

King Cake

1/4 cup butter or margarine
1 (16-ounce) container sour cream
1/3 cup sugar
1 teaspoon salt
2 (1/4-ounce) envelopes active dry yeast
1 tablespoon sugar
1/2 cup warm water (100° to 110°)
2 large eggs
6 to 6 1/2 cups all-purpose flour, divided
1/2 cup sugar
1 1/2 teaspoons ground cinnamon
1/3 cup butter or margarine, softened
Colored Frostings
Colored Sugars

Cook first 4 ingredients in a saucepan over low heat, stirring often, until butter melts. Cool mixture to 100° to 110°. Dissolve yeast and 1 tablespoon sugar in 1/2 cup warm water in a large bowl; let stand 5 minutes. Add butter mixture, eggs, and 2 cups flour; beat at medium speed with an electric mixer 2 minutes or until smooth. Gradually stir in enough remaining flour to make a soft dough. Turn dough onto a lightly floured surface; knead until smooth and elastic, about 10 minutes. Place in a well-greased bowl, turning to grease top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in bulk. Stir together 1/2 cup sugar and cinnamon; set aside. Punch dough down; divide in half. Turn 1 portion out onto a lightly floured surface; roll to a 28- x 10-inch rectangle. Spread half each of cinnamon mixture and softened butter on dough. Roll dough, jellyroll fashion, starting at long side. Place dough roll, seam side down, on a lightly greased baking sheet. Bring ends together to form an oval ring, moistening and pinching edges together to seal. Repeat with remaining dough, cinnamon mixture, and butter. Cover and let rise in a warm place, free from drafts, 20 minutes or until doubled in bulk. Bake at 375° for 15 minutes or until golden. Decorate with bands of Colored Frostings, and sprinkle with Colored Sugars. Note: Once the cake has cooled, randomly insert a plastic baby doll, if desired, before frosting.



Yield: Makes 2 cakes

Hurricane Punch

1/2 (64-ounce) bottle red fruit punch
1/2 (12-ounce) can frozen limeade concentrate, thawed
1 (6-ounce) can frozen orange juice concentrate, thawed
1 2/3 cups light rum
1 2/3 cups dark rum

Stir together all ingredients. Serve over ice.

Yield: 8 1/4 cups

Bloody Marys

1 1/2 cups chilled vodka
8 teaspoons prepared horseradish
8 teaspoons Worcestershire sauce
14 drops hot sauce
4 cups vegetable or tomato juice
Garnishes: pickled okra, cherry peppers



Whisk together first 5 ingredients in a large pitcher until well blended. Place ice cubes in 8 old-fashioned glasses, filling 2/3 full. Pour mixture evenly into glasses. Garnish, if desired.

Yield: Makes 8 servings

Chicken-and-Andouille Sausage Gumbo

1 pound andouille sausage, cut into 1/4-inch-thick slices
3 boneless, skinless chicken breasts
3 boneless, chicken thighs
1/4 cup to 1/3 cup pure olive oil
3/4 cup all-purpose flour
1 medium onion
1/2 medium-size green bell pepper, chopped
2 celery ribs, sliced
3 garlic cloves, minced
4 cups water
4 cups chicken broth
1 tablespoon Creole seasoning
1/2 teaspoon dried thyme
1 teaspoon hot sauce
2 bay leaves
1/2 cup sliced green onions
Hot cooked rice
Filé powder (optional)
Garnish: celery leaves

Brown andouille sausage in a Dutch oven over medium heat, stirring until it crumbles and is no longer pink. Remove sausage, reserving dripping in pan. Set sausage aside. Cut chicken breasts and thighs into 1-inch pieces, and brown in hot drippings over medium heat. Remove chicken, reserving drippings. Measure drippings, adding enough olive oil to measure 1/2 cup. Heat mixture in Dutch oven over medium-high heat until hot. Whisk in flour, and cook, whisking constantly, 10 to 12 minutes or until roux is caramel colored. Add chopped onion and next 3 ingredients; cook, stirring often, until vegetables are tender. Gradually stir in 4 cups water and broth; bring to a boil. Add chicken, Creole seasoning, and next 3 ingredients; reduce heat, and simmer, stirring occasionally, 30 minutes. Add sausage and green onions, and cook 30 minutes. Remove and discard bay leaves; serve over rice. Serve with filé powder, and garnish, if desired.

