

\* Exported from MasterCook II \*

All Purpose Marinade

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Cajun Sauces  
On The Grill

Amount	Measure	Ingredient -- Preparation Method
3	cups	Dry white wine
1/2	teaspoon	Cayenne pepper
1	teaspoon	Onion powder
1/2	cup	Soy sauce
1/2	teaspoon	Garlic powder

Mix all ingredients together. Marinate the meat (beef, pork, chicken, or game) for 3 to 6 hours, then use the marinade as a basting sauce as the meat cooks on the grill. From Justin Wilson's "Outdoor Cooking With Inside Help"

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ANDOUILLE A LA JEANNINE

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Cajun Appetizers

Amount	Measure	Ingredient -- Preparation Method
1	cup	Dry white wine
2	pounds	Andouille or smoked sausage
2	tablespoons	Honey
1	tablespoon	Creole mustard

Slice andouille 1/4-to 1/2-inch thick. Mix all liquid ingredients and pour over andouille in a covered skillet. Cook over low heat untill andouille is tender. Andouille is gumbo sausage for all you peoples who live away from the center of the universe. You can use other sausage and it would taste okay. Justin Wilson "Gourmet and Gourmand Cookbook"

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\* Exported from MasterCook II \*

Andouille in Comforting Barbecue Sauce

Recipe By :  
Serving Size : 25 Preparation Time :0:00

Categories : Cajun

Appetizers

Amount	Measure	Ingredient -- Preparation Method
4	cups	Onions -- finely chopped
1	cup	Celery -- finely chopped
1	cup	Bell pepper -- finely chopped
1	cup	Parsley -- finely chopped
1	cup	Peanut oil
1	tablespoon	Garlic -- finely chopped
3	cups	Steak sauce
1/2	cup	Louisiana hot sauce OR
3	cups	Ketchup
2	tablespoons	Cayenne pepper
3	teaspoons	Salt -- to taste
1	cup	Southern Comfort Liquor
1	pound	Andouille sausage

Saute onions, celery, bell pepper, and parsley in peanut oil until the onions are clear or tender. Add garlic and cook a little longer. Add steak sauce, hot sauce, and ketchup. Add salt to taste. Add Southern Comfort. Bring to a boil. Lower heat and cook for 2 to 3 hours. Makes about 3/4 gallon. This will keep in the refrigerator for weeks. Slice 1 lb. andouille or smoked sausage 1/4 inch thick and combine with 1 cup sauce. Heat well on stove or in a chafing dish. Serve with small pieces of French bread or use toothpicks to spear andouille. You will need plenty of napkins, also, too. "Other smoked sausages may be used, but we like andouille." From Justin Wilsons "Outdoor Cooking With Inside Help ."

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\* Exported from MasterCook II \*

Baked Tuna Stuffed Potatoes

Recipe By :  
 Serving Size : 8 Preparation Time :0:00  
 Categories : Main Dish Vegetables  
 Cajun

Amount	Measure	Ingredient -- Preparation Method
8	large	Baking potatoes
2	tablespoons	Oleo
2	cans	Tuna; (7 oz.) -- drained
1	tablespoon	Onion -- grated
1	tablespoon	Parsley -- Chopped
1	can	Cheddar cheese soup
1/4	teaspoon	Paprika
2	drops	Tabasco sauce
1/4	teaspoon	Salt
4	slices	American cheese -- halved

Wash potatoes and rub skins all over with oleo.

Prick with fork. Bake on oven rack in preheated 400 F. oven for 1 1/2 hrs. or until tender. Combine tuna onion, parsley, soup, paprika, Tabasco sauce and salt. Toss with fork to break up tuna and blend well. Remove 1" slice from top of each potato. Scoop out inside of potatoes, leaving shell. Add potatoes to tuna mixture, tossing to mix well. Spoon lightly into potato shells, mounding high. Top each with 1/2 slice of cheese. Return to oven until cheese melts. Serves 8.

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\* Exported from MasterCook II \*

Baked Vegetable Gumbo Creole From Tony Burke

Recipe By :  
 Serving Size : 10 Preparation Time :0:00  
 Categories : Cajun

Amount	Measure	Ingredient -- Preparation Method
1	pound	Fresh okra -- diag. sliced
		Bread crumbs
2	packages	Frozen sliced okra (10oz)
1		Small onion -- chopped
		Boiling salted water
4		Ripe tomatoes -- sliced
1		Rib celery -- diagonally sliced
2		Serrano chiles -- thinly sliced
2		Bell peppers -- in strips
1	teaspoon	Chopped fresh basil
2	packages	Frozen lima beans (10oz)
1/2	teaspoon	Dried basil -- crumbled
8		Ears fresh corn kernels
		Salt to taste
2	packages	Frozen corn -- thawed (10oz)
		Black pepper to taste
		Butter or margarine
1/2	cup	Shredded Monterey Jack

1. Cook fresh okra briefly in boiling salted water; drain.
2. Blanch celery in boiling salted water.
3. Add bell peppers and lima beans and cook until just tender; during last 30 seconds, add corn (do not overcook), then drain vegetables.
4. Butter a large baking dish and sprinkle with bread crumbs; add a layer of corn-bean mixture and okra.
5. Combine onion, tomatoes and basil; spoon layer of onion-tomato mixture over bottom layer in dish.
6. Sprinkle with chiles and season with salt and pepper.

7. Dot with butter and sprinkle with bread crumbs.
8. Repeat layering until casserole is filled.
9. Top with a layer of okra that has been dipped in crumbs and lightly sauteed in butter; sprinkle evenly with shredded cheese if desired.
10. Bake uncovered in preheated 300' over for 1 hour.

NOTE: This can be baked in the morning and reheated slowly before serving.  
It tastes even better the second day.

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Barbecue Sauce

Recipe By :  
Serving Size : 1 Preparation Time :0:00  
Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
3	cups	Onions -- chopped
1/4	cup	Honey
1	tablespoon	Garlic -- chopped
2	tablespoons	Lemon juice
1	cup	Sweet pepper -- chopped
1	tablespoon	Salt
1/2	cup	Parsley -- dried
3	tablespoons	Lea & Perrins
1	cup	Dry white wine
1/2	teaspoon	Mint -- dried
3	tablespoons	Vinegar
1	tablespoon	Liquid smoke
2	cups	Ketchup
1/2	tablespoon	Louisiana hot sauce

Place all ingredients in a pot that is big enough to hold them. Bring to a boil. Cook, covered, on low heat for several hours. From Justin Wilson's "Outside Cooking with Inside Help"

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Barbecue Sauce 1

Recipe By :  
Serving Size : 1 Preparation Time :0:00  
Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
3	cups	Onions -- chopped
1/4	cup	Honey
1	tablespoon	Garlic -- chopped
2	tablespoons	Lemon juice
1	cup	Sweet pepper -- chopped
1	tablespoon	Salt
1/2	cup	Parsley -- dried
3	tablespoons	Lea & perrins
1	cup	Dry white wine
1/2	teaspoon	Mint -- dried
3	tablespoons	Vinegar
1	tablespoon	Liquid smoke
2	cups	Ketchup
1/2	tablespoon	Louisiana hot sauce

Place all ingredients in a pot that is big enough to hold them. Bring to a boil. Cook, covered, on low heat for several hours. From Justin Wilson's "Outside Cooking with Inside Help"

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#### Barbecue Sauce 2

Recipe By :  
 Serving Size : 5 Preparation Time :0:00  
 Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
		-----seasoning mix-----
1 1/2	teaspoons	Black pepper
1	teaspoon	Salt
1	teaspoon	Onion powder
1	teaspoon	Garlic powder
1/2	teaspoon	White pepper
1/2	teaspoon	Ground cayenne pepper
		-----main ingredients-----
1/2	pound	Bacon -- minced
1 1/2	cups	Chopped onions
2	cups	Pork -- beef or chicken stoc
1 1/2	cups	Bottled chili sauce
1	cup	Honey
3/4	cup	Dry roasted pecans -- chopped
5	tablespoons	Orange juice (1/2 orange)
		Rind & pulp from 1/2 orange
2	tablespoons	Lemon juice (1/4 lemon)
		Rind & pulp from 1/4 lemon
2	tablespoons	Minced garlic
1	teaspoon	Tabasco sauce
4	tablespoons	Unsalted butter

Combine the seasoning mix ingredients in a small bowl and set aside. In a 2-quart saucepan fry the bacon over high heat until crisp. Stir in the onions, cover pan, and continue cooking until onions are dark brown, but not burned, about 8 to 10 minutes, stirring occasionally. Stir in the seasoning mix and cook about 1 minute. Add the stock, chili sauce, honey, pecans, orange juice, lemon juice, orange and lemon rinds and pulp, garlic, and Tobasco, stirring well. Reduce heat to low; continue cooking about 10 minutes, stirring frequently. Remove orange and lemon rinds. Continue cooking and stirring about 15 minutes more to let the flavors marry. Add the butter and stir until melted. Remove from heat. Let cool about 30 minutes, then pour into a food processor or blender and process until pecans and bacon are finely chopped, about 10 to 15 seconds. This sauce may be used to barbecue chicken, pork or ribs. Makes about 5 Cups. From Paul Prudhomme's "Louisiana Kitchen"

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\* Exported from MasterCook II \*

Barbecue Sauce au Justin

Recipe By :  
 Serving Size : 1 Preparation Time :0:00  
 Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
2	cups	Onion -- chopped
1/2	cup	Wine vinegar
1/2	cup	Bell pepper -- chopped
4	teaspoons	Salt
1/2	cup	Olive oil
1/4	cup	Louisiana hot sauce
2	tablespoons	Garlic -- chopped
1 1/2	cups	Dry red wine
2	cups	Ketchup
1/2	teaspoon	Celery seed
2	tablespoons	Parsley -- dried
1	cup	Steak sauce
2	tablespoons	Lemon juice

Saute onions and bell pepper in olive oil. Add garlic, wine and the rest of the ingredients. Bring to a boil. Cover, then cook over a low fire for at least 2 hours. Use on finished barbecue, NOT AS A BASTING SAUCE. This is garantee to warm the belly. From Justin Wilson's "Outdoor Cooking With Inside Help"

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\* Exported from MasterCook II \*

Barbecued Pork Chops

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Cajun Main Dish
Meats

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Rows include 1/2 cup Water, 1/4 cup Vinegar, 2 tablespoons Dry mustard, 3 tablespoons Brown sugar, 4 tablespoons Chili sauce, and 8 each Pork chops.

Combine ingredients and mix well. Pour over seasoned chops in glass baking dish, cover and bake at 400 F degrees for 1-1/2 hours, uncovering last 30 minutes. Water may be added to make gravy. Delicious with ribs also. From "Talk About Good" contributed by Susan Chandler Castille

\* Exported from MasterCook II \*

Barbecued Ribs

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Cajun Main Dish
Meats

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Rows include 4 pounds Pork ribs -- cut in pieces, 1 each Lemon, 1 each Large onion, 1 cup Catsup, 1/3 cup Worcestershire sauce, 1 teaspoon Chili powder, 1 teaspoon Salt, Dashes Tabasco sauce, and 2 cups Water.

Place ribs in shallow roasting pan, meaty side up. On each piece, place a slice of unpeeled lemon, a thin slice of onion. Roast in very hot oven, 450 F degrees, 30 minutes. Combine remaining ingredients; bring to a boil and pour over ribs. Continue baking in a moderate oven, 350 F degrees, about 2 hours, basting ribs with the sauce every 15 minutes. From "Talk About Good" Contributed by Mrs. K Richard Escudier, Jr.

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\* Exported from MasterCook II \*

Barbeque Sauce 2

Recipe By :  
Serving Size : 5 Preparation Time :0:00  
Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
-----SEASONING MIX-----		
1 1/2	teaspoons	Black pepper
1	teaspoon	Salt
1	teaspoon	Onion powder
1	teaspoon	Garlic powder
1/2	teaspoon	White pepper
1/2	teaspoon	Ground cayenne pepper
-----MAIN INGREDIENTS-----		
1/2	pound	Bacon -- minced
1 1/2	cups	Chopped onions
2	cups	Pork -- beef or chicken stoc
1 1/2	cups	Bottled chili sauce
1	cup	Honey
3/4	cup	Dry roasted pecans -- chopped
5	tablespoons	Orange juice (1/2 orange)
		Rind & pulp from 1/2 orange
2	tablespoons	Lemon juice (1/4 lemon)
		Rind & pulp from 1/4 lemon
2	tablespoons	Minced garlic
1	teaspoon	Tabasco sauce
4	tablespoons	Unsalted butter

Combine the seasoning mix ingredients in a small bowl and set aside. In a 2-quart saucepan fry the bacon over high heat until crisp. Stir in the onions, cover pan, and continue cooking until onions are dark brown, but not burned, about 8 to 10 minutes, stirring occasionally. Stir in the seasoning mix and cook about 1 minute. Add the stock, chili sauce, honey, pecans, orange juice, lemon juice, orange and lemon rinds and pulp, garlic, and Tobasco, stirring well. Reduce heat to low; continue cooking about 10 minutes, stirring frequently. Remove orange and lemon rinds. Continue cooking and stirring about 15 minutes more to let the flavors marry. Add the butter and stir until melted. Remove from heat. Let cool about 30 minutes, then pour into a food processor or blender and process until pecans and bacon are finely chopped, about 10 to 15 seconds. This sauce may be used to barbecue chicken, pork or ribs. Makes about 5 Cups. From Paul Prudhomme's "Louisiana Kitchen"

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Basic Cooked Rice

Recipe By : Prudhomme  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Main Dish

