



Cajun/Creole Recipes

I. The Roux

A Good Roux Before you make any kind of gumbo, you will need a good roux. A roux is made of flour and oil; there are a few variations using other oil-based products, such as margarine or salad oil. The ingredients are fairly simple. However, it can be kind of tricky if you are a beginner. Remember to always keep an eye on your pot and stir, stir, stir. Move your spoon constantly -- this is the secret. Bon chance et bon appetit!

3/4 cup flour 3/4 cup oil

Mix oil and flour in the heaviest pot you can find (cast iron skillet is preferred -- it makes for a better looking and tasting roux). Before you turn the heat on under your pot, stir the roux mixture until it is smooth. Over a low heat, continue stirring until it is dark brown. While you are making the roux, start heating your water for the gumbo. If you add cold water to the roux, it may ruin it. And, there ain't nothing worse than a bad roux -- yeechh!

II. Main Dishes

Seafood Gumbo

2 lbs. peeled shrimp, seasoned 1 large onion, chopped 2 celery stalks, chopped 1 lb. okra, chopped 1 lb. crab meat 2 garlic cloves, diced 3 qts. water 1/2 bell pepper Dozen whole crabs 3 green onions, chopped 3/4 cup flour 3/4 cup oil

Make a roux. Sauté all of the vegetables listed above (except okra) in either butter or oil, until onions are transparent. Add roux and stir. Add water, okra, and Cajun/Creole seasonings. Bring to boil and add crabs and crab meat. Lower heat and simmer for 1 hour. Then, add shrimp and simmer for 45 minutes. Serve over sticky white rice.

Crawfish Etoufee 2 lbs. peeled crawfish 1 1/2 sticks of margarine 1 medium onion, chopped 1/2 cup of water 1 celery stalk, chopped 1 medium bell pepper, chopped 1/2 bunch of green onions, chopped Season to taste (salt, pepper, garlic powder, and cayenne)

Sauté onions, peppers, and celery in margarine (not butter!). Add water, and seasonings. Simmer for 20 minutes. Then, add the peeled crawfish tails. Simmer for another 15 minutes. Serve over rice. Sprinkle top with green chives.

Chicken Fricassee 3 lb. chicken 3/4 cup oil (for roux) 3/4 cup flour (for roux) 2 large onions, chopped 2 bell peppers, chopped 1/2 cup of oil (for browning) Seasonings (salt, pepper, cayenne pepper) Extra vegetables if desired (celery, carrots, bell peppers, etc) Cut chicken up into usual frying sections. Heat 1/2 cup of vegetable oil in a heavy pot or skillet. Brown chicken on all sides, then remove from the pot and drain. In the same pot, make a medium brown roux and stir in diced onions and peppers. Add additional seasonings and chicken pieces. Add one cup of water at a time to keep the gravy at the consistency you desire. Simmer for a total of 90 minutes, until everything gets friendly in

the pot. Make sure to turn the chicken once or twice until it is almost falling off the bone. Then, serve over a soft steamy bed of Louisiana rice.

Red Beans and Rice 1 lb. dried red beans 3 large onions, chopped 3 bell peppers, chopped 2 quarts water 4 cups cooked rice 1 lb. ham, cubed 1 lb. sausage, sliced to 1/2 " pieces Seasonings (salt, pepper, cayenne, hot sauce)
Sort your beans and discard the small stones and other pieces of junk that do not appear to be edible. In a large pot, soak the beans in enough water to cover them, plus 2 inches. Add 1 tsp. salt. Soak overnight. Rinse the beans, then boil them in water with onions, peppers, garlic, salt, pepper. While the beans boil, sauté some ham and sausage in a fry pan; when the meat is browned well, throw it into the mix. Cover, and simmer for 90 minutes (or until the beans are soft). Add small amounts of water as needed (don't make it too soupy, now -- this isn't "Red Bean Soup"). Then, remove 2 large spoonfuls of beans to pot. This makes the beans thick and creamy. Simmer these for 15 additional minutes. Make sure to stir your beans to prevent sticking. Serve over steaming hot over rice.