Yield: Makes 3 quarts

French Market Beignets

- 1 (1/4-ounce) envelope active dry yeast
- 1 cup warm water (105° to 115°)
- 3/4 cup evaporated milk
- 1/4 cup sugar
- 1 teaspoon salt
- 1 large egg, lightly beaten
- 4 to 4 1/2 cups all-purpose flour
- Vegetable oil
- Sifted powdered sugar

Combine yeast and warm water in a 2-cup liquid measuring cup; let stand 5 minutes. Combine yeast mixture, evaporated milk, and next 3 ingredients. Gradually stir in enough flour to make a soft dough. Cover and chill 8 hours. Turn dough out onto a well-floured surface; knead 5 or 6 times. Roll dough into a 15- x 12 1/2-inch rectangle; cut into 2 1/2-inch squares. Pour oil to depth of 3 to 4 inches into a Dutch oven; heat to 375°. Fry 3 or 4 beignets at a time, 1 minute on each side or until golden. Drain; sprinkle with powdered sugar.

Yield: Makes 2 1/2 dozen

Shrimp Po'boys

- 2 pounds unpeeled, large fresh shrimp
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup milk
- 1 large egg
- Peanut oil
- 1/3 cup butter
- 1 teaspoon minced garlic
- 4 French bread rolls, split
- Rémoulade Sauce
- 1 cup shredded lettuce

Peel shrimp, and devein, if desired. Combine flour, salt, and pepper. Stir together milk and egg until smooth. Toss shrimp in milk mixture; dredge in flour mixture. Pour oil to a depth of 2 inches in a Dutch oven; heat to 375°. Fry shrimp, in batches, 1 to 2 minutes or until golden; drain on wire racks. Melt butter; add garlic. Spread cut sides of rolls evenly with butter mixture; place on a large baking sheet. Bake at 450° for 8 minutes. Spread cut sides of rolls evenly with Remoulade Sauce. Place shrimp and lettuce on bottom halves of rolls; cover with roll tops.

Yield: Makes 4 sandwiches



Crawfish Étouffée

- 1/4 cup butter or margarine
- 1 medium onion, chopped
- 2 celery ribs, chopped
- 1 medium-size green bell pepper, chopped
- 4 garlic cloves, minced
- 1 large shallot, chopped
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/2 to 1 teaspoon ground red pepper

- 1 (14 1/2-ounce) can chicken broth
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh chives
- 2 pounds cooked, peeled crawfish tails*
- Hot cooked rice
- Garnishes: chopped fresh chives, ground red pepper

Melt butter in a large Dutch oven over medium-high heat. Add onion and next 4 ingredients; sauté 5 minutes or until tender. Add flour, salt, and red pepper; cook, stirring constantly, until caramel colored (about 10 minutes). Add next 3 ingredients; cook, stirring constantly, 5 minutes or until thick and bubbly. Stir in crawfish; cook 5 minutes or until thoroughly heated. Serve with rice. Garnish, if desired.

*2 pounds frozen cooked crawfish tails, thawed and drained, may be substituted for fresh crawfish.

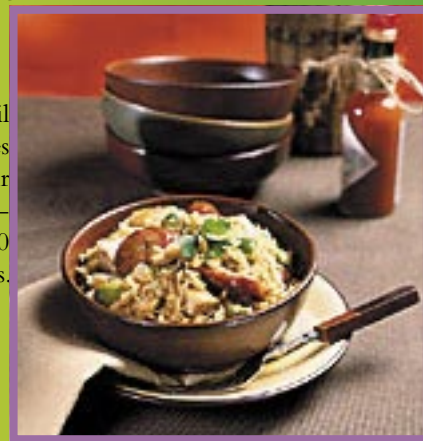
Yield: Makes 4 to 6 servings

1-2-3 Jambalaya

- 1 large onion, diced
- 1 large green bell pepper, diced
- 1 pound smoked sausage, cut into 1/4-inch slices
- 1 tablespoon olive oil
- 4 cups chopped cooked chicken
- 3 cups uncooked long-grain rice
- 2 (10 1/2-ounce) cans French onion soup, undiluted
- 1 (14 1/2-ounce) can chicken broth
- 1 (14 1/2-ounce) can beef broth
- 2 to 3 teaspoons Creole seasoning
- 2 to 3 teaspoons hot sauce
- Garnish: fresh cilantro sprigs

Sauté first 3 ingredients in hot oil in a Dutch oven 4 to 5 minutes or until sausage is browned. Stir in chicken and next 6 ingredients. Bake, covered, at 350° for 40 minutes, stirring after 30 minutes. Garnish, if desired.