Amount	Measure	Ingredient -- Preparation Method
2	cups	Uncooked rice (see note)
2 1/2	cups	Basic stock (Prudhomme)
1 1/2	tablespoons	Onions -- chopped very fine
1 1/2	tablespoons	Celery -- chopped very fine
1 1/2	tablespoons	Bell peppers -- chopped vy fine
1 1/2	tablespoons	Unsalted butter (preferred)
1/2	teaspoon	Salt
1/8	teaspoon	Garlic powder
		Pinch white pepper
		Pinch black pepper
		Pinch cayenne pepper

In a 5x9x2-1/2-inch loaf pan, combine all ingredients; mix well. Seal pan snugly with aluminum foil. Bake at 350F until rice is tender, about 1 hour, 10 minutes. Serve immediately. However, you can count on the rice staying hot for 45 minutes and warm for 2 hours. To reheat leftover rice, either use a double boiler or warm the rice in a skillet with unsalted butter. From Paul Prudhomme's Louisiana Kitchen

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\* Exported from MasterCook II \*

Basic Cooked Rice - Prudhomme

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Main Dish

Amount	Measure	Ingredient -- Preparation Method
2	cups	Uncooked rice (see note)
2 1/2	cups	Basic stock (Prudhomme)
1 1/2	tablespoons	Onions -- chopped very fine
1 1/2	tablespoons	Celery -- chopped very fine
1 1/2	tablespoons	Bell peppers -- chopped vy fine
1 1/2	tablespoons	Unsalted butter (preferred)
1/2	teaspoon	Salt
1/8	teaspoon	Garlic powder
		Pinch white pepper
		Pinch black pepper
		Pinch cayenne pepper

In a 5x9x2-1/2-inch loaf pan, combine all ingredients; mix well. Seal pan snugly with aluminum foil. Bake at 350F until rice is tender, about 1 hour, 10 minutes. Serve immediately. However, you can count on the rice staying hot for 45 minutes and warm for 2 hours. To reheat leftover rice, either use a double boiler or warm the rice in a skillet with unsalted

butter. From Paul Prudhomme's Louisiana Kitchen

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Beaten biscuits

Recipe By :  
Serving Size : 100 Preparation Time :0:00  
Categories : Cajun Breads

Amount	Measure	Ingredient -- Preparation Method
6	cups	All purpose flour (soft)
1 1/2	teaspoons	Salt
1	tablespoon	Sugar
1	teaspoon	Baking powder
1	cup	Shortening
1	cup	Milk

Mix the flour, salt, sugar, and baking powder in a bowl or in a food processor fitted with a metal blade.  
 Add the shortening and cut in or process until the mixture is the consistency of coarse meal. Pour in the milk and stir or process just until the dough holds together. If it is dry or crumbly, add more milk. If it is too wet, add more flour. Knead briefly in the food processor, then turn out onto a floured board or beat 1,001 times with a rolling pin. when it's ready, the dough should "snap" when you hit it. Fold the dough in half. Roll out the folded dough until it is 1/2 inch thick. Cut with a 1-1/4-inch biscuit cutter into small rounds. Prick each round with a fork, making two parallel sets of holes in the biscuit. keep rolling out the dough, folding before cutting, until all the scraps are gone and you have made about 100 biscuits.  
 Preheat the oven to 350 degrees. Place the biscuits on a lightly greased pan. Bake for 30 minutes, until crisp, but not browned. They should open easily when split with a fork. They will keep for weeks tightly covered in a tin or in the freezer.  
 Split in two before serving. From Nathalie Dupree's "New Southern Cooking"

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Beer Marinade for Beef

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
2	cans	Beer (12 oz or 10 oz cans)

2	teaspoons	Salt
1/2	cup	Olive oil
1	teaspoon	Ground cayenne pepper
1	tablespoon	Wine vinegar
1	tablespoon	Prepared horseradish
1	teaspoon	Onion powder
2	tablespoons	Lemon juice
1	teaspoon	Garlic powder

Mix all ingredients together and use as a marinade.  
Then use as a basting sauce for the meat while it cooks.

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\* Exported from MasterCook II \*

### Blackened Chicken

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories : Cajun Main Dish  
Poultry

Amount	Measure	Ingredient -- Preparation Method
8	each	chicken breast halves without skin -----SEASONING MIX-----
2	tablespoons	Salt
1 1/2	teaspoons	Garlic powder
1 1/2	teaspoons	Black pepper
1	teaspoon	White pepper
1	teaspoon	Onion powder
1	teaspoon	Ground cumin
1/2	teaspoon	cayenne pepper
1/2	teaspoon	paprika
		-----OTHER INGREDIENTS-----
3/4	pound	unsalted butter -- melted

NOTE: Recipe calls for 16 (3-ounce) skinless boned chicken breasts, about 1/2 to 3/4 inch thick, or 8 (10-ounce) bone-in leg-thigh pieces, or a combination of these. Skin the leg-thigh pieces, then bone each piece along the length of the two bones, leaving meat in one piece. Trim off excess fat. Pound each breast or leg-thigh fillet to 1/2 inch thick. Let the chicken come to room temperature before blackening. Thoroughly combine the seasoning mix ingredients in a small bowl. Heat a large cast-iron skillet over very high heat until it is extremely hot and just short of the point at which you see white ash or a white spot forming in the skillet bottom, about 8 minutes. (the time will vary according to the intensity of the heat source.) Heat the serving plates in a 250F oven. Just before cooking each piece of chicken, dip it in the melted butter so that both sides are well coated, then sprinkle each fillet evenly with the seasoning mix, using about a rounded 1/2 teaspoon on each, and patting it in with your hands. (If you lay the fillet on a plate or other surface to season it, be sure the surface is warm so the butter won't congeal and stick to the surface instead of to the meat. Wipe

the surface clean after seasoning each fillet. Use any remaining seasoning mix in another recipe.) Immediately place the fillet skinned side down in the hot skillet, making sure all meat folds are opened up and the meat is lying flat.

Pour about 1 teaspoon butter on the top of the fillet (be careful, as the butter may flame up). If you cook more than 1 fillet at a time, place each fillet in the skillet before buttering and seasoning another one. Cook uncovered over the same high heat until the underside forms a crust, about 2 minutes. (The time will vary according to the thickness of the fillets and the heat of the skillet or fire; watch the meat and you'll see a white line coming up the side as it cooks.) Turn the fillets over and pour about 1 teaspoon more melted butter on top of each. Cook just until meat is cooked through, about 2 minutes more. Serve the chicken fillets crustier side up while piping hot. Clean the skillet after cooking each batch and repeat the blackening procedure with the remaining chicken fillets. To serve, place 2 breast fillets or 1 leg-thigh fillet on each heated serving plate. If you use a large serving platter, do not stack the fillets. Paul Prudhomme warns, "Blackening should be done either outdoors or in a commercial kitchen. The process creates an incredible amount of smoke that will set off your own and your neighbors' smoke alarms. People with really well-installed commercial hood vents at home have gotten away with blackening in their own kitchens. They are privileged! Don't push your luck." From The Prudhomme Family Cookbook

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\* Exported from MasterCook II \*

Blackened Pork Chops

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Main Dish  
 Meats

Amount	Measure	Ingredient -- Preparation Method
18	each	5 oz pork chops -- 3/4" thick
3/4	pound	Melted unsalted butter (note -----SEASONING MIX-----)
1	tablespoon	Salt
1	tablespoon	+ 2 tsp white pepper
1	tablespoon	+ 3/4 tsp black pepper
2 1/2	teaspoons	Dry mustard
2 1/2	teaspoons	Cayenne pepper
2	teaspoons	Garlic powder
3/4	teaspoon	Dried thyme leaves

NOTE: The 3/4 pound (3 sticks) unsalted butter, must be kept melted and warm in the skillet. Let the chops come to room temperature before blackening. Combine the seasoning mix ingredients thoroughly in a medium-size bowl. Heat a large cast-iron skillet over very high heat until it is extremely hot and just short of the point at which you see white ash or a white spot forming in the skillet bottom, about 8 minutes. (The time will vary according to the intensity of the heat source.) Heat

the serving plates in a 250F oven. Just before cooking each chop, dip it in the melted butter so that both sides are well coated, then sprinkle each side generously and evenly with the seasoning mix (use between 1/4 and 1/2 teaspoon on each side), patting it in with your hands. (If you lay the chop on a plate or other surface to season it, be sure the surface is warm so the butter won't congeal and stick to the surface instead of to the chop. Wipe the surface clean after seasoning each chop. Use any remaining seasoning mix in another recipe.) Immediately place the chop in the hot skillet. If the chop is very lean, pour about 1 teaspoon butter on top. (Be careful, as the butter may flame up.) If you cook more than 1 chop at a time, place each chop in the skillet before buttering and seasoning another one.

Cook uncovered over the same high heat until the underside forms a crust, about 2 minutes (the time will vary according to the thickness of the chops and the heat of the skillet or fire). Turn the chops over and pour about 1 teaspoon more butter on top of each, if needed.

Cook just until meat is done, about 2 minutes more. Serve the chops crustier side up while piping hot. Clean the skillet after cooking each batch and repeat the blackening procedure with the remaining chops. To serve, place 2 or 3 chops on each heated serving plate. If you use a serving plater, DO NOT STACK THE CHOPS. From The Prudhome Family Cookbook  
 Some personal notes: If you do not have a heavy duty commercial range hood, capable of disposing of an incredible amount of smoke, DON'T cook this inside. If you live in an apartment, like I do, where your smoke detector is attached to a central fire system, you will very quickly become well known to all your neighbors, and your local firefighters. In all likelihood you will also get to meet your landlord. A good, 40,000 BTU to 50,000 BTU barbecue will do a good job of providing sufficient heat. Be sure you have all your doors and windows closed, and invite your neighbors to the barbecue.

This method generates a totally unbelievable amount of smoke. However, the results are worth it. Whatever you are cooking by this method, it is an entirely incredible taste experience. From Prudhomme Family Cookbook

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\* Exported from MasterCook II \*

Boiled Crawfish -- Justin Wilson

Recipe By :  
 Serving Size : 10 Preparation Time :0:00  
 Categories : Cajun Main Dish

Amount	Measure	Ingredient -- Preparation Method
4	each	Boxes salt (no size mentione
6	each	Pouches crab boil
9	each	Lemons
8	ounces	Cayenne pepper
5	pounds	Small white onions
		Garlic
24	each	Small potatoes
		Smoked sausage

50 pounds Corn  
Live crawfish

Bring seasonings to boil for 10 minutes. Add potatoes, corn, and smoked sausage. Boil for another 10 minutes. Add crawfish. Bring back to boil. Cut fire off immediately. Let soak for 20 to 30 minutes. Drain. Peel and eat.

While water is coming to a boil, cull and clean crawfish. Rinse well with garden hose and remove any dead ones.

Always wear gloves when you fool with crawfish, but remember, they can still pinch you through gloves. Justin Wilson writes, "Not everybody likes the fat, but I do, and I love to dig my finger into the head and scoop it out. During crawfish season, my finger stays yellow from one end to the other." From Justin Wilson's "Outdoor Cooking With Inside Help."

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### Cajun Meat Loaf

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Cajun Main Dish  
Meats

Amount	Measure	Ingredient -- Preparation Method
-----SEASONING MIX-----		
2	each	Whole bay leaves
1	teaspoon	Salt
1	teaspoon	Ground cayenne pepper
1	teaspoon	Black pepper
1/2	teaspoon	White pepper
1/2	teaspoon	Ground cumin
1/2	teaspoon	Ground nutmeg
-----MAIN INGREDIENTS-----		
4	tablespoons	Unsalted butter
3/4	cup	Finely chopped onions
1/2	cup	Green bell peppers -- chopped
1/4	cup	Green onions -- finely chopped
2	teaspoons	Minced garlic
1	tablespoon	Tabasco sauce
1	tablespoon	Worcestershire sauce
1/2	cup	Evaporated milk
1/2	cup	Catsup
1 1/2	pounds	Ground beef
1/2	pound	Ground pork
2	each	Eggs -- lightly beaten
1	cup	Very fine bread crumbs

Combine the seasoning mix ingredients in a small bowl and set aside. Melt the butter in a 1-quart saucepan over medium heat. Add the onions, celery, bell peppers, green onions, garlic, tabasco, Worcestershire and seasoning mix. Saute until mixture starts sticking excessively, about 6

minutes, stirring occasionally and scraping the pan bottom well. Stir in the milk and catsup. Continue cooking for about 2 minutes, stirring occasionally. Remove from heat and allow mixture to cool to room temperature.

Place the ground beef and pork in an ungreased 13x9-inch baking pan. Add the eggs, the cooked vegetable mixture and the bread crumbs, remove the bay leaves. Mix by hand until thoroughly combined. In the center of the pan, shape the mixture into a loaf that is about 1-1/2 inches high, 6 inches wide and 12 inches long. Bake uncovered at 350F for 25 minutes, then raise heat to 400F and continue cooking until done, about 35 minutes longer. Serve immediately as is or with Very Hot Cajun Sauce for Beef. This is best using both ground pork and ground beef, as the pork gives more flavor diversity. However, you can make it with ground beef only. From Paul Prudhomme's "Louisiana Kitchen"

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\* Exported from MasterCook II \*

Cajun Prime Rib

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Main Dish  
 Meats On The Grill

Amount	Measure	Ingredient -- Preparation Method
4	pounds	Prime rib roast (10-1/2 lbs)
1/4	cup	Black pepper
1/4	cup	Garlic powder
1/4	cup	Salt
2	each	Onions -- thinly sliced
		-----SEASONING MIX (OPTIONAL)-----
1	tablespoon	Plus 1 tsp -- salt
1	tablespoon	Plus 2 tsp -- white pepper
1	tablespoon	Plus 2 tsp -- fennel seeds
1	tablespoon	Plus 3/4 tsp -- black pepper
2 1/2	teaspoons	Dry mustard
2 1/2	teaspoons	Ground cayenne pepper

Remove fat cap off top of meat (butcher can do this for you) and save. Place the roast, standing on the rib bones, in a very large roasting pan. Then with a knife make several dozen punctures through the silver skin so seasoning can permeate meat. Pour a very generous, even layer of black pepper over the top of the meat (the pepper should completely cover it); repeat with the garlic powder, then the salt, totally covering the preceding layer. Carefully arrange the onions in an even layer on top so as not to knock off the seasoning.

