

Cajun



Gumbo

Ingredients:

- 1 c. oil
- 1 c. flour
- 1 lg. bell pepper, chopped
- 1 c. celery, chopped
- 1 c. onion, chopped
- Okra (optional, if desired)
- 2 cloves fresh garlic
- 1/8 tsp. thyme
- 1/8 tsp. oregano
- 1 bay leaf
- 1 tbsp. parsley (optional)
- 1 tsp. salt (or to taste)
- ¼ tsp. black pepper
- 1 tsp. sugar
- 1 tbsp. Worcestershire sauce
- 1 can chicken broth or stock from chicken or 2 chicken bouillon in 12 oz. water
- 1 (8 oz.) can tomato sauce
- 1 ½ quarts water

Chicken and Sausage Gumbo

- 1 lb chicken cut up
- 1 lb Italian or Andouille sausage
- 4 tbsp. oil

Seafood Gumbo

- 1 lb shrimp
- ½ lb crab

Preparation:

Make Roux - Pour oil into pan; heat over medium heat till hot; add flour. Stir constantly till brown – the color of peanut butter (nutty aroma, not scorched). Add water slowly. Add other ingredients (except meats or seafood).

Chicken and Sausage Gumbo

Fry chicken in oil, drain.
Fry sausages, drain.
Add to gumbo.
Simmer 1 hour.

Seafood Gumbo

Simmer gumbo for 40 minutes.

Add crab to gumbo and simmer for 15 minutes.

Add shrimp to gumbo and simmer for 5 minutes.

Okra may be added 10 minutes before gumbo is done.

When gumbo is finished, add about 1 tablespoon file which is actually ground sassafras.

Tabasco sauce is added individually at the table.

Serve in a bowl with steamed rice.

Crawfish Etoufee

Ingredients:

1 lb. crawfish tails
1 med. onion
1 med. bell pepper
3 lg. celery spears
3 tbsp. bacon drippings
1 (4 oz.) chopped pimento
1 can cream of celery soup
1 can cream of mushroom soup
1 lg. tomato sauce
1 tbsp. Paul Prudhomme Seafood Magic
1/4 lb. margarine
2 tbsp. lemon juice
Tony's seasoning to taste

Preparation:

Chop onion, bell pepper and celery.

Saute in bacon drippings until almost clear.

Set pot off.

Add soups and tomato sauce using 1/2 can of water in each to rinse cans adding to pot.

Stir until completely mixed while heating on medium fire.

When soups start to boil, add craw fish, seasonings and the balance of recipe.

Bring to boil again, lower heat to simmer for 8 to 10 minutes.

Be sure to stir often to prevent sticking.

Use 4 cups rice for this recipe.

Red Beans and Rice

Ingredients:

3 cans red kidney beans, drained
1 lb. smoked sausage or chorizo
2 cloves garlic
1 c. green pepper, chopped
1 tbsp. oil
Handful chopped parsley
1 tsp. sugar
2 sm. ham hocks
1 can tomatoes
2 c. onions, chopped
1 c. celery, chopped
1/2 tsp. thyme
Tabasco sauce

Preparation:

Saute onion, pepper, celery, garlic in oil.
Add tomatoes and liquid drained from beans.
Add ham hocks and seasonings.
Simmer together uncovered for 2 hours.
Add beans and chorizo and heat through.
Adjust seasonings to taste and serve over rice.

Chicken Creole

Ingredients:

3 lb. broiler-fryer chicken
1 can (8 oz.) stewed tomatoes
1 can (8 oz.) tomato sauce
2 med. onions, chopped
1 med. green pepper, chopped
1 clove garlic, finely chopped
1 tsp. salt
1/2 tsp. ground thyme
1/2 tsp. red pepper sauce
1/4 tsp. ground red pepper
1 pkg. (10 oz. frozen whole okra)
3 1/2 c. hot cooked rice

Preparation:

Cut chicken into pieces; cut each breast half into halves.
Mix all ingredients except okra and rice in 3 quart microwavable casserole.
Cover and microwave on high (100%) 20 minutes.
Stir in okra, cover and microwave until chicken is done and okra is tender,
10 to 15 minutes.
Serve over rice in bowls.

8 servings

Jambalaya

Ingredients:

1/2 c. chopped green onion
1/2 c. chopped white onion
1 lg. green pepper, diced
1/2 c. chopped celery
1 tsp. minced garlic
1/3 c. butter or margarine
1/2 to 1 lb. raw shrimp, peeled and cleaned
1 (1 lb.) can tomatoes
1 c. chicken broth
1/2 tsp. salt
1/4 tsp. cayenne pepper
Lemon juice
1 tsp. Worcestershire sauce
1 c. raw rice

Preparation:

In a large pan, saute onion, green pepper, celery in butter or margarine until tender.

Add garlic.

Add shrimp and cook for 5 minutes.

Then add tomatoes, chicken broth, salt, cayenne, seasonings, and rice.

Cover and cook 25-35 minutes over low heat until rice is done.

Add more tomatoes and juice if becomes dry.

Dirty Rice

Ingredients:

2 tbsp. vegetable oil
1/2 lb. chicken gizzards, ground
1/4 lb. ground pork
2 bay leaves
1/2 c. finely chopped onion
1/2 c. finely chopped celery
1/2 c. finely chopped green bell pepper
2 tsp. minced garlic
1 tsp. Tabasco sauce
2 c. chicken or pork stock (preferred) or water
1/3 lb. chicken livers, ground
3/4 c. uncooked rice (preferably converted)
1 1/2 tsp. black pepper
1 1/2 tsp. salt
1 1/4 tsp. sweet paprika
1 tsp. dry mustard
1 tsp. ground cumin
1/2 tsp. thyme
1/2 tsp. dried oregano leaves
2 tbsp. unsalted butter

Preparation:

Place oil, gizzards, pork and bay leaves in a large heavy skillet over high heat; cook until meat is thoroughly browned, about 6 minutes, stirring occasionally.

Stir in onion, celery, bell pepper, garlic, Tabasco, and seasonings; stir thoroughly, scraping pan bottom well.

Add butter and stir until melted.

Reduce heat to medium and cook about 8 minutes, stirring constantly and scraping pan bottom well (the mixture will probably stick a lot).

Add stock or water and stir until any mixture stick to the pan bottom comes loose, cook about 8 minutes over high heat, stirring once.

Then stir in chicken livers and cook about 2 minutes.

Add the rice and stir thoroughly; cover pan and turn heat to very low; cook 5 minutes.

Remove from heat and leave covered until rice is tender, about 10 minutes.

Remove bay leaves and serve immediately.