Yield: 8 to 10 servings



All That Jazz Seasoning

This spice blend has all the flavors of traditional Cajun seasoning, but with less salt than commercial brands. Store in an airtight container. This recipe goes with Crawfish, Jambalaya, Corn Bread, Salads, Omelets, Gumbo, you name it.

- 1/4 cup garlic powder
- 1/4 cup onion powder
- 2 tablespoons paprika
- 1 tablespoon ground red pepper
- 1 tablespoon black pepper
- 1 1/2 teaspoons celery seeds
- 1 1/2 teaspoons chili powder
- 1 teaspoon salt
- 1 teaspoon lemon pepper
- 1/2 teaspoon ground nutmeg

Combine all ingredients.

Yield: 1 cup (serving size: 1 tablespoon)

Acadian Rigatoni

- 1 tablespoon cooking oil
- 1 pound andouille or other spicy sausage such as hot Italian, casings removed, sausage cut into 1-inch pieces
- 1 onion, chopped
- 2 ribs celery, chopped
- 1 large green bell pepper, chopped
- 2 cloves garlic, chopped
- 1 1/2 cups canned crushed tomatoes in thick puree (one 16-ounce can)
- 1 1/4 teaspoons salt
- 1/2 teaspoon fresh-ground black pepper
- 3/4 pound rigatoni

In a large frying pan, heat the oil over moderate heat. Add the sausage and cook, stirring, for 3 minutes. Stir in the onion, celery, green pepper, and garlic. Cover the pan and cook over moderately low heat, stirring occasionally, until the vegetables are soft, about 10 minutes. Add the tomatoes, salt, and black pepper. Cover and simmer for 15 minutes longer. In a large pot of boiling, salted water, cook the rigatoni until just done, about 14 minutes. Drain and toss the pasta with the sauce.

Variation: Creamy Acadian Rigatoni : For a creamy version of this dish, use 1 1/2 tablespoons tomato paste, 1 cup of cream, and an additional 1/2 teaspoon of salt in place of the canned tomatoes in puree. This variation, while more luxurious, is actually a little quicker.

Notes: If neither andouille nor hot Italian sausage is available, use a mild sausage and add 1/4 teaspoon of dried red-pepper flakes with the tomatoes and salt.

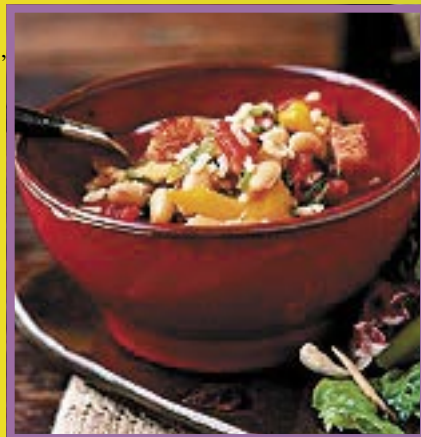
Yield: 4

Andouille Rice and White Beans

- 1 cup fat-free, less-sodium chicken broth
- 1 1/2 teaspoons dried thyme
- 1/8 teaspoon ground red pepper
- 1 (16-ounce) package frozen pepper stir-fry mix, thawed
- 1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano, undrained
- 1 (3 1/2-ounce) bag boil-in-bag long-grain rice
- 6 ounces andouille sausage, diced
- 1/2 cup finely chopped green onions
- 1/2 (15-ounce) can Great Northern beans, rinsed and drained (about 3/4 cup)

Combine the first 5 ingredients in a Dutch oven; bring to a boil. Open bag of rice; add rice to pepper mixture. Cover, reduce heat, and simmer 10 minutes or until rice is tender. While rice mixture cooks, heat a medium nonstick skillet over medium-high heat. Add sausage; sauté 6 minutes or until browned. Add sausage, onions, and beans to rice mixture; cook until thoroughly heated.