Rice Dressing Acadiana 3/4 cup oil 3/4 cup flour 1 lb. ground meat 1 lb. ground pork/chicken liver 3 cups cooked rice 3 bell peppers, chopped 1 1/2 cups water 1 bunch green onions, chopped 3 large onions, chopped 1/2 cup parsley 4 blades celery, chopped Seasonings (salt, pepper, cayenne) Some people like to add ingredients (see cups below) for additional flavor
Make a roux. Add onions, celery, peppers, and sauté them in the roux until they are transparent. In another pot, sauté all of your meats in 1/4 cup of vegetable oil. Drain the meat and grind it into the pot. Mix roux, vegetables, meat, seasonings, and water together, stirring constantly. Simmer for 40 minutes in an uncovered pot. Add rice, green onions, and parsley. Mix well. Cover, remove from heat, let flavors seep into rice (for approximately 20 minutes). Aiyeee!

Jambalaya 1 chicken, boiled, deboned, chopped -or 2 lbs. shrimp -or 2 lbs. sausage, sliced -or 2 lbs. pork, browned, chopped 3 cups canned tomatoes, chopped 1 tbs. hot sauce 1/2 cup oil 2 quarts water 1 cup green onions 3 onions, chopped 3 bell peppers, chopped 3 cups uncooked rice Seasonings (salt, pepper, cayenne)
In a large heavy pot, sauté onions and bell peppers. Add tomatoes, meat, seasonings, and water. Bring mixture to boil, and simmer for 30 minutes. Add uncooked rice. Add a little more water to keep the mixture level. Cover pot, and allow to simmer for 60 minutes. Add green onions and shrimpies. Simmer until the rice is tender. Don't be scared to use some boudin, either.

Shrimp Stew 2 lbs. shrimp 3 medium Irish potatoes, peeled, diced 3 cloves garlic, minced 1 cup cooking oil 1/2 cup flour 2 large onions, diced 3 cups uncooked rice 1 quart water Seasonings (salt, pepper, cayenne)
Make a medium to dark roux. Then, add roux, 1 pint of water (add water as needed), onions, and potatoes into a big stew pot. Simmer concoction (covered) for 3 minutes. Add all of the seasonings listed above. Then, simmer that concoction for 3 additional minutes. Serve over steaming white rice, of course.

III. The Deserts

Bread Pudding 3 tsp. vanilla 1 cup large purple raisins 1 cup pecans, chopped 1/2 loaf stale French bread 1 quart milk 1/2 cup sugar 4 whole eggs
Break French bread into pieces. Soak in milk. Add all other ingredients and use a mixer to blend well. Pour into 9 x 12 inch greased baking pan. Bake at 350 degrees for 30 minutes. Serve warm with knee-weakening rum sauce (next recipe below).

Rum Sauce 1 cup evaporated milk 3 tbs. margarine 1 1/2 tsp. cornstarch 2 oz. rum 1 cup milk 1 cup sugar 3 drops yellow food coloring

Mix evaporated milk, sugar, and margarine in a double boiler. Dissolve cornstarch in a small amount of warm water and pour into the milk mixture. Heat boiler, stirring the sauce until thickened. Remove from heat, add rum and food coloring. Rum sauce can be used on many dishes. It isn't just restricted to bread pudding.

Perfect Pecan Pie 1 1/2 cup pecan halves 1 cup sugar 2 cups white corn syrup 6 whole eggs 1 stick margarine, melted 2- 9 inch pie crusts

With a fork, prick the pie crusts to prevent bubbling. Then, line the pie crusts with pecans. In a mixing bowl, stir eggs, sugar, corn syrup, and margarine together. But, do not over mix the filling -- it will gel in the oven naturally. Fill these pie crusts with the filling. Bake on 250 degrees for 60 to 80 minutes, or until your pie crust is brown. Remove from oven while middle of pie is still soft. Cool before serving.