Place the fat cap back on top. Refrigerate 24 hours. Bake ribs in a 550F oven until the fat is dark brown and crispy on top, about 35 minutes. Remove from oven and cool slightly. Refrigerate until well chilled, about 3 hours. (this is done so the juices will solidify and the steaks can be cooked rare.) Remove fat cap and discard. With the blade of a large knife, scrape off the onions and

as much of the seasonings as possible and discard. Then with a long knife, slice between ribs into 6 steaks (4 will have bones); trim the cooked surface of meat from the 2 pieces that were on the outside of the roast. Season and cook in your favorite way for steaks. TO BLACKEN THE STEAKS: Combine the ingredients of the seasoning mix thoroughly in a small bowl; you will have about 8 tablespoons. Sprinkle the steaks generously and evenly on both sides with the mix. using about 4 teaspoons on each steak and pressing it in with your hands. Heat a cast iron skillet over very high heat until it is beyond the smoking stage and you see white ash on the skillet bottom--at least 10 minutes. (The skillet cannot be too hot for this method.) Place one steak in the hot skillet (cook only one side at a time) and cook over a very high heat until the underside starts to develop a heavy, black crust, about 2 to 3 minutes. Turn the steak over and cook until the underside is crusted like the first, about 2 to 3 minutes more. Repeat with the remaining steaks. Serve each steak while piping hot. (\*NOTE\*: If you don't have a commercial hood vent over your stove, this dish may smoke you out of the kitchen. It's worth it! But you can also cook it outdoors on a gas grill; a charcoal fire doesn't get hot enough to "blacken" the steak properly. If you have a smoke detector in your house, you will be able to determine if it is working correctly. This is NOT a dish to prepare in an apartment building with a central fire alarm system wired into your smoke detector. It causes great excitement! Also, you can be guaranteed you will meet your landlord.) From Paul Prudhomme's Louisiana Kitchen

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\* Exported from MasterCook II \*

Cajun Sausage Roast

Recipe By : Clebert/AOL  
 Serving Size : 8 Preparation Time :0:00  
 Categories : Cajun Main Dish  
 Sausage Pork

Amount	Measure	Ingredient -- Preparation Method
1	3 pound	Pork Loin Roast
1	Pound	Smoked Cajun Sausage
1	Small	Onion -- Chopped fine
1	Small	Green Bell pepper -- Chopped fine
		Salt
		Granulated garlic
		Dried Chives
		Parsley Flakes
		Restaurant Black Pepper
2	Tbsp	Soy sauce
1/2	Cup	Cold Water
2	-3 Tbsp.	Cornstarch
1/2	Teaspoon	Kitchen Bouquet

Mix Granulated Garlic, Chives, Parsley Flakes and Restaurant Black Pepper to Make MYSEASONINGS mix. Add salt to mix. Cut the whole loin into smaller roasts, about 6" long, cut a hole through the center of each roast, al



1	teaspoon	Salt
1	teaspoon	White pepper
1 1/2	cups	Julienned carrots (see note)
1	cup	Julienned onions (see note)
-----VEGETABLE SEASONING MIX-----		
1/2	teaspoon	Salt
1/4	teaspoon	White pepper
1/4	teaspoon	Onion powder
1/4	teaspoon	Garlic powder
1/4	teaspoon	Cayenne pepper
-----VEGETABLES-----		
1 1/2	cups	Julienned zucchini (see note)
1	cup	Julienned squash (see Note)
		Very Hot Cajun Sauce/Beef

NOTE: To julienne squashes, cut peelings 1/8 inch thick and cut these into strips 1/8 inch wide and 2 inches long; use only strips that have skin on one surface. Cut carrots and onions into similar strips. In a 13x9-inch ungreased baking pan, combine the beef and pork. Mix in the eggs and bread crumbs by hand until thoroughly mixed. Set aside. In a 1-quart saucepan, combine 3 tablespoons of the butter, the onions, celery, bell peppers, garlic, Worcestershire, Tabasco and meat seasoning mix. Saute over high heat about 5 minutes, stirring frequently and scraping the pan bottom well. Remove from heat and cool. Add the sauteed vegetable mixture and 1/4 cup of the milk to the meat and mix well by hand.

Form into a 12x8-inch loaf and center in the pan. Bake at 450F until brown on top, about 30 minutes. Remove from oven; pour off drippings, reserve 2-1/2 tablespoons. Set meat and drippings aside. Meanwhile, boil the potatoes until fork tender; drain, reserving about 1 cup of the water. Place the potatoes, while still hot, in a large mixing bowl with the remaining 1 stick butter, 1/2 cup milk, the salt and white pepper. Stir with a wooden spoon until broken up, then beat with a metal whisk (or electric mixer with a paddle) until creamy and velvety smooth. (NOTE: Mix in some of the reserved potato water if potatoes are not creamy enough.) In a large skillet (preferably non-stick) combine the reserved drippings with the carrots, onions and vegetable seasoning mix; saute over high heat 1-1/2 minutes, stirring frequently. Add the zucchini and yellow squash and continue sauteing until vegetables are noticeably brighter in color, about 3 to 4 minutes, stirring occasionally. Remove from heat. Mound undrained vegetables on top of the meat loaf, away from the edges. Layer the mashed potatoes evenly over the top of the vegetables and top edges of the meat, using all the potatoes. Bake at 525F until brown on top, about 8 to 10 minutes. Serve immediately with about 1/2 cup Very Hot Cajun Sauce (see recipe) under each serving. From Paul Prudhommes "Louisiana Kitchen"

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\* Exported from MasterCook II \*

Cajunized Oriental Pork Chops

Recipe By :



Cook and stir constantly about 15 minutes more or till a dark, reddish brown roux forms. Cool.

In a 3 1/2, 4-, 5-, or 6-quart crockery cooker place water. Stir in roux. Add sausage, chicken, okra, onion, green pepper, celery, garlic, salt, pepper, and red pepper. Cover; cook on low-heat setting for 10-12 hours or on high-heat setting for 4 1/2 to 5 hours. Skim off fat. Serve over rice. Makes 6 servings.

Posted by Michael Prothro KOOK-NET : Mike's Resort BBS,  
Fayetteville,AR,(501)521-8920 Submitted By COOK4U@VIVANET.COM On THU,  
31 AUG 1995 062559 -0400

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\* Exported from MasterCook II \*

CHICKEN AND SAUSAGE GUMBO

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Cajun Breakfast  
Ethnic

Amount	Measure	Ingredient -- Preparation Method
3	pounds	Chicken breasts -- split in Half and boned Salt to taste Pepper to taste Garlic powder to taste
1	pound	Smoked sausage or kielbasa
1/2	cup	Vegetable oil
1/2	cup	All-purpose flour
1	cup	Chopped onion (1 lg)
1	cup	Chopped pepper (1 lg)
1	cup	Chopped celery (2 ribs)
7	cups	Water divided
1	teaspoon	Black pepper
1	teaspoon	Chopped garlic (1 clove)
1/2	teaspoon	Cayenne pepper

Season chicken breasts lightly with salt, black pepper and garlic powder. If possible, do this the day before you cook the gumbo. Next slice sausage into 1/4-to-1/2 inch pieces.

Make roux, using a cast iron or very heavy skillet that is very clean. Place oil in skillet over high heat - oil should be at stage where it just begins to smoke - and gradually stir in flour, using a long-handled spoon.

Roux will take about 3 to 4 minutes to cook and must be stirred constantly so that it does not burn. If you see black specks in the roux, it has burned and you must start over again.

As you make the roux, it will change in color from cream to tan to brown

and then to dark red-brown. Remove from heat. Stir in onions, green peppers and celery, stirring constantly until roux stops getting darker. Bring to stove once more, and cook over low heat about five to seven minutes, stirring constantly.

In a large dutch oven, bring 6 c of water to a boil, and add the roux, stirring to dissolve it thoroughly. Carefully add chicken and cook about 30 to 40 minutes or until chicken is cooked through. Remove chicken, and set aside to cool. Debone chicken, and cut into bite-size pieces.

Add sausage, 1 c water, 1 ts black pepper and chopped garlic and cayenne to the pot, and simmer for 35 to 45 minutes, uncovered, stirring frequently. Taste, and add salt, if necessary. Stir in the chicken, and remove the gumbo from the heat. skim surface to remove fat that sausage gives off during cooking.

Serve over rice with a tossed salad and French bread.

Note: Excellent.

Posted in COOKING by: Joseph Vanicek 8/21/93

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\* Exported from MasterCook II \*

Chicken Big Mamou on Pasta

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Main Dish

Amount	Measure	Ingredient -- Preparation Method
-----PASTA-----		
6	quarts	Hot water
1/4	cup	Vegetable oil
3	tablespoons	Salt
1 1/2	pounds	Fresh spaghetti (1 lb dry)
-----SEASONING MIX-----		
2	teaspoons	Dried thyme leaves
1 1/4	teaspoons	Ground cayenne pepper
1	teaspoon	White pepper
3/4	teaspoon	Black pepper
1/2	teaspoon	Dried sweet basil leaves
-----SAUCE-----		
1	pound	Unsalted butter plus
4	tablespoons	Unsalted butter
1	cup	Onions -- chopped very fine
4	each	Med. garlic cloves -- peeled
2	teaspoons	Minced garlic
3 1/4	cups	RICH chicken stock (see note
2	tablespoons	Worcestershire sauce
1	tablespoon	Tabasco sauce + 1 teaspoon
2	cans	Tomato sauce (16 oz)

2	tablespoons	Sugar
2	cups	Green onions -- chopped vy fine
		-----CHICKEN SEASONING MIX-----
1 1/2	tablespoons	Salt
1 1/2	teaspoons	White pepper
1 1/2	teaspoons	Garlic powder
1 1/4	teaspoons	Ground cayenne pepper
1	teaspoon	Black pepper
1	teaspoon	Cumin (optional)
1/2	teaspoon	Dried sweet basil leaves
2	pounds	Boneless chicken (see notes)

NOTE: To make a Rich Chicken Stock strain the basic stock, then continue simmering it until evaporation reduces the liquid by half.

For example, if the recipe calls for 1 cup Rich Stock, start it with at least 2 cups of strained basic stock. dark meat, cut into 1/2-inch cubes. Directions: Place in the hot water, oil and salt in a large pot over high heat; and cover and bring to a boil. When water reaches a rolling boil, add small amounts of spaghetti at a time to the pot, breaking up oil patches as you drop the spaghetti in.

Return to boiling and cook to al dente stage, do not over cook. (To test doneness of spaghetti, cut a strand in half near the end of cooking time. When done, there should be only a speck of white in the center, less than one-fourth the diameter of the strand.) Do not overcook. During this cooking time, use a wooden or spaghetti spoon to lift spaghetti out of the water by spoonfuls and shake strands back into the boiling water. (It may be an old wives' tale, but this procedure seems to enhance the spaghetti's texture.) Then immediately drain spaghetti into a collander; stop cooking process by running cold water over strands. (If you used dry spaghetti, first rinse with hot water to wash off starch.) After the pasta has cooled thoroughly, about 2 to 3 minutes, pour a liberal amount of vegetable oil in your hands and toss spaghetti. Set aside still in the colander. Meanwhile, thoroughly combine the seasoning mix ingredients in a small bowl and set aside.

In a 4-quart saucepan, combine 1-1/2 sticks of the butter, the onions and garlic cloves; saute over medium heat 5 minutes, stirring occasionally. Add the minced garlic and seasoning mix; continue cooking over medium heat until onions are dark brown, but not burned, about 8 to 10 minutes, stirring often. Add 2-1/2 cups of the stock, the Worcestershire and Tabasco; bring to a fast simmer and cook about 8 minutes, stirring often. Stir in the tomato sauce and bring mixture to a boil. Then stir in the sugar and 1 cup of the green onions; gently simmer uncovered about 40 nminutes, stirring occasionally.

Heat the serving plates in a 250F oven. Combine the ingredients of the chicken seasoning mix in a small bowl; mix well.

Sprinkle over the chicken, rubbing it in with your hands. In a large skillet melt 1-1/2 sticks of the butter over medium heat. Add the remaining 1 cup green onions and saute over high heat about 3 minutes. Add the chicken and continue cooking 10 minutes, stirring frequently. When the tomato sauce has simmered about 40 minutes, stir in the chicken mixture and heat through.

To finish the dish, for each serving melt 2 tablespoons butter in a large skillet over medium heat. Add one-sixth of the cooked spaghetti (a bit less than a 2 cup measure); heat spaghetti 1 minute, stirring constantly. Add 1-1/4 cups chicken and sauce and 2 tablespoons of remaining stock; heat throughly, stirring frequently.