Yield: 5 servings (serving size: 1 cup)



Andouille Sausage, Apple, and Pecan Dressing

- 1 cup butter or margarine, divided
- 3 cups white cornmeal
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1 1/2 teaspoons salt
- 1 teaspoon baking soda
- 7 large eggs, divided
- 3 cups buttermilk
- 3 cups soft breadcrumbs
- 2 medium onions, diced (2 cups)
- 1 large bunch celery, diced (3 cups)
- 1/2 cup finely chopped fresh sage*
- 6 (10-1/2 ounce) cans condensed chicken broth, undiluted
- 1 tablespoon pepper
- 3/4 pound diced, Andouille sausage
- 2 Granny Smith apples, chopped
- 2 cups chopped, toasted pecans

Place 1/2 cup butter in a 13X9-inch pan; heat in oven at 425° for 4 minutes. Combine cornmeal and next 5 ingredients; whisk in 3 eggs and buttermilk. Pour hot butter into batter, stirring until blended. Pour batter into pan. Bake at 425° for 30 minutes or until golden brown. Cool. Crumble cornbread into a large bowl; stir in breadcrumbs, and set aside. Melt remaining 1/2 cup butter in a large skillet over medium heat; add onions and celery, and sauté until tender. Stir in sage, and sauté 1 more minute. Brown Andouille sausage in a skillet over medium heat; drain. Stir vegetables, remaining 4 eggs, chicken broth, and pepper into cornbread mixture. Add sausage, Granny Smith apples, and pecans into cornbread mixture; pour evenly into 1 lightly greased 13- x 9-inch baking dish and 1 lightly greased 8-inch square baking dish. Cover and chill 8 hours. Bake, uncovered at 375° for 40 to 45 minutes or until done.

*1 tablespoon dried rubbed sage may be substituted for fresh sage.

Yield: Makes 16 to 18 servings

Artichoke Cakes with Cajun Rémoulade

- 3 (14-ounce) cans artichoke hearts, drained and chopped
- 2 large eggs, lightly beaten
- 1/2 cup chopped red bell pepper
- 2 tablespoons chopped green onions
- 1 cup soft breadcrumbs, lightly packed
- 3/4 cup mayonnaise
- 1/4 cup whipping cream
- 2 tablespoons fresh lemon juice
- 2 teaspoons Dijon mustard
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- Cajun Rémoulade

Squeeze liquid from artichokes, using paper towels, until artichokes are just slightly moist. Place artichokes in a medium bowl. Add eggs and next 3 ingredients. Combine mayonnaise and next 5 ingredients in a separate bowl; stir well. Add mayonnaise mixture to artichoke mixture; stir gently until thoroughly combined. Cover and chill at least 2 hours. Place a large, lightly oiled nonstick skillet over medium-high heat. Scoop artichoke mix-



ture into 1 1/2-inch balls; place in skillet, and flatten slightly. Cook 2 to 2 1/2 minutes on each side or until golden and slightly set. Transfer to a lightly greased baking sheet. Bake at 400° for 10 to 12 minutes or until done. Serve with Cajun Rémoulade.

Yield: About 2 dozen

Cajun Rémoulade

This recipe goes with Artichoke Cakes with Cajun Rémoulade

- 1/2 cup chopped celery
- 1/2 cup chopped green onions
- 2 tablespoons chopped fresh parsley
- 2 garlic cloves, chopped
- 1 cup mayonnaise
- 1 tablespoon paprika
- 2 tablespoons capers
- 2 tablespoons prepared horseradish
- 1 tablespoon Dijon mustard
- 1 tablespoon ketchup
- 1 tablespoon fresh lemon juice
- 1 tablespoon Worcestershire sauce
- 1 tablespoon cider vinegar
- 1 tablespoon hot sauce
- 1/2 teaspoon salt

Pulse first 4 ingredients in a food processor until coarsely chopped; drain well. Add remaining ingredients; pulse 3 or 4 times, stopping to scrape down sides.

