARELLA SALAD

Prep Time:
10 minutes

Cook Time:
15 minutes

Serves:
6-8 as an appetizer

8 oz	thick cut bacon (about 4-5 slices)
1 tbsp	+ 1 tsp Dale's Seasoning
½ cup	loosely packed basil leaves
3 tbsp	olive oil
1 tbsp	fresh lemon juice (from 1 lemon)
½ tsp	Dijon mustard
¼ tsp	black pepper
3	small heirloom tomatoes, about 1 lb total
2	ripe avocados, peeled and sliced
1	8oz ball fresh mozzarella

1. Heat a cast-iron skillet over medium heat. Arrange the bacon on a tray and brush both sides with 1 tablespoon dale's Seasoning. Cook the bacon about 8-10 minutes, until golden and crispy, turning occasionally. Remove from heat and drain on a plate lined with paper towels. Once cool enough to handle, break into 1" pieces.
2. In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, 1 teaspoon of dale's Seasoning, and black pepper. Cut the tomatoes into about 1" thick wedges. Arrange on a platter mixed with the avocado and fresh mozzarella slices. Drizzle with the olive oil mixture. Top with bacon and basil leaves. Serve immediately.

Tip: Look for avocados whose skin has already turned black. The avocados should be just soft enough to make a slight indentation with your finger when pressed. (Too soft and they will fall apart on the grill.)

You can use a gas grill for this recipe as well. Just heat one side of the grill to medium-high heat. Cook bacon over the side with no heat.

GRILLED CHICKEN WITH SWEET MUSTARD GLAZE

¼ cup Dale's Seasoning
1 bottle (9oz.) yellow mustard
1½ cups light brown sugar
6 boneless, skinless chicken breast halves

1. In a medium saucepan over medium heat, mix together dale's Seasoning, mustard and sugar, and bring to a boil. Reduce heat to low and simmer for 15 to 20 minutes, stirring occasionally. Reserve half of glaze and allow to cool. In a medium bowl, combine one half of mustard glaze mixture and chicken, turning until well coated. Cover and marinate in refrigerator for 1 hour, turning occasionally.
2. Remove chicken from refrigerator, reserving marinade. Grill chicken over medium heat for 4 to 6 minutes on each side, or until cooked through, basting frequently for first 5 minutes. Discard any remaining marinade. Serve hot with reserve mustard glaze for dipping sauce.

DALE'S ULTIMATE FRIED CHICKEN SANDWICH

Prep Time:
35 minutes

Cook Time:
20 minutes

Serves:
8

- ¼ cup mayonnaise
- ¼ cup ketchup
- 2 tbsp creole mustard (or Dijon mustard)
- 2 tsp sriracha
- ¼ cup +2 tsp, Dale's Seasoning Reduced Sodium Blend
- ¼ cup dill pickle slices + 2 tsp pickle juice
- 4 chicken breasts, about 2.5 lb total
- 2 cups buttermilk
- 3 cups flour
- 1½ tsp black pepper
- 1½ tsp garlic salt
- 1 tsp cayenne
- Vegetable oil, for frying
- 8 hamburger rolls (toasted, if desired)

1. In a small bowl, whisk together the mayonnaise, ketchup, mustard, 1 teaspoon dale's Seasoning Reduced Sodium Blend, and pickle juice. Set aside. (Can be made up to 3 days in advance).
2. Place the chicken pieces flat on a cutting board. Cut the chicken in half, cross-wise. Place 4 halves on a large piece of plastic wrap, with 2" space in between each piece. Top with another piece of plastic wrap. Pound the chicken with a meat mallet until each piece is 1/2" thick and a width slightly larger than the hamburger roll. Place the chicken in a gallon sized, plastic zip top bag. Add ¼ cup dale's Seasoning Reduced Sodium Blend, seal and let marinate in the refrigerator for 1 hour. Remove and pat the chicken very dry with paper towels.
3. In a large bowl or pie plate, whisk together the buttermilk and the remaining 1 teaspoon of dale's Seasoning Reduced Sodium Blend. In another large bowl or pie plate, whisk together the flour, black pepper, garlic salt, and cayenne. Dredge the chicken first completely in the flour mixture, shaking to remove excess. Then coat completely in buttermilk. Dredge once again in the flour mixture. Once coated completely, place the pieces on a sheet tray and set aside.
4. Heat a large pot or dutch oven over medium heat. Add 1" of vegetable oil and heat to 350 degrees. Add ½ of the chicken pieces in a single layer (temp will drop). Increase heat to return temp to 325 degrees. Cook 6-7 minutes, turning occasionally, or until the internal temperature of each breast reaches 160 degrees. Remove with a slotted spoon and drain on a paper towel lined plate. Return oil to 350 degrees and repeat with the remaining chicken pieces. Let rest 5 minutes.
5. Place one chicken breast on the bottom side of each roll. Drizzle with sauce and top with pickle slices and top bun. Serve immediately.