Remove from heat. Roll spaghetti on a large fork and lift onto a heated

serving plate. Repeat process for remaining servings. From Paul Prudhomme's Louisiana Kitchen

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\* Exported from MasterCook II \*

CHICKEN ETOUFEE

Recipe By :  
Serving Size : 2 Preparation Time :0:00  
Categories : Cajun Chicken  
Seafood

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	Onion -- half fine cut and rough cut.
3/4	cup	Bell pepper -- fine cut.
3/4	cup	Celery -- fine cut.
3		Little green onions -- fine
1	large	Clove garlic -- fine chop.
2	teaspoons	Cajun chicken spice -- mixture.
3		Pats butter.
3	tablespoons	Dry roux.
3	cups	Chicken broth.
2		Chicken breasts.

Pre cook the chicken breasts in micro wave for about 10 minutes on high. Set aside to cool. When cool, pull into strips about the size of a small finger. (You could use an equal amount of leftover roast chicken.)

Singe the rough cut onions in cast iron skillet over medium high heat. When lightly browned (3-5 minutes). Add the rest of the vegetables, the garlic and the spices. Add butter and sizzle over medium heat until the vegetables are limp, about 5 minutes. Stir in the dry roux. Then stir in the chicken broth and simmer uncovered over low heat for 15 min. Add the chicken and continue to simmer for another 10-15 minutes. The sauce should be about as thick as a thin gravy.

Serve over rice.

Makes two generous servings.

SHRIMP ETOUFEE Follow same recipe except: use one small package shrimp (5-6 oz.) decrease vegetable amounts to 1/2 cup each. decrease spice amount to 1 teaspoon cajun chicken mix. decrease roux to 2 tablespoon decrease butter to 2 pats decrease broth to 1 cup do not precook shrimp.

At the end, add uncooked shrimp and simmer for only 2-3 minutes. Top with dash of Cajun Sunshine if needed.

== Courtesy of Dale & Gail Shipp, Columbia Md. == Converted by MMCONV vers.

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\* Exported from MasterCook II \*

Chicken Maque Choux

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Cajun Main Dish  
Poultry

Amount	Measure	Ingredient -- Preparation Method
18	each	Young tender corn
1	each	Large spring chicken
1	each	Large onion -- finely chopped
1/2	each	Bell pepper -- chopped
1	each	Large tomato -- small pieces
1	teaspoon	Salt
1	teaspoon	Sugar
		Black pepper
2	tablespoons	Cooking oil
		Milk -- if needed

Cut corn off cob, and then scrape ears with back of knife to obtain milky pulp in a heavy iron pot, brown the chicken in oil a few pieces at a time, until all sides are done. Add corn, onions and the rest of the ingredients to the pot. Stir mixture frequently while cooking over low flame for 30 minutes. If mixture is too dry, add a small amount of milk. Will serve four. From "Talk About Good" submitted by Mrs. Warren Butcher

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\* Exported from MasterCook II \*

Chicken Sauce Piquant

Recipe By :  
Serving Size : 30 Preparation Time :0:00  
Categories : Cajun Main Dish  
Poultry

Amount	Measure	Ingredient -- Preparation Method
2	cups	Bacon drippings (for roux)
6	cups	Plain flour
7	cups	Onion -- chopped
1	cup	Bell pepper -- chopped
3	cups	Green onions -- chopped
1	cup	Celery -- chopped
3	cups	Parsley -- chopped
1/4	cup	Garlic -- chopped

20	pounds	Bacon drippins/brown chicken
		Baking hens -- (see directions
		Water
1	pound	Mushrooms -- sliced
16	cups	Tomato sauce
8	cups	Chablis wine
1 1/2	pints	Stuffed olives
6	tablespoons	Lea & Perrins
8	tablespoons	Louisiana hot sauce
1	teaspoon	Dried mint -- crushed
6	tablespoons	Salt

The bacon drippings are for browning the chicken. The 20 lbs of chicken should be cut up in 2-inch-long pieces. Justin likes more wine in this sauce than some peoples. If you don't wish to use all 8 Cups of Chablis in the sauce, feel free to drink what the sauce don't take. Make sure you taste your sauce as you add the wine. Me, I likes it. My wife, she don't. Make a roux. (see the recipe for Justin Wilson's roux, also posted here). Add onions, bell pepper, green onions, and celery and saute until onions are tender and clear. Add parsley and garlic and saute. Brown off chicken while roux is being made.

After onions, etc. are tender, add water to bring roux to a smooth paste. Add all other ingredients and enough water to cover well.

Bring to a boil, and then cut heat. Cook for about 4 to 6 hours.

Serve over spaghetti. This is for a party and will serve 20 to 40 people. You can freeze what you don't eat. From Justin Wilson's "Outdoor Cooking With Inside Help"

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\* Exported from MasterCook II \*

Chicken Wings Gumbo Style

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	Chicken wings
1	teaspoon	Thyme
3		Bacon slices -- chopped
1/2	teaspoon	Allspice -- ground
2/3	cup	Green bell pepper -- chopped
1/8	teaspoon	Cayenne pepper
2/3	cup	Celery -- chopped
1/8	teaspoon	Black pepper
1	pound	Ground beef
2/3	cup	Lima beans
1	can	Tomatoes -- broken up (28oz)
2/3	cup	Corn kernels
3/4	cup	Chicken broth
		Steamed rice
3/4	teaspoon	Salt

1. Remove and discard wing tips; reserve remaining wings.
2. In large skillet, cook bacon until browned; remove with slotted spoon and reserve.
3. Add chicken wings; brown on all sides and remove with slotted spoon.
4. Add bell pepper and celery; saute until crisp-tender, about 3 minutes.
5. Add beef; cook, stirring to crumble, until browned.
6. Drain off fat; add tomatoes, chicken broth, thyme, allspice, cayenne and black peppers and chicken.
7. Simmer, covered, until chicken is almost tender, about 15 minutes.
8. Add lima beans and corn; simmer, covered, until chicken and vegetables are tender, about 5 minutes.
9. Sprinkle with bacon and serve over steamed rice.

MAMMY cc: ALL  
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\* Exported from MasterCook II \*

Chicken-Okra Gumbo Plains-Style

Recipe By :  
 Serving Size : 12 Preparation Time :0:00  
 Categories : Cajun

Amount	Measure	Ingredient -- Preparation Method
1/4	pound	Salt pork
3		Parsley sprigs -- chopped
1		Frying chicken -- cut up
1		Bay leaf
		Flour
3	quarts	Water -- more if needed
3	tablespoons	Butter
		Salt to taste
1		Onion,lg,mild -- peeled/chopped
		Pepper to taste
20		Okra pods*
2	tablespoons	Flour (opt)
6		Tomatoes,large,fresh -- chopped
		Cooked white rice

\* - okra can be fresh sliced or a 10-ounce package frozen okra sufficiently thawed to separate okra slices can be substituted.

\*\* - seeds removed and finely chopped.

1. Wash salt pork under cold water to rinse off excess salt. Blot dry and cut into small dice.

2. Place in a large, heavy soup pot and cook over low heat until all fat has been rendered. Remove crisped pork dice and drain on paper toweling. Set aside.

3. Blot chicken pieces dry with paper toweling and dredge lightly with flour. Press flour into each piece, then shake off all excess. Heat salt pork to almost smoking. Brown the floured chicken pieces a few at a time in the hot fat. Remove as browned and set aside.

4. Pour off and discard fat. Add butter to soup pot and place over low heat. When melted, add onion and okra and cook, stirring often with a wooden spoon, until onion is soft. Be careful not to let okra scorch.

5. Return chicken to pot and add remaining ingredients except salt and pepper and optional flour. Let simmer for about 1-1/2 hours, adding additional water if needed. Remove from heat. Remove and discard bay leaf. Remove skin and bone from chicken pieces and return meat to pot. Reheat if necessary. If desired, thicken mixture with 1-2 tablespoons flour mixed to a paste with about 1/2 cup cold water, and stir over low heat an additional 10-15 minutes.

6. Ladle into large soup bowls over mounds of just-cooked, fluffy white rice. Sprinkle crisped pork dice over each serving.

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\* Exported from MasterCook II \*

#### Classic Chicken Gumbo

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Cajun

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	Vegetable shortening
1/2	cup	Uncooked rice
2	tablespoons	Flour -- all-purpose
2		Ribs celery -- chopped
2		Onions -- finely chopped
1	teaspoon	Salt
1		Green bell pepper -- fine chop
1/2	teaspoon	Pepper
5	cups	Warm chicken broth

1/4 teaspoon Thyme  
 8 Tomatoes -- peeled/chopped  
 1 Bay leaf  
 1/2 pound Okra -- cut into 1/4" pieces  
 1 Broiler-fryer chicken -- cooked

1. In large Dutch oven, melt shortening over low heat; add flour and cook, stirring, until brown, about 10 minutes (do not hurry; if flour burns, roux is ruined).

2. Add onions and bell pepper; cook until onion is translucent, about 5 minutes.

3. Slowly add warm broth; stir until broth reaches a boil.

4. Add tomatoes, okra, rice, celery, salt, pepper, thyme and bay leaf; bring to a boil.

5. Add chicken; when mixture boils again, reduce heat to low, cover and cook about 20 minutes.

6. Stir and cook, covered, 20 minutes longer.

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\* Exported from MasterCook II \*

Comforting Barbecue Sauce

Recipe By :  
 Serving Size : 25 Preparation Time :0:00  
 Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
4	cups	Onions -- chopped
1	cup	Celery -- chopped
1	cup	Bell pepper -- chopped
1	cup	Fresh parsley -- chopped
1	cup	Peanut cooking oil
2	tablespoons	Garlic -- chopped
3	cups	Steak sauce
1/2	cup	Louisiana hot sauce
3	cups	Ketchup
3	teaspoons	Salt
1	cup	Southern Comfort Liquor

In a large skillet, saute onions, celery, bell pepper and parsley in peanut oil until onions are clear or tender. Add garlic and cook a little longer. Add steak sauce, hot sauce, and ketchup. Salt to taste. Add Southern Comfort. Bring to a boil. Lower heat and cover. Cook for 2 to 3 hours. This sauce can be stored in the refrigerator for several weeks. Makes 3 quarts to 1 gallon. Justin says, "This is not to drink, no. It's to use as a bubba-que sauce, but it also, too, is mighty fine for soppin." From Justin Wilson's "Outdoor Cooking With Inside Help"

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\* Exported from MasterCook II \*

Crab Meat Alma

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories : Cajun Appetizers

Amount	Measure	Ingredient -- Preparation Method
1	Each	Stick butter or margarine
1	Each	Sm bunch chopped green onion
1/2	Cup	Parsley, finely chopped
1/2	Cup	Celery, finely chopped
1	Cup	(small) mushrooms, drained
3	Tablespoons	Flour
2	Cups	Light cream
2	Cups	Swiss cheese, grated
1/2	Cup	Sherry or vermouth, dry
1	Pinch	Cayenne pepper
		Salt, to taste
1	Pound	White crab meat (or shrimp)

Melt butter in heavy saucepot. Saute vegetables until soft. Blend in flour and add cream. Heat until thickened. Add cheese and heat until it has melted. Add wine, cayenne pepper, and salt. Fold in crab meat or shrimp. Heat gently for 8 to 10 minutes Serve with french bread or in patty shells "Alma is a good cook and also a fine, good friend, who has a terrific sense of humor, I garontee!" From Justin Wilsons Outdoor Cooking With Inside Help

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Nutr. Assoc. : 225 679 1038 274 926 568 483 1466 1363 0 1326 462

\* Exported from MasterCook II \*

Crabby Mushrooms

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories : Cajun Appetizers

Amount	Measure	Ingredient -- Preparation Method
1	cup	Crab meat
1	tablespoon	Bread crumbs
1	tablespoon	Onions -- minced

1       tablespoon     Parmesan cheese -- grated  
 1       teaspoon       Salt  
 2       tablespoons    Parsley -- minced  
 12      each            Mushroom stems -- chopped fine  
 12      each            Mushroom caps  
 1       each            Egg -- beaten  
                       Louisiana hot sauce -- to tast

In a bowl, mix crab meat, bread crumbs, onion s, cheese, salt, parsley, and chopped mushroom stems.  
 Add beaten egg and hot sauce, to taste. Stuff mixture into mushroom caps.  
 Bake at 300 degrees until tender, 15 to 30 minutes. Serve it hot.

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\*   Exported from   MasterCook II   \*

CRAWFISH OR SHRIMP COCKTAIL

Recipe By        :  
 Serving Size    : 6       Preparation Time :0:00  
 Categories      : Cajun                                    Appetizers

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	Heinz chili sauce
1/2	cup	Catsup
1/2	cup	Horseradish
1	tablespoon	Lea & Perrins Worcestershire
1/2	teaspoon	Salt
1	tablespoon	Lemon or lime juice
1/2	cup	Parsley -- chopped fine
		Louisiana hot sauce
		Boiled crawfish or shrimp

Combine all ingredients to make sauce. Pour over crawfish or shrimp, or dip the crawfish or shrimp in the sauce. Justin Wilson's "Gourmet and Gourmand Cookbook"

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\*   Exported from   MasterCook II   \*

Creole Seafood Gumbo

Recipe By        :  
 Serving Size    : 6       Preparation Time :0:00  
 Categories      : Cajun

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	Butter or margarine
1		Small green bell pepper -- chop

2	tablespoons	Flour -- all-purpose
1	teaspoon	Tabasco sauce
2	cups	Liquid(water/seafood juice)
1/8	teaspoon	Thyme
2	cups	Cut okra
1		Bay leave
2	cups	Peeled -- cubed tomatoes
2	cups	Shrimp,crabmeat -- oyster combo
1		Large onion -- chopped
3	cups	Hot cooked rice

1. Melt butter in large saucepan; blend in flour and cook over low heat, stirring constantly, until dark brown.

2. Add liquid, okra, tomatoes, onion, pepper, Tabasco, thyme and bay leaf; bring to a boil, then cover and simmer 30 minutes, stirring frequently.