Yield: 2 cups

Baked Cheese Grits

- 5 cups water
- 1 teaspoon salt
- 1 1/3 cups uncooked quick-cooking white grits
- 1 (15 1/2-ounce) can yellow hominy, drained
- 1/2 cup butter or margarine
- 2 cups (8 ounces) shredded sharp Cheddar cheese
- 1/2 cup grated Parmesan cheese

Bring 5 cups water and salt to a boil in a heavy Dutch oven; gradually stir in grits. Return to a boil; reduce heat, and cook 4 to 5 minutes, stirring occasionally. Stir in hominy, butter, and Cheddar cheese; spoon into a lightly greased 13- x 9-inch baking dish. Sprinkle with Parmesan cheese. Bake at 350° for 45 minutes or until set.

Yield: Makes 12 servings

Barbecue Shrimp

Peel shrimp a day ahead, and store in zip-top plastic bags in refrigerator.

- 6 1/4 pounds unpeeled, medium-size fresh shrimp
- 1/2 cup butter or margarine, melted
- 1/4 cup Worcestershire sauce
- 1/4 cup lemon juice
- 1 tablespoon Old Bay seasoning
- 1 tablespoon coarsely ground pepper
- 1 to 2 garlic cloves, minced
- 1 tablespoon Cajun seasoning
- 1 tablespoon hot sauce

Peel shrimp, and devein, if desired. Combine shrimp and remaining

ingredients in a lightly greased large shallow roasting pan; toss to coat. Arrange shrimp in a single layer. Bake at 350° for 15 to 20 minutes or until shrimp turn pink, stirring occasionally.

Yield: Makes 25 appetizer servings or 10 to 12 main dish servings

Buttermilk Pralines

- 1 1/2 cups sugar
- 1/2 cup whole buttermilk
- 1 1/2 tablespoons light-colored corn syrup
- 1/2 teaspoon baking soda
- Dash of salt
- 2/3 cup chopped pecans, toasted
- 1 1/2 teaspoons butter
- 1 tablespoon vanilla extract

Combine first 5 ingredients in a large saucepan. Cook over low heat until sugar dissolves, stirring constantly. Continue cooking over low heat until a candy thermometer registers 234° (about 10 minutes); stir occasionally. Remove from heat; let stand 5 minutes. Stir in nuts, butter, and vanilla; beat with a wooden spoon until mixture begins to lose its shine (about 6 minutes). Drop by teaspoonfuls onto wax paper. Let stand 20 minutes or until set. Note: Store pralines in an airtight container for up to 2 weeks.

Yield: 30 servings (serving size: 1 praline)

Cajun-Baked Catfish

For a twist, you may substitute 1 tablespoon lemon pepper for 1 tablespoon Cajun seasoning.

- 2 cups cornmeal
- 2 teaspoons salt
- 1 tablespoon pepper
- 8 (3- to 4-ounce) catfish fillets
- 2 tablespoons Cajun seasoning
- 1 to 2 teaspoons seasoned salt
- 1/4 cup butter or margarine, melted
- Garnish: lemon wedges

Combine first 3 ingredients. Dredge catfish fillets in cornmeal mixture; place fillets, skin sides down, on a greased baking sheet. Combine Cajun seasoning and seasoned salt; sprinkle over fillets. Drizzle with butter. Bake at 400° for 30 minutes or until golden and fish flakes with a fork. Garnish, if desired.

Yield: 4 servings



Cajun Crawfish Corn Bread

- Cooking spray
- 1/2 cup all-purpose flour
- 1 1/2 cups yellow cornmeal
- 1 tablespoon baking powder
- 2 teaspoons All That Jazz Seasoning
- 1/2 teaspoon salt
- 1 1/2 cups cooked crawfish tail meat, coarsely chopped (about 9 ounces)

- 1 cup (4 ounces) shredded sharp cheddar cheese
- 1 cup low-fat buttermilk
- 1 tablespoon butter, melted
- 1 large egg white, lightly beaten
- 1 large egg, lightly beaten
- 1 (8 3/4-ounce) can cream-style corn

Preheat oven to 375°. Coat a 9-inch cast-iron skillet with cooking spray. Place in a 375° oven for 10 minutes. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 4 ingredients (flour through salt) in a large bowl. Combine crawfish and remaining ingredients in a medium bowl; stir well with a whisk. Add to flour mixture, stirring until moist. Pour batter into preheated pan. Bake at 375° for 35 minutes or until a wooden pick inserted in center comes out clean. Yield: 12 servings (serving size: 1 wedge)