BABY BACK RIBS WITH DALE'S

2½ lb	baby back ribs, or 1 rack pork ribs
1	large onion, peeled and diced
2	large garlic cloves, chopped
⅔ cup	Dale's Seasoning or Dale's Seasoning Reduced Sodium Blend
1 cup	ketchup
6 tbsp	brown sugar

1. Preheat oven to 400 degrees. Cut rack of ribs in half and place in a large saucepan. Add enough water to cover ribs and bring to a full boil over medium-high heat. Remove from heat and allow to stand for 15 minutes. Coat a medium skillet with non-stick cooking spray and place over medium heat. Sauté onions and garlic for 2-3 minutes. Add dale's Seasoning or dale's Seasoning Reduced Sodium Blend, ketchup and sugar and cook for 5 minutes, stirring occasionally.
2. Remove ribs from water; cut ribs apart between bones and place in a shallow baking dish. Add ½ cup of the water from saucepan to sauce and stir well. Discard remaining water. Pour sauce over ribs, coating both sides.
3. Bake, uncovered, for 50-60 minutes, or until ribs are tender, basting occasionally.

DALE'S BURGERS

1 lb ground beef
5 tbsp Dale's Seasoning

1. Mix dale's Seasoning and ground beef. Add more dale's if desired.
2. Form into patties.
3. Place on grill and cook until juice runs clear.
4. Top with favorite garnishes.

DALE'S BEEF, CHICKEN & SHRIMP FAJITAS

- ¼ cup fresh lime juice
- 4 cloves garlic, peeled and smashed
- 2 tbsp roughly chopped cilantro leaves
- 2 tbsp vegetable oil
- 2 tbsp Dale's Seasoning
- 1 tsp dried crushed Mexican oregano
- 1 tsp red pepper flakes
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 lb flank steak, fat trimmed
- 1 lb chicken, sliced
- 1 lb shrimp
- 2 tsp salt
- 1 tsp ground black pepper
- 6 large flour tortillas
- 1 red bell pepper, stemmed, seeded, and thinly sliced
- 1 green bell pepper, stemmed, seeded, and thinly sliced
- 1 yellow bell pepper, stemmed, seeded, and thinly sliced
- 1 white onion, thinly sliced
- 1 tbsp minced garlic
- Lime wedges, accompaniment

1. In a bowl, whisk together the lime juice, garlic, cilantro, 1 tablespoon of the oil, dale's Seasoning, oregano, pepper flakes, cumin and coriander. Pour into a large zip-lock bag, add the steak, chicken, and shrimp and seal. Place in a baking dish and refrigerate for at least 12 and up to 24 hours, turning occasionally.
2. Remove the meat from the bag and pat dry. Season on both sides with 1 teaspoon of the salt and ½ teaspoon of the pepper.
3. Preheat the grill to high, and preheat the oven to 325 degrees F.
4. Wrap the tortillas in foil and place in the oven for 15 minutes to warm and soften. Remove from the oven and keep warm in the aluminum foil.
5. Cook the steak over the grill to preferred temperature, 3 to 4 minutes per side for medium rare. Remove from the heat and let rest for 10 minutes before slicing.
6. Cook chicken over the grill until the internal temperature reads 165 degrees. Once beef and chicken are fully cooked, place shrimp on the grill and cook for approximately 5 minutes or until done.
7. Meanwhile, in a large skillet, heat the remaining oil over medium-high heat. Add the peppers and onions, and cook, stirring, until soft and slightly caramelized, 12 to 15 minutes. Add the garlic, remaining teaspoon salt, and ½ teaspoon pepper and cook, stirring, until the garlic is fragrant and soft, 1 to 2 minutes. Remove from the heat.
8. Thinly slice the steak against the grain, and slice chicken into 2-inch pieces. Divide steak, chicken, and shrimp among the warmed tortillas and top with the vegetables. Squeeze with lime juice and serve immediately.

DALE'S CLASSIC GRILLED STEAK

- 2 cups Dale's Seasoning
- 4 rib-eye steaks
- Black pepper
- 1 Small onion, chopped

1. Place steaks in a shallow pan.
2. Pour dale's over steaks until the sauce is about ¼ inch deep in the bottom of the pan.
3. Add black pepper if desired, then add onion.
4. Marinate for 15 minutes.
5. Turn steaks over, and marinate for another 15 minutes.
6. Grill steaks to desired taste. Baste with remaining dale's while cooking.


OVER 70 YEARS
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steak seasoning
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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
Garlic
Creole seasoning
Kosher salt
White pepper
Cayenne pepper
Black pepper
Paprika
Italian seasoning
Thyme
Basil
Bay leaves
Tomato paste
Stock (chicken, beef, vegetable)
Worcestershire
Creole mustard
Mayonnaise
Butter
Cane syrup
Condensed milk
Sugar (white, brown)
Seasoned bread crumbs
Hot sauce
Vegetable oil
Olive oil
All-purpose flour
Long grain rice
Trinity (onions, celery, bell pepper)