3. Add seafood and cook, covered, 10 to 15 minutes longer.

4. Remove bay leaf and serve in soup bowls with mound of hot rice in center.

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\* Exported from MasterCook II \*

Creole Seasoning

Recipe By :  
 Serving Size : 1 Preparation Time :0:00  
 Categories : Cajun

Amount	Measure	Ingredient -- Preparation Method
-----	-----	-----
2	tablespoons	Oregano
1/8	cup	Salt
5	each	Cloves garlic -- (see note)
1/4	cup	Fresh ground black pepper
1/3	cup	Cayenne pepper
2	tablespoons	Thyme
1/3	cup	Paprika

Combine all the ingredients and stir to mix thoroughly. Pour into a large glass jar.

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\* Exported from MasterCook II \*

Dehydrator Barbecue Sauce

Recipe By :



\* Exported from MasterCook II \*

DIRTY RICE

Recipe By :  
Serving Size : 2 Preparation Time :0:00  
Categories : Grains Cajun

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	Chicken fat
1/2	pound	Chicken gizzards
1/4	pound	Ground pork
1	each	Bay leaves
1	each	Yellow onions
1 1/2	each	Celery stalks
1/2	each	Bell peppers -- green
1	each	Garlic cloves
1	teaspoon	Tabasco sauce
1	teaspoon	Salt
1	teaspoon	Black pepper
2	teaspoons	Paprika
1	teaspoon	Dry mustard
1	teaspoon	Cumin
1/2	teaspoon	Thyme
1/2	teaspoon	Oregano
2	tablespoons	Butter
2	cups	Pork stock
1/2	pound	Chicken livers
1	cup	Rice

Mince onion, bell pepper, celery and garlic. Grind livers and gizzards. Place fat, gizzards, pork and bay leaves in large heavy skillet over high heat; cook until meat is thoroughly browned, about 6 minutes, stirring occasionally. Stir in the onion, celery, bell pepper, garlic, Tabasco, salt, pepper, paprika, mustard, cumin, thyme, and oregano; stir thoroughly, scraping pan bottom well. Add the butter and stir until melted. Reduce heat to medium and cook about 8 minutes, stirring constantly and scraping pan bottom well. Add the stock or water and stir until any mixture sticking to the pan bottom comes loose; cook about 8 minutes over high heat, stirring once. Then stir in the chicken livers and cook about 2 minutes. Add the rice and stir thoroughly; cover pan and turn heat to very low; cook about 5 minutes. Remove from heat and leave covered until rice is tender, about 10 minutes. Remove bay leaves and serve immediately. Source: Chef Paul Prudhomme, Louisiana Kitchen.

\* Exported from MasterCook II \*

Easy Lamb Creole Gumbo

Recipe By :



Nutr. Assoc. : 1638 797 0 940 272

\* Exported from MasterCook II \*

Gingersnap gravy

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
-----SEASONING MIX-----		
1	teaspoon	Black pepper
1/2	teaspoon	Salt
1/2	teaspoon	White pepper
1/2	teaspoon	Ground ginger
1/2	teaspoon	Dried thyme leaves
1/4	teaspoon	Rubbed sage
1/4	teaspoon	Ground cayenne pepper
1/8	teaspoon	Ground cumin
-----MAIN INGREDIENTS-----		
2	tablespoons	Chicken, pork -- or beef fat
2	tablespoons	Unsalted butter
3/4	cup	Finely chopped onions
1/2	cup	Finely chopped celery
1/2	teaspoon	Minced garlic
6	cups	Basic chicken stock
1	cup	Pan drippings from chicken
8	each	Gingersnap cookies
1	teaspoon	Light brown sugar -- to taste
1	teaspoon	Ground ginger -- to taste

Combine the seasoning mix ingredients in a small bowl and set aside. Melt the fat and butter in a large skillet over medium heat. When almost melted, add the onions, celery, and garlic; saute 5 minutes, stirring occasionally. Stir in the seasoning mix and cook 5 minutes more, stirring occasionally. Add the stock and pan drippings; bring to a boil over high heat and boil rapidly until liquid reduces to about 1 quart, about 25 minutes. Then crumble the gingersnaps into the stock mixture and whisk with a metal whisk until they are dissolved. Continue cooking 10 minutes, whisking frequently and making sure the gingersnaps are thoroughly dissolved. During this time, taste the gravy; if the ginger flavour is not pronounced, add the 1 tablespoon brown sugar and the 1 teaspoon ginger or add both to taste. Strain the gravy. Makes 2-1/2 to 3 cups. From Paul Prudhomme's "Louisiana Kitchen"

\* Exported from MasterCook II \*

Hot Barbecued Chicken

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Cajun Main Dish
Poultry

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Rows include: 1 each Chicken (3 lb), 2 each Cloves garlic -- (see note), 1 tablespoon Fresh ground black pepper, 2 tablespoons Ground cayenne pepper, 1 tablespoon Paprika, 2 tablespoons Melted butter.

NOTE: the two cloves of garlic should be crushed with 1 tablespoon of salt. Split and butterfly the chicken by cutting down the backbone and opening the chicken leaving the breast attached. Squeeze lemon juice over the chicken. Mix together the garlic, peppers, and paprika, and add to the melted butter. Pour over chicken. If possible, let the chicken sit overnight, uncovered, in the refrigerator. Prepare the grill. Place the chicken, breast side up, on the grill. Cover the grill and cook chicken for 50 minutes or until done. Don't turn. If the skin is not crispy, place the chicken under the broiler to crisp the skin and brown, watching carefully so that it doesn't burn.

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\* Exported from MasterCook II \*

Hot Cajun Mustard

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Sauces Cajun
Spreads

Table with 3 columns: Amount, Measure, Ingredient -- Preparation Method. Rows include: 3 teaspoons Dijon mustard, 3 teaspoons Mustard powder, 1/2 teaspoon Pepper white, 1/4 teaspoon Salt, 3 teaspoons Flour plain white, 1 teaspoon Horseradish grated, 1 teaspoon Sugar caster, 5 ounces Water -- hot.

Combine all ingredients EXCEPT water and mix well. Then add the water, mix well and simmer for 2 minutes. Remove from heat and allow to cool to room temperature. Transfer to an air-tight jar and store sealed, in the refrigerator. Serve with Steak and hamburgers

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\* Exported from MasterCook II \*

Hot Chicken Wings

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Cajun Appetizers  
Poultry

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	Chicken wings
		Oil for frying (optional)
6	ounces	Hot sauce or Tabasco
1/2	cup	Melted butter

Cut the chicken wings in two at the joints. In a large frying pan or skillet; heat to 360F enough oil (or shortening) to cover the chicken wings. Add the wings and fry until crisp, about 12-15 minutes. To bake, preheat the oven to 450F. Spread the chicken wings out on a baking sheet in one layer and bake 45 minutes. To make the sauce, combine the Hot Sauce or Tabasco and melted butter and blend thoroughly. As soon as the chicken wings are cooked, douse with the sauce, and serve immediately. Serves 2-6 Nathalie Dupree's "New Southern Cooking" Nathalie says, "These little wings make a good meal for two or are a great appetizer. Up North, they are called Buffalo wings and are served with celery and blue-cheese dressing. The little wing tips should be trimmed off to make neater pieces. But I cook them along with the wings and save them for myself. I call them the "cook's treat." You may fry or bake the wings, depending on dietary considerations.

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\* Exported from MasterCook II \*

Hushpuppies

Recipe By :  
Serving Size : 30 Preparation Time :0:00  
Categories : Cajun Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	Cornmeal
1/2	cup	All-purpose flour
1/2	cup	Corn flour
1	tablespoon	Baking powder
3/4	teaspoon	Ground cayenne pepper
1/2	teaspoon	Salt
1/2	teaspoon	Black pepper

1/2	teaspoon	Dried thyme leaves
1/4	teaspoon	White pepper
1/8	teaspoon	Dried oregano leaves
1/4	cup	Vy fine chopped green onions
1 1/2	teaspoons	Minced garlic
2	each	Eggs -- beaten
1	cup	Milk
2	tablespoons	Pork lard
		Vegetable for deep frying

NOTE: Corn flour is available at health food stores. Combine all the dry ingredients in a large bowl, breaking up any lumps. Stir in the green onions and garlic. Add the eggs and blend well. In a small saucepan bring the milk and lard (or other fat) to a boil; remove from heat and add to flour mixture, half at a time, stirring well after each addition. Refrigerate 1 hour. In a large skillet or deep fryer, heat 4 inches of oil to 350F. Drop the batter by tablespoonsfuls into the hot oil. Do not crowd. Cook until dark golden brown on each side and cooked through, about 1 minute per side. Drain on paper towels. Makes about 30 hushpuppies. From Paul Prudhomme's "Louisiana Kitchen"

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\* Exported from MasterCook II \*

Italian Sausage in Tomato Sauce

Recipe By :  
 Serving Size : 10 Preparation Time :0:00  
 Categories : Cajun Appetizers

Amount	Measure	Ingredient -- Preparation Method
2	pounds	Italian Sausage
2	tablespoons	Olive oil
2	cups	Tomato sauce
1	teaspoon	Oregano
1	cup	Chablis wine
1	pound	Mushrooms -- fresh and sliced

Saute Italian sausage for a few minutes in olive oil - just long enough to seal it or firm it up. Remove sausage and let cool. Cut into bite-size pieces. Mix the rest of the ingredients in the skillet. Bring to a boil. Add sausage and cook for 1 hour on low heat. Serve as a hot appetizer. You may wish to be cautious with the wine at first. Some may find 1 cup too much. From Justin Wilson's Outdoor Cooking With Inside Help.

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\* Exported from MasterCook II \*

Italian Sausage Spaghetti Sauce

Recipe By :  
 Serving Size : 8 Preparation Time :0:00  
 Categories : Cajun Italian  
 Main Dish Sauces

Amount	Measure	Ingredient -- Preparation Method
2	pounds	Italian sausage
1	cup	Dried parsley
1	tablespoon	Garlic -- finely chopped
1/2	cup	Olive oil
1	teaspoon	Red cayenne pepper
1	cup	Plain flour
3	tablespoons	Lea & Perrins
2	cups	Onions -- finely chopped
1	cup	Celery -- finely chopped
1/4	teaspoon	Dried mint
1/2	cup	Bell pepper -- finely chopped
3	cups	Tomato sauce
2	cups	Water
		Salt -- to taste
2	cups	Dry white wine

Cut Italian sausage into 2-inch lengths. Brown sausage off in olive oil (about half cook it), remove from pan and put aside, Add flour to oil that was used and make roux. Add onions, celery, and bell pepper. Stir and cook until tender or clear. Add water and stir until smooth. Add wine (you may wish to experiment with the amount of wine used, 2 cups is too much for some tastes), parsley, and garlic. Pour in red pepper, Lea & Perrins Worcestershire sauce, dried mint, and tomato sauce. Stir real well. Bring to a bubbly boil and add salt, to taste. Add sausage. Bring back to a boil. Turn heat down to simmer. Cook for about 3 or 4 hours. Serve over spaghetti topped with cheese. From Justin Wilson's "Outdoor Cooking With Indoor Help"

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\* Exported from MasterCook II \*

Jim Echols' Cajun Spice

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Spices

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	Paprika
1	teaspoon	Salt
1	teaspoon	Onion powder
1	teaspoon	Cayenne powder
1	teaspoon	Garlic powder
1	teaspoon	Crushed chilies



Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
4	Cups	Mayonnaise
1	Cup	Parsley -- chopped fine
1	Cup	Sweet relish -- chopped&drained
		Dash -- Lea & Perrins
1	Cup	Chow chow (sour)drained
		Bunch green onions -- chopped
		Louisiana hot sauce (dash)
1	Each	Medium onion -- chopped fine

Mix all ingredients well and refrigerate ovedrnight for best flavour. This can be used on all seafood. Tastes good also, to. Sauce can be stored in the refrigerator for some time.