Cajun-Grilled Corn on the Cob

- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon dried thyme
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground red pepper
- 4 ears corn with husks
- 2 teaspoons butter or stick margarine, melted

Prepare grill. Combine first 8 ingredients in a small bowl; set aside. Pull husks back from corn, and scrub silks. Brush butter over corn; sprinkle with spice mixture. Place corn on grill rack; grill 12 minutes or until done, turning occasionally. Yield: 4 servings (serving size: 1 ear of corn)

Cajun Sausage and Rice Skillet

- 2 teaspoons vegetable oil
- 1 cup presliced mushrooms
- 1 cup chopped onion
- 1 tablespoon salt-free Cajun seasoning
- 8 ounces andouille sausage, sliced
- 2 (3 1/2-ounce) bags boil-in-bag long-grain rice
- 4 cups fat-free, less-sodium chicken broth
- 1 (15-ounce) can kidney beans, drained
- 1/2 teaspoon salt

Heat oil in a large nonstick skillet over medium-high heat. Add mushrooms, onion, Cajun seasoning, and sausage; sauté 5 minutes. Remove rice from bags; add to pan. Stir in broth and beans. Bring mixture to a boil; cover, reduce heat, and simmer 10 minutes or until rice is tender. Stir in salt. Yield: 6 servings (serving size: about 1 1/4 cups)

Cajun Scallops

- 1 teaspoon olive oil
- 1 large red onion, thinly sliced and separated into rings
- 1 teaspoon Cajun seasoning

- 1/2 teaspoon ground black pepper
- 1 teaspoon butter
- 1 garlic clove
- 3/4 pound fresh scallops
- 1 to 2 teaspoons hot sauce

Heat oil in a cast-iron skillet over high heat. Add onion, Cajun seasoning, and pepper; sauté 3 minutes. Add butter and garlic; sauté 30 seconds. Add scallops; cook 1 minute or until browned. Sprinkle with hot sauce; turn. Cook 3 minutes or until done. Yield: 2 servings (serving size: about 5 ounces scallops)

Cajun Shrimp Casserole

- 2 pounds unpeeled, large fresh shrimp
 - 1/4 cup butter
 - 1 small red onion, chopped*
 - 1/2 cup chopped red bell pepper*
 - 1/2 cup chopped yellow bell pepper*
 - 1/2 cup chopped green bell pepper*
 - 4 garlic cloves, minced
 - 2 cups fresh or frozen sliced okra
 - 1 tablespoon lemon juice
 - 1 1/2 teaspoons salt
 - 1 (10 3/4-ounce) can cream of shrimp soup**
 - 1/2 cup dry white wine
 - 1 tablespoon soy sauce
 - 1/2 teaspoon cayenne pepper
 - 3 cups cooked long-grain rice
 - 1/4 cup grated Parmesan cheese
- Garnishes: quartered lemon slices, fresh flat-leaf parsley sprigs

Peel shrimp; devein, if desired. Melt 1/4 cup butter in large skillet over medium-high heat. Add onion and next 3 ingredients; sauté 7 minutes or until tender. Add garlic, and sauté 1 minute. Stir in okra, lemon juice, and salt; sauté 5 minutes. Add shrimp, and cook 3 minutes or until shrimp turn pink. Stir in soup and next 4 ingredients until blended. Pour into a lightly greased 11- x 7-inch baking dish. Sprinkle evenly with Parmesan cheese. Bake at 350° for 15 to 20 minutes or until casserole is bubbly and cheese is lightly browned. Garnish, if desired.

*1 (10-ounce) package frozen onions and peppers may be substituted for fresh onion and bell peppers.

**1 (10 3/4-ounce) can cream of mushroom soup may be substituted for cream of shrimp soup.

Note: Unbaked casserole may be made one day in advance. Cover and refrigerate. Let stand at room temperature 30 minutes before baking as directed. To freeze unbaked casserole, prepare as directed, omitting Parmesan cheese. Cover tightly, and freeze. Let stand at room temperature 30 minutes before baking. Bake, covered, at 350° for 50 minutes. Uncover; sprinkle evenly with Parmesan cheese, and bake 10 more minutes or until cheese is lightly browned.