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\* Exported from MasterCook II \*

Liver in Mustard Sauce

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories : Cajun Main Dish  
Meats

Amount	Measure	Ingredient -- Preparation Method
		Salt
		Ground red cayenne pepper
4	each	Slices liver 1/2 - 3/4"thick
		Oleo (margarine)
1	cup	Shallots -- chopped
1	cup	Dry white wine
1	tablespoon	Creole or poupon mustard

Salt and pepper liver. Saute over medium to high heat in the margarine (oleo). Remove liver and keep warm. Pour off some of melted oleo. In what is left, saute shallots until clear or tender. Add white wine. Bring to boil. Add mustard and blend into mixture. Stir and simmer for a few minutes. Put liver on platter and pour sauce over it. From Justin Wilson's "Outdoor Cooking with Inside Help"

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\* Exported from MasterCook II \*

Louisiana Roast Beef

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Main Dish  
 Meats

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	Onions -- chopped very fine
1/4	cup	Celery -- chopped very fine
1/4	cup	Bell peppers -- chopped fine
2	tablespoons	Unsalted butter
1	teaspoon	Salt
1	teaspoon	White pepper
3/4	teaspoon	Black pepper
3/4	teaspoon	Minced garlic
1/2	teaspoon	Dry mustard
1/2	teaspoon	Ground cayenne
4	pounds	Boneless sirloin roast

In a small bowl combine the onions, celery, bell peppers, butter and seasonings, mix well. Place roast in a large roasting pan, fat side up. With a large knife make 6 to 12 deep slits in the meat (to form pockets) down to a depth of about 1/2 inch from the bottom; do not cut all the way through. Fill the pockets to their depths with the vegetable mixture, reserving about 1 tablespoon of the vegetables to rub over the top of the roast. Bake uncovered at 300F until a meat thermometer reads about 160F for medium doneness, about 3 hours. For rarer roast, cook until thermometer reads 140F. Serve immediately topped with some of the pan drippings if you like. From Paul Prudhomme's Louisiana Kitchen

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\* Exported from MasterCook II \*

Marinade and Basting Sauce for Brisket of Beef

Recipe By :  
 Serving Size : 8 Preparation Time :0:00  
 Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
3	cups	Dry red wine
3	teaspoons	Salt
1	cup	Olive or peanut oil
3	tablespoons	Poupon mustard
2	tablespoons	Wine vinegar
2	tablespoons	Prepared horseradish
2	teaspoons	Onion powder
3	tablespoons	Lime juice
1	teaspoon	Garlic powder
2	teaspoons	Ground cayenne pepper

Mix all of the ingredients really well and then pour over whole beef brisket. Let marinate for several hours, or overnight if possible. Also, use this marinade as a basting sauce. Some people may find Justin's 3 cups of dry red wine a little bit too much for their taste. No problem, use as much as you like in the sauce, and drink the rest. Sure won't go to waste. From Justin Wilson's "Outdoor Cooking With Inside Help"

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\* Exported from MasterCook II \*

Marinade for Lamb

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
4	Cups	Chablis wine
1	Cup	Green creme de menthe
1	Tablespoon	Onion powder
1	Teaspoon	Dried mint (crushed)
2	Tablespoons	Louisiana hot sauce
1	Cup	Soy sauce
1	Cup	Water
2	Tablespoons	Olive oil

Mix all ingredients. Marinade lamb 6 to 12 hours, then use the marinade as a basting sauce as it cooks.

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\* Exported from MasterCook II \*

Marinade for Lamb or Goat

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
4	cups	Chablis wind
1	cup	Green creme de menthe
1	tablespoon	Onion powder
1	teaspoon	Dried mint (crushed)
2	tablespoons	Louisiana hot sauce
1	cup	Soy sauce

1 cup Water  
 2 tablespoons Olive oil

Mix all ingredients. Marinade lamb or goat 6 to 12 hours, then use the marinade as a basting sauce as it cooks. From Justin Wilson's "Outdoor Cooking With Inside Help"

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\* Exported from MasterCook II \*

Marlo Thomas' Lamb Chops Creole \*

Recipe By :  
 Serving Size : 2 Preparation Time :0:00  
 Categories : Meats Cajun

Amount	Measure	Ingredient -- Preparation Method
-----PATTI - VDRJ67A-----		
6		Shoulder lamb chops
1	teaspoon	Cooking oil
1	medium	Onion -- diced
1 1/2	cups	Green peppers -- chopped
2 1/2	cups	Canned tomatoes -- drained
2	dashes	Cayenne pepper
1/2	teaspoon	Chili powder

Sprinkle a heavy frying pan with salt; brown the chops on both sides and put them in a casserole. Wipe out the skillet with a paper napkin or towel; put in the oil and heat. Add the onions and green pepper. Brown lightly; then add tomatoes and seasoning. Stir the mixture well; simmer for a few minutes and then pour it over the lamb chops. Bake tightly covered for an hour at 350~.

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\* Exported from MasterCook II \*

Mayonnaise

Recipe By :  
 Serving Size : 2 Preparation Time :0:00  
 Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
2	each	Egg yolks
1	teaspoon	Salt
1	each	Garlic clove -- minced
1/2	cup	Green onions -- chopped fine
4	each	Shots tabasco sauce
		Juice of 1/2 lemmon

2 cups High-grade vegetable oil

Place all the ingredients except the oil in a blender (with the center of the lid removed) or a food processor fitted with a plastic blade and blend or process for 2 minutes. Pour the oil in a very thin stream through the top or down the feed tube until it has all been incorporated. Blend or process for 30 seconds more. Makes about 2-1/2 cups.

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\* Exported from MasterCook II \*

Mort's Quiche

Recipe By : Mortzco  
Serving Size : 1 Preparation Time :0:00  
Categories : Cajun Cheese  
Eggs Mushrooms

Amount Measure Ingredient -- Preparation Method  
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MORT'S QUICHE -- See below:

The quiche is composed of three elements: pastry, custard and filling. The filling takes the most time and while its bubbling away you can prepare the other stuff. The following is for a 10-11" quiche ring pan. Be sure to use a ring pan, the pastry tends to burn if cooked in a pie pan (it'll taste fine, but looks like hell).

THE FILLING:

The filling is composed of three components. Two are cooked (mushrooms and onions), one (sharp cheddar cheese) is not.

The green onions and the mushrooms are cooked in separate pans and then combined later.

Clarify a quarter pound of butter. Put about 3/4ths of it into a large frying pan for the mushrooms and the rest in a smaller frying pan for the onions. Sprinkle salt and pepper over the butter and add about a tablespoon for the mushrooms, and about a teaspoon for the onions, of the following (I just pour the stuff from the bottle into the pan):

Worcester sauce

Soy sauce

Teriyaki sauce

Then shake a liberal amount ( I'd guess this to be about 1/2 and 1/4 teaspoon, respectively) of CINNAMON (now don't falter here) into each pan. Turn the heat to high and put the mushrooms and onions in their respective pans. You'll need a lot of both because you REALLY cook this stuff down.

THE MUSHROOMS:

You'll need one big plastic bag of mushrooms (about soccer ball sized) finely sliced. They'll form a mountain in the pan and some will probably slide off onto the stove. Just keep throwing the 'shrooms in the pan and stir with a wooden fork when possible. Cook until they are very brown and caramelized.

You really want to get the moisture out of them. You'll be surprised how much they reconstitute after baking.

THE ONIONS:

You'll like the onions because you get to share a beer with them. You'll

need about six bunches of medium-sized green onions. Chop into 1/8 " slices all the way back to the chive portion. Cut and reserve a cup of the chives for later garnishing. Brown the onions until they are almost burnt on high heat.

Then pour a half of a beer in the pan (pour other half down yourself) and cover for about 5 minutes. Uncover and reduce onions until caramelized. Combine with mushrooms and mix thoroughly for a few minutes. Let this stuff cool while you prepare the pastry and custard.

#### THE PASTRY:

This pastry is pretty fragile. Don't freak out if it tears. You can patch it with egg whites and dough, so don't sweat it.

1 cup flour

1/4 lb butter

2 tablespoons brown sugar

4 egg yolks (reserve egg whites)

A little milk as kneaded(excuse me)

Put flour in medium sized bowl. Make a dent in the middle and put in eggs yolks. Slice up butter and drop it in. Throw in the brown sugar and dive in.

Use one hand, octopus style. Hold off on the milk until the dough is pretty well kneaded. Sometimes I don't use any. When you've got a good ball formed, toss it back and forth and compress between your hands. This warms up the dough and makes it a little easier to roll. Coat well with flour. Make large pile of flour on wax paper or a pastry cloth. Knead the dough into a saucer-shaped patty and roll out slowly, using lots of flour, working from the center. This dough will crack, so roll it a couple inches larger than necessary. Check your size against the bottom disk of your pastry ring. Trim dough to 1" to 1 1/2" around the disk (I use a pastry wheel, the jagged kind). Slip the disk under the rolled dough. I place a bowl inside the ring, set the disk with the dough on it on the bowl, and then gently lift the ring

at an angle while lifting the edge of the dough around the ring. Repair tears with egg white and extra dough. Brush pastry with egg white. Pierce all over with fork. Then trim pastry with sharp knife always cutting away from center of the pan. (You do not need to grease the pastry ring. The butter in the dough keeps it from sticking.)

#### THE CUSTARD:

You can use either sour cream or whipping cream or both in the custard. You're on the home stretch now.

16 oz sour cream or whipping cream (or 8 oz of each)

4 egg yolks

1/2 pound of grated jack cheese

Pinch of nutmeg

Combine in a mixing bowl and stir it all up with a whisk.

#### PUTTING IT ALL TOGETHER:

Really, this is worth all the trouble, so let's press on.

Cut some approximately 1/8" square rods of EXTRA SHARP cheddar cheese and place them like spokes in the bottom of the pastry shell. Spoon in the mushroom/onion mixture. Spoon custard over the whole shebang. Lay down some more rods of cheddar cheese on the custard. Sprinkle on green onion chives.

Some VERY thin slices of red or white onion can be a nice touch, too.

Preheat oven to 400x. Cook for 40-50 minutes, rotating it occasionally.

It'll puff up pretty high while its cooking. Watch the center. It needs to puff up too and brown. I've been cooking this for over fifteen years and still chicken out sometimes and take it out before its completely done (it's still good but a bit runny in the middle). Let cook until it's dark

brown. You won't believe how good this is.

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NOTES : This recipe has evolved over the last 15 years. It's great for special occasions because it is very rich and a small piece goes a long way. It's based on my opinion that most quiches are some what bland, combined with my tendency to favor reducing several flavors into an almost-pungent filling that in turn is "mellowed out" when baked in the quiche's custard. I mention this so you will be brave as you "apparently" abuse the ingredients in the filling

\* Exported from MasterCook II \*

New Orleans Black Muffins

Recipe By :  
Serving Size : 12 Preparation Time :0:00  
Categories : Cajun Breads  
Muffins

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	Hot water
1/2	cup	Molasses
1/4	cup	Milk
2	cups	Whole wheat flour
1	cup	All-purpose flour
3/4	cup	Sugar
3	tablespoons	Baking powder
1	teaspoon	Baking soda
1	teaspoon	Salt
1 1/2	cups	Chopped dry roasted pecans

In a medium-size bowl combine the hot water and molasses, stirring until well blended. Stir in the milk until blended. In a large bowl sift together the flours, sugar, baking powder, baking soda and salt. With a rubber spatula, fold the liquid mixture and the pecans into the dry ingredients just until flour is thoroughly incorporated; do not over mix. Spoon into 12 greased muffin cups. Bake at 300F until done, 45 minutes to about 1 hour. Remove from pan immediately and serve while hot. From Paul Prudhomme's Louisiana Kitchen

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\* Exported from MasterCook II \*

Oyster Pate

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Appetizers

Amount	Measure	Ingredient -- Preparation Method
1	Quart	Oysters (retain liquid)
1/4	Teaspoon	Garlic powder
1	Teaspoon	Louisiana hot sauce
1/2	Teaspoon	Onion powder
1	Tablespoon	Lea & Perrins Worcestershire
		Water (enough to cover oyste
		Salt, to taste

Cook oysters in their own juice with all above ingredients. In food processor, put olives (stuffed with pimentos), oysters (drained), bacon (and a little bacon drippings), shake of garlic and onion powders, shake of chili powder, and sweet relish. Pulverize well in food processor. Chill and serve on crackers. Justin Wilson's "Gourmet and Gourmand Cookbook"

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Nutr. Assoc. : 1018 0 0 0 1656 1582 1326

\* Exported from MasterCook II \*

Paneed Veal and fettucini

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Main Dish  
 Meats

Amount	Measure	Ingredient -- Preparation Method
4	quarts	Hot water
2	tablespoons	Vegetable oil
1	tablespoon	Salt
3/4	pound	Fresh fettucini (1/2 lb dry)
1/2	pound	Unsalted butter
2	cups	Heavy cream
1/2	teaspoon	Cayenne pepper
3/4	cup	+ 4 tsp. Parmesan cheese
1 3/4	cups	Very fine dry bread crumbs
1 1/2	tablespoons	Minced fresh parsley
1 1/2	tablespoons	Olive oil
3/4	teaspoon	White pepper
1/2	teaspoon	Onion powder
1/2	teaspoon	Garlic powder
3	each	Eggs
6	each	4 oz slices white veal (note Vegetable oil for pan frying

NOTE: You will need 6, 3-1/2 to 4 ounce slices of baby white veal, pounded thin for this recipe.

Place the water, the 2 tablespoons oil and the salt in a large pot over high heat; cover and bring to a boil. when water readdds a rolling boil, add small amounts of fettucini at a time to the pot, breaking up oil patches as you drop it in. Return to boiling and cook oncovered to al dente stage (about 3 minutes if fresh pasta, 7 minutes if dry); do not overcook.

during this cooking time, use a wooden or spaghetti spoon to left fettucini out of the water by spoonfruls and shake strands back into the water. (It may be an old wives' tale, but this procedure seems to enhance the pasta's texture.) Then immediately drain in a colander and stop its cooking by running cold water over strands (if you used dry pasta, first rinse with hot water to wash off starch); after it has cooled thoroughly, about 2 to 3 minutes, pour a liberal amount of vegetable oil in your hands and toss fettucini. set aside still in the colander. Melt the butter in a large skillet over medium-low heat; add the cream and cayenne pepper. Turn the heat to medium-high.

with a metal whisk whip the cream nmixture constantly as it comes to a boil. the reduce heat and simmer until the sauce has reduced some and thickened enough to coat a spoon well, about 7 to 8 minutes, whisking constantly. Remove from heat and gradually add 3/4 cup of the parmesan, whisking until cheese is melted. Set aside.

Heat 6 large serving plates in a 250F oven. In a shallow pan (cake and pie pans work well) combine the bread crumbs, parsley, olive oil, white pepper, onion and garlic;; mix well. In a separate pan beat the eggs well, then beat in the remaining 4 teaspoons Parmesan. Soak the veal in the egg mixture for at least 5 minutes, being sure to coat it thoroughly.

Meanwhile, heat 1/4 inch oil to about 400F in a large skillett.

Then, just before frying, dredge veal in the bread crumbs, coating well and pressing the crumbs in with your hands; shake off any excess. Fry the veal in the hot oil until golden brown, about 1 minute per side. Do not crowd. (Change the oil mid-way through frying if the crumbs in the bottom start to burn.) Remove veal to a large platter and set aside.

Reheat the cheese sauce over medium-high heat, whisking frequently. (NOTE:

If butter starts separating from the sauce, whisk in about 1 tablespoon cream or water.) Add the fettucini and loss until tho9roughly coated and heated through, about 1 minute. Remove from heat and serve immediately.

To serve, place a piece of veal on each heated serving plate. roll each portion of fettucini onto a large fork and lift onto the plate; Top the fettucini with additional sauce from the skillet. From Paul Prudhomme's Louisiana Kitchen

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\* Exported from MasterCook II \*

Patout's Hot Crab Dip

Recipe By :  
Serving Size : 1 Preparation Time :0:00  
Categories : Cajun Appetizers

Amount Measure Ingredient -- Preparation Method

1/2	cup	Butter (1/4 lb)
2	each	Medium yellow onions -- choppe
1	each	Small bell pepper -- chopped
2	each	Garlic cloves -- minced
1	pint	Heavy cream
1	cup	Green onions -- chopped
1/2	cup	Parsley -- chopped
1	teaspoon	Dried basil
1	teaspoon	Dried thyme
2	teaspoons	Salt
2	teaspoons	Ground black pepper
1	teaspoon	Ground white pepper
		5-6 shots Tabasco sauce
1	pound	Fresh white crab meat

Melt the butter in a medium saucepan over medium heat. Add the onions, bell pepper, and garlic and saute for 10-15 minutes, until wilted. Stir in the cream and bring to a simmer. Stir in the cream and bring to a simmer. Stir in the green onions, parsley, herbs, and seasonings and continue to simmer until the cream has reduced by about a quarter and the sauce is thick. Stir in the crab meat, return to a simmer, and let cook 2-3 minutes more. Pour into a chafing dish and serve as an hors d'oeuvre or as part of a buffet with crackers or Melba toast. Alex Patout writes, "I especially like it with garlic Melba toast." Makes about 1 quart.

\* Exported from MasterCook II \*

#### Pepper Biscuits

Recipe By :  
 Serving Size : 12 Preparation Time :0:00  
 Categories : Cajun Breads

Amount	Measure	Ingredient -- Preparation Method
2 1/2	cups	All purpose flour
1	tablespoon	Baking powder
1/2	teaspoon	Salt
1	tablespoon	Coarse cracked black pepper
1/2	teaspoon	Baking soda
3/4	cup	Shortening
1	cup	Buttermilk

Preheat oven to 450-500F. Sift 2 cups of the flour with the baking powder, salt, pepper, and baking soda into a bowl. Cut in the shortening with a pastry blender or fork, or work it in with your fingers. Add the buttermilk to make a soft dough, mixing just until the dough holds together. Flour your hands. Pull off a piece of dough the size of a biscuit and dip the wet edge into the extra flour. The roll or pat into a biscuit. Place slightly touching, on a lightly greased baking sheet. Bake until golden brown.

8-10 minutes. From Nathalie Dupree's "New Southern Cooking"

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\* Exported from MasterCook II \*

Red Beans & Rice

Recipe By : Larry  
Serving Size : 6 Preparation Time :0:00  
Categories : Cajun

Amount	Measure	Ingredient -- Preparation Method
2	cups	Red beans, dried
1	pound	ham hocks -- smoked
1	each	Bay leaf
1	each	onion -- peeled
1	teaspoon	Salt
2	teaspoons	chili powder
2	teaspoons	cumin
1	teaspoon	garlic powder
1	teaspoon	Oregano
1	teaspoon	Pepper
3	cups	Rice -- cooked

Place beans, ham hocks, bay leaf and onion in a large pot and add enough water to cover. Bring to a boil. Reduce heat to keep mixture at a slow boil.

Cook until beans are very tender and liquid is the consistency of gravy, 3 to 4 hours .. adding more water if/ as needed to maintain desired consistency. Discard bay leaf and onion. Remove ham hocks; when cool enough to handle, carve out meat, dice and return meat to pot. Add salt, chili powder, cumin, garlic powder, oregano and pepper. Simmer 30 minutes.

To serve spoon over cooked rice.

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NOTES : 1 cup beans = 1/2 pound  
Works very well with Pinto beans also.

\* Exported from MasterCook II \*

Red Beans and Rice

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Cajun Main Dish

Amount	Measure	Ingredient -- Preparation Method
1	pound	Red kidney beans
1	pound	Salt pork

2 each Cloves garlic  
 1 teaspoon Italian seasoning  
 1 each Bell pepper  
 1 each Chopped onion  
 1 each Stalk celery  
 1 each Whole hot pepper  
 Cooked Rice

Boil pork 5 minutes to get rid of salt. Put pork in second water (hot) and add beans, water, should be one-half inch above beans. Add immediately, one bell pepper, one chopped onion, celery, garlic, Italian seasoning and whole hot pepper. Cook slowly two to three hours, until gravy is thick and beans tender -- just before dishing out add a pinch of italian seasoning again. Salt to taste and serve with rice. From "Talk About Good" contributed by Mrs. Charles Barras, Jr.

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\* Exported from MasterCook II \*

Remoulade sauce

Recipe By :  
 Serving Size : 10 Preparation Time :0:00  
 Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
1	pint	Mayonnaise
1	cup	Ketchup
1	each	10 oz bottle Durkee's sauce
2	tablespoons	Wine vinegar
2	tablespoons	Lea & Perrins
1/4	cup	Olive oil
1	cup	Creole or poupon mustard
2	teaspoons	Louisiana hot sauce
1/2	cup	Prepared horseradish
		Salt if needed

Mix mayonnaise and Durkee's Famous Sauce. Pour in olive oil gradually. Beat as if you are making mayonnaise. Add creole or poupon mustard, beat some more. Add horseradish, ketchup, wine vinegar, Lea & Perrins, and louisiana hot sauce, beating after each ingredient. Pour over shrimp on salad or use as a sandwich sauce. "Some of my friends say they even like this over some desserts, but I don't believe then, no." From Justin Wilson's "Outdoor cooking With Inside Help"

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\* Exported from MasterCook II \*

Rice, Apple and Raisin Dressing

Recipe By :  
 Serving Size : 8 Preparation Time :0:00  
 Categories : Cajun Main Dish

Amount	Measure	Ingredient -- Preparation Method
-----SEASONING MIX-----		
2	teaspoons	Salt
1 1/2	teaspoons	White pepper
1	teaspoon	Garlic powder
1	teaspoon	Dry mustard
1	teaspoon	Ground cayenne pepper
1/2	teaspoon	Black pepper
-----RICE INGREDIENTS-----		
1/4	cup	Vegetable oil
1	cup	Chopped onions
1	cup	Chopped green bell peppers
1/2	cup	Pecan halves -- dry roasted
1/2	cup	Raisins
4	tablespoons	Unsalted butter
1 1/2	cups	Uncooked rice (converted)
3	cups	Pork -- beef or chicken stoc
2	cups	Chopped unpeeled apples

Combine the seasoning mix ingredients in a small bowl and set aside. In a 2-quart saucepan, heat the oil over high heat until very hot, about 2 minutes. Add the onions and bell peppers; saute about 2 minutes, stirring occasionally. Add the pecans (we ran out of pecans, so Lucy substituted hickory nuts - good!) and continue cooking for about 3 minutes, stirring occasionally. Add the raisins and butter (these are added together so the raisins will absorb as much butter as possible). Stir until butter is melted, then cook until raisins are plump, about 4 minutes, stirring occasionally. Add the rice and seasoning mix and cook until rice starts looking frizzly (a bit like ce Krispies) Chef Prudhomme recommended using converted rice. Lucy used brown, long grain rice - super!. This will require about 2 to 3 minutes, stirring almost constantly before the rice looks "frizzly". Stir in the stock, scraping pan bottom well, then stir in the apples. Cover pan and bring to boil; lower heat and simmer covered for 5 minutes. Remove from heat and let sit, \*COVERED\*, until rice is tender and stock is absorbed, about 30 minutes. (We cook the rice this slow way to let the flavors build to their maximum.) Serve immediately, allowing about 3/4 cup per person. From Paul Prudhomme's "Louisiana Kitchen"

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\* Exported from MasterCook II \*

Seafood Dirty Rice

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Main Dish

Amount	Measure	Ingredient -- Preparation Method
1 3/4	pounds	Small shrimp (see notes)
2	tablespoons	Unsalted butter
1	tablespoon	Vegetable oil
1/2	cup	Canned tomato sauce
3	tablespoons	Onions -- chopped very fine
2 1/2	tablespoons	Green bell peppers -- chopped
2	tablespoons	Celery -- chopped very fine
1	teaspoon	Minced garlic
1	teaspoon	Salt
1	teaspoon	White pepper
1	teaspoon	Dried thyme leaves
1/2	teaspoon	Ground cayenne pepper
1 1/2	cups	Basic shrimp stock
1/2	cup	Heavy cream
3 1/2	cups	Basic cooked rice
3/4	cup	Green onions finely chopped
1	cup	Packed -- lump crabmeat (1/2lb)

NOTE: If shrimp with heads are not available, buy 1 pound shrimp with shells and substitute other seafood ingredients for the heads in making the seafood stock. Peel the shrimp and use the heads and shells to make the stock; refrigerate shrimp until ready to use. In a large skillet melt the butter with the oil. Add the tomato sauce, onions, bell peppers, celery, garlic, salt, white pepper, thyme and cayenne pepper; saute over medium heat 5 minutes, stirring frequently. Add the stock and continue cooking over high heat for 10 minutes, stirring occasionally. Stir in the rice, green onions and crabmeat, keeping the lumps of crabmeat intact as much as possible. Heat through and serve immediately. From Paul Prudhomme's Louisiana Kitchen

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\* Exported from MasterCook II \*

Seafood Gumbo From Tony Burke

Recipe By :  
Serving Size : 24 Preparation Time :0:00  
Categories : Cajun

Amount	Measure	Ingredient -- Preparation Method
		1 ts
1	teaspoon	Pepper -- white
4	quarts	Seafood stock*
1	teaspoon	Pepper -- black
		5 Bay l
5		Bay leaf -- turkish
1/2	cup	Oil
2	teaspoons	Thyme, leaves -- dried
6	cups	Okra -- sliced
2	teaspoons	Basil -- dried
3 1/2	pounds	Tomatoes -- canned

2	teaspoons	Oregano, dried -- leaves
2	cups	Onion -- chopped etc.=
1	cup	Celery, chopped -- with leaves
3	cups	Roux, dark -- (from 1 1/2 c. o
1	cup	Peppers, bell -- chopped
1	pound	Crab -- claw meat
2	tablespoons	Garlic -- chopped
3	pounds	Shrimp, small to medium
2	tablespoons	Vinegar
1		Oysters -- =seasonings=
1	tablespoon	Salt
1		File` powder
1	teaspoon	Cayenne pepper
1		*Make seafood stock from shr

carcasses or all of the above, substituting ham hocks, chicken backs, or necks, or other meats depending on availability. (For the 4 quarts of stock you will need about 4 pounds of shells, bones and meat.) Bring to a boil, lower heat and simmer several hours. Strain the stock, discarding solids.

(If time is a factor, simmer shrimp heads and shells and ham hocks in chicken stock for at least an hour.) 2) Cook okra in the oil in a large, heavy pot over medium heat, stirring and scraping until some of the sliminess is gone; about 15 minutes. Add tomatoes, onions, celery, garlic, peppers, vinegar, the seasoning and herb mix and cook over low to medium heat for about 1/2 hour, stirring and scraping often. 3) Blend the roux into the okra and tomato mixture. Very slowly blend the stock into the mixture. Simmer about 1 hour. 4) Add crab and shrimp and simmer 10 to 15 minutes. Add oysters and simmer about 5 minutes. Add green onions. Serve over rice with file` powder added to taste at the table. (File` powder should not be cooked.) Source: Overton Anderson

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\* Exported from MasterCook II \*

SMOKED CHICKEN AND PEPPERONI GUMBO

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Chicken

Amount	Measure	Ingredient -- Preparation Method
-----		
		mixture:
1/4	teaspoon	White pepper
1/4	teaspoon	Red pepper
1/2	teaspoon	Black pepper
1/2	teaspoon	Thyme
1	teaspoon	Dry parsley flakes
1/2	teaspoon	Gumbo file powder -- (optional)
2	cups	Onion

2 cups Green pepper  
 2 cups Celery -- meats:  
 2 Smoked chicken breasts.  
 12 Inches pepperoni. -- broth:  
 6 cups Chicken broth

Prepare vegetables. Cut half in larger hunks (say 1/2 inch) and cut rest in fine chop (or use food processor).

Meats: two smoked chicken breasts, pulled from bone, skinned and pulled into bite size pieces by hand. If you do not have smoked chicken, you may get away with using a small amount of liquid smoke. I would guess no more than 1/4 teaspoon. one stick (about 12 inches) pepperoni, cut into moderately thick slices. (say 1/8 inch or about twice as thick as presliced pizza pepperoni usually is)

Preparation: Using cast iron dutch oven, take the large cut onions and singe them over medium high heat in the dry pan for about 3-4 minutes, stirring constantly. Then add the rest of the vegetables and cook for about 5 minutes more on medium heat, stirring frequently. Then add spice mixture and stir to incorporate. Stir in about 2 tablespoon dry roux. Add the broth and the pepperoni slices. Turn heat down to medium low and simmer for at least 1/2 hour or until vegetables are tender and flavors are merged. About 5 minutes before serving, add the chunks of chicken breasts to the mixture.

At the same time, add more roux to thicken if desired.

Serve in bowl over lots of rice.

For additional smoke flavor, wrap the chicken bones and skin in cheese cloth and place in the mixture at the same time as the pepperoni. Remove all the bones and all the skin before stirring in the chicken pieces.

Makes 8 to 10 servings.

== Courtesy of Dale & Gail Shipp, Columbia Md. === Converted by MMCONV  
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\* Exported from MasterCook II \*

Smothered Round Steak

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories : Cajun Main Dish  
 Meats

Amount	Measure	Ingredient -- Preparation Method
2	pounds	Round steak
2	teaspoons	Salt
1/2	teaspoon	Ground black pepper
1	teaspoon	Ground red pepper
1	teaspoon	Ground white pepper

		All-purpose flour (dredging)
1/2	cup	Vegetable oil
3	each	Medium onions -- chopped
2	each	Bell peppers -- chopped
1	each	Celery rib -- chopped
1	cup	Beef stock or water

Alex Patout says, "Smothering is a multipurpose Cajun technique that works wonders with everything from game to snap beans. It's similar to what the rest of the world knows as braising--the ingredients are briefly browned or sauteed, then cooked with a little liquid over a low heat for a long time." Season the roast with one half of the salt and peppers. Dust with flour on all sides. Heat the oil in a Dutch oven or other large heavy pot over medium-high heat, add the steak, and brown well on all sides. Remove the meat and pour off all but 1 teaspoon of the oil. Add half the onions, bell peppers, celery, and the other half of the seasonings, and the stock or water. Stir well and reduce the heat to the lowest possible point. Return the roast to the pot and cover with the remaining vegetables. Cover and let cook until the meat is very tender, about 1 hour and 15 minutes. Serve the meat in slices, with rice alongside and the gravy over all. When you try this recipe with other kinds of meat, be sure to adjust the cooking times accordingly--let tenderness be your guide. For extra flavorful roasts, try larding with slivers of garlic before smothering. Serves 4-6 From Alex Patout's "Cajun Home Cooking" Random House Inc. ISBN 0-394-54725-X

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\* Exported from MasterCook II \*

Sour Cream Brittlebread

Recipe By :  
 Serving Size : 10 Preparation Time :0:00  
 Categories : Cajun Appetizers  
 Breads

Amount	Measure	Ingredient -- Preparation Method
2 3/4	cups	All-purpose flour
1/4	cup	Sugar
1/2	teaspoon	Baking soda
1/2	cup	Butter
1	cup	Sour cream
2	tablespoons	Creole seasoning
2	tablespoons	Kosher salt for sprinkling

Preheat the oven to 400F. Sift together the flour, sugar, salt, and baking soda into a bowl or food processor. Cut in the butter. Add the sour cream and Creole Seasoning (see recipe for Creole Seasoning), and mix to a soft dough. Roll out paper-thin on a floured board. Cut into 1-1/2 inch squares. Sprinkle with kosher salt and place on an ungreased baking sheet. Bake for 5-8 minutes. Turn off the heat and allow the bread to crisp in the oven. Nathalie Dupree describes this recipe in her book "New Southern Cooking" this way; "This crisp, cracker-like bread is good just

flavored with salt and sour cream.  
 But add Creole Seasoning and you'll have a hot and spicy appetizer that will leave your guests begging for the recipe. It's nice to keep a big airtight cookie jar full of these for snacking."

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\* Exported from MasterCook II \*

Southern Biscuit Muffins

Recipe By :  
 Serving Size : 12 Preparation Time :0:00  
 Categories : Cajun Breads  
 Muffins

Amount	Measure	Ingredient	Preparation Method
2 1/2	cups	All-purpose flour	
1/4	cup	Sugar	
1 1/2	tablespoons	Baking powder	
1/4	teaspoon	Sa -- t	
1/4	pound	Plus 2 Tbsp unsalted butter	
1	cup	Cold milk	

In a bowl, combine the flour, sugar, baking powder and salt; mix well, breaking up any lumps. Work the butter in by hand until the mixture resembles coarse cornmeal, making sure no lumps are left. Gradually stir in the milk, mixing just until dry ingredients are moistened. DO NOT OVERBEAT. Spoon the batter into 12 greased muffin cups. Bake at 350F until golden brown, about 35 to 40 minutes. The finished muffins should have a thick crust with a cakelike centre. From Paul Prudhomme's Louisiana Kitchen

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\* Exported from MasterCook II \*

SOUTHERN FRIED CHICKEN BY PAUL PRUDHOMME

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Poultry Cajun

Amount	Measure	Ingredient	Preparation Method
		-----SEASONING MIX-----	
1	tablespoon	+ 1 tsp salt	
2	teaspoons	Onion powder	
1 1/2	teaspoons	Black pepper	
1 1/2	teaspoons	Rubbed sage	
1	teaspoon	White pepper	
1	teaspoon	Thyme	

1/2	teaspoon	Garlic powder
-----INGREDIENTS-----		
18		Boneless chicken breasts -- skinned
2	cups	Flour
2		Eggs
2	cups	Milk
3	cups	Vegetable oil

In a small bowl, combine salt, onion powder, black pepper, sage, white pepper, thyme and garlic powder to make the seasoning mix. Mix seasoning ingredients well.

Sprinkle the seasoning on chicken and rub in. Seal chicken in a plastic bag and refrigerate overnight, if possible.

Remove chicken from refrigerator at least 1 hour before cooking.

Place flour in a pie pan and set aside In a wide shallow bowl, beat eggs and milk and set aside.

In a large deep skillet, heat oil to 375 degrees.

Just before frying, dredge chicken in flour, shake off excess.

Immediately place chicken in egg mixture and back into flour once again.

Place in hot oil in a single layer and fry until crisp before turning.

Turn only once.

Source: Paul Prudhomme's Seasoned America

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\* Exported from MasterCook II \*

### Stuffed Pork Chops

Recipe By	:		
Serving Size	:	6	Preparation Time :0:00
Categories	:	Cajun	Main Dish
		Meats	

Amount	Measure	Ingredient -- Preparation Method
2	each	Med. apples coarsely chopped
7	tablespoons	Unsalted butter
3	tablespoons	Light brown sugar
1	teaspoon	Vanilla extract
1/2	teaspoon	Ground nutmeg
-----SEASONING MIX-----		
1	tablespoon	Salt
1	teaspoon	Onion powder
1	teaspoon	Ground cayenne pepper
3/4	teaspoon	Garlic powder
1/2	teaspoon	White pepper
1/2	teaspoon	Dry mustard
1/2	teaspoon	Rubbed sage
1/2	teaspoon	Ground cumin
1/2	teaspoon	Black pepper
1/2	teaspoon	Dried thyme leaves
-----PORK CHOP INGREDIENTS-----		
6	each	1-3/4" thick pork chops
3/4	pound	Ground pork

1	cup	Chopped onions
1	cup	Chopped green bell peppers
2	teaspoons	Minced garlic
1	can	(4 oz) diced green chilies
1	cup	Pork or chicken stock
1/2	cup	Very fine bread crumbs
1/2	cup	Finely chopped green onions

In a food processor or blender, process the apples, 4 Tablespoons of the butter, the sugar, vanilla and nutmeg until smooth, about 3 to 4 minutes. Set aside.

In a small bowl thoroughly combine the seasoning mix ingredients; set aside.

Prepare the pork chops by cutting a large pocket (to the bone) into the larger side of each chop to hold the stuffing. In a large skillet, brown the ground pork in the remaining 3 Tbsp. butter over high heat, about 3 minutes. Add the onions, bell peppers, garlic, and 2 Tbsp. of the seasoning mix, stirring well; cook about 5 minutes, stirring occasionally and scraping pan bottom well. Stir in the green chilies and their juice and continue cooking until mixture is well browned, about 6 to 8 minutes, stirring occasionally and scraping the pan bottom as needed.

Add the stock and cook 5 minutes, stirring frequently. Stir in the bread crumbs and cook about 2 minutes more, stirring constantly and scraping pan bottom as needed. Remove from heat.

Sprinkle the remaining seasoning mix evenly on both sides of the chops and inside the pockets, pressing it in by hand. Prop chops with pocket side up in an ungreased 13x9-inch baking pan. Spoon about 1/4 cup stuffing into each pocket; reserve the remaining stuffing. Bake chops with pocket up at 400F until the meat is done, about 1 hour 10 minutes. Place the remaining stuffing in a small pan in the oven for the last 20 minutes to reheat. Serve immediately with each chop arranged on top of a portion of the remaining stuffing.

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\* Exported from MasterCook II \*

Turkey Bayou Burgers

Recipe By : Sheila Lukins, Parade magazine, 5/22/94  
 Serving Size : 4 Preparation Time :0:30  
 Categories : American Cajun  
 On The Grill

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground turkey
2	each	scallions, 3 inches of top left on -- thinly sliced
1	each	red bell pepper -- finely chopped
1	teaspoon	garlic -- minced
2	tablespoons	cilantro -- chopped
3/4	teaspoon	dried thyme
1/2	teaspoon	ground cumin
1/2	teaspoon	paprika
		red pepper flakes to taste

4 each salt and pepper to taste  
 hamburger buns -- toasted  
 1/4 cup regular or reduced calorie mayonaise  
 type dressing  
 1 each ripe avocado -- sliced

prepare hot coals for grilling.

place the groud turkey in a bowl and mix well with the scallions, bell pepper, garlic, cilantro, and spices. season to taste with salt and pepper. gently form into 4 patties.

grill patties over hot coals, 3 inches from heat, for about 5 or 6 minutes per side.

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NOTES : 346 calories, 13g fat, 62 mg cholestorel.

\* Exported from MasterCook II \*

Very Hot Cajun Sauce for Beef

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Cajun Sauces

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	Chopped onions
1/2	cup	Chopped green peppers
1/4	cup	Chopped celery
1/4	cup	Vegetable oil
1/4	cup	+ 1 Tbsp all-purpose flour
3/4	teaspoon	Ground cayenne pepper
1/2	teaspoon	White pepper
1/2	teaspoon	Black pepper
2	each	Bay leaves
1/4	cup	Minced jalapeno peppers (note
1	teaspoon	Minced garlic
3	cups	Basic beef stock

NOTE: Fresh jalapenos are preferred; if you have to use pickled ones, rinse as much vinegar from them as possible. Combine the onions, bell peppers and celery in a small bowl and set aside while you start the roux. (NOTE: Unlike the roux in most other recipes in this book, the roux we use here is light brown. Therefore, instead of heating the oil to the smoking stage, we heat it to only 250F; this prevents the roux from getting too brown.) In a heavy 2-quart saucepan heat the oil over medium-low heat to about 250F. With a metal whisk, whisk in the flour a little at a time until smooth. Continue cooking, whisking constantly, until roux is light brown, about 2 to 3 minutes. Be carefyul not to let the roux scorch or splash on your skin. Remove from heat and with a spoon immediately stir in the vegtable mixture and the red, white and black peppers; return pan to high heat and cook about 2 minutes, stirring constantly. Add the bay leaves, jalapeno peppers and garlic, stirring well. Continue cooking about 2 minutes, stirring constantly. (We're cooking the seasonings and vegetables in the light roux and the mixture should, therefore, be pasty.)

Remove from heat.

In a separate 2-quart saucepan, bring the stock to a boil. Add the roux mixture by spoonfuls to the boiling stock, stirring until dissolved between each addition. Bring mixture to a boil, then reduce heat to a simmer and cook until the sauce reduces to 3-1/2 cups, about 15 minutes. Skim any oil from the top and serve immediately.

From Paul Prudhomme's Louisiana Kitchen

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\* Exported from MasterCook II \*

Wild Duck and Andouille Sauce Piquant

Recipe By :  
Serving Size : 12 Preparation Time :0:00  
Categories : Cajun Main Dish  
Poultry

Amount	Measure	Ingredient -- Preparation Method
1	cup	Olive oil (for roux)
3	cups	Plain flour (for roux)
3	cups	Onions -- chopped
1	cup	Bell pepper -- chopped
3	cups	Green onions -- chopped
2	cups	Parsley -- chopped
		Water
2	tablespoons	Garlic -- finely chopped
3	cups	Chablis wine
1/2	teaspoon	Dried mint -- crushed
11	cups	Tomato sauce
3	tablespoons	Lea & Perrins
6	teaspoons	Louisiana hot sauce
5	teaspoons	Salt
1	pound	Andouille -- sliced 1/4" thick
2 1/2	pounds	Wild duck breasts

Brown off duck breasts in some olive oil. Make a roux with oil and flour (see Justin's recipe posted earlier). Add onions, bell pepper, green onions, and parsley to roux. Stir and cook. Add one cup water and garlic. Cook. Add wine and some more water. Add other seasonings and tomato sauce. Mix well. Add andouille (or smoked sausage) and duck breasts. Stir. Simmer on low heat for 3 to 4 hours. Stir occasionally. Add more salt and cayenne to your taste. Makes about 3 gallons, so this is for alot of people. Serve over spaghetti or rice. From Justin Wilson's "Outdoor Cooking With Inside Help"

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