Yield: Makes 6 servings



Cajun Shrimp and Andouille Alfredo Sauce Over Pasta

May substitute 3 cups chopped cooked chicken for shrimp.

While the fettuccine cooks, start the sausage.

- 1 pound unpeeled, medium-size fresh shrimp
- 1 (12-ounce) package fettuccine
- 1/2 pound Andouille sausage, chopped
- 1/2 cup butter or margarine
- 1 medium onion, chopped
- 1 small green bell pepper, chopped
- 4 celery ribs, chopped (about 1 cup)
- 4 garlic cloves, minced
- 1 1/2 tablespoons salt-free Cajun seasoning
- 3 tablespoons all-purpose flour
- 2 cups chicken broth
- 1 1/2 cups heavy cream
- 6 ounces pasteurized prepared cheese product, cubed
- 3/4 cup chopped green onions
- 1/3 cup grated Parmesan cheese
- 3 tablespoons chopped fresh parsley

Peel shrimp, and devein, if desired. Set aside. Prepare fettuccine according to package directions; drain pasta, and set aside. Cook sausage in a large Dutch oven over medium heat 10 minutes or until browned; remove sausage, and drain, reserving 1 tablespoon drippings in Dutch oven. Set sausage aside. Melt butter in drippings in Dutch oven over medium heat. Add shrimp, and cook 5 minutes or just until shrimp turn pink. Remove shrimp, and keep warm. Add onion and next 3 ingredients; cook, stirring constantly, over medium heat 10 minutes. Stir in Cajun seasoning and flour. Cook over medium heat, 1 minute, stirring constantly. Gradually stir in chicken broth. Bring to a boil over medium-high heat, stirring occasionally. Boil 1 minute. Reduce heat to medium-low, and stir in heavy cream; cook over medium-low heat 8 minutes or until mixture simmers. Add pasteurized cheese cubes, sausage, and shrimp, stirring until cheese melts. Stir in chopped green onions, Parmesan cheese, and chopped fresh parsley. Serve over hot cooked fettuccine.

Note: For testing purposes only, we used Velveeta for pasteurized prepared cheese product. Freeze shrimp and andouille pasta in 3 (8 1/4- x 5 1/4- x 1-inch) disposable foil pans covered with aluminum foil. Place in zip-top plastic freezer bags. Freeze up to 1 month, if desired. Remove from freezer bag, and bake, covered, at 350° for 1 hour and 15 minutes. Or thaw in refrigerator overnight, and bake, covered, at 350° for 45 minutes. Each pan contains about two servings.

Yield: Makes 6 servings

Cajun-Spiced Soft-Shell Crab Sandwich with Yellow Pepper and Caper Aioli

- 2 yellow bell peppers
- 1/3 cup light mayonnaise
- 1/4 cup basil leaves
- 2 tablespoons capers
- 1/4 teaspoon salt
- 2 garlic cloves, peeled
- 1 tablespoon vegetable oil
- 4 (5 to 6-ounce) soft-shell crabs, cleaned
- 1 tablespoon salt-free Cajun seasoning (such as Spice Hunter)
- 1/4 cup cornmeal
- 4 (3-ounce) pieces Italian bread, cut in half lengthwise and toasted

- 4 curly leaf lettuce leaves
- 4 (1/4-inch-thick) slices red onion

Preheat broiler. Cut bell peppers in half lengthwise, and discard seeds and membranes. Place bell pepper halves, skin sides up, on a foil-lined baking sheet, and flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel. Place bell pepper, mayonnaise, basil, capers, salt, and garlic in a food processor; process until smooth. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle crabs with Cajun seasoning. Dredge crabs in cornmeal. Add crabs to pan; cook 3 minutes on each side, gently pressing body and legs against pan. Spread 1 tablespoon mayonnaise mixture evenly over each slice of bread. Arrange 1 crab over each bottom half of bread. Top each crab with 1 lettuce leaf and 1 red onion slice. Cover with top halves of bread.

Yield: 4 servings

Chicken Cakes with Rémoulade Sauce

The cakes make terrific appetizers. Simply halve the amount of mixture, and form into 18 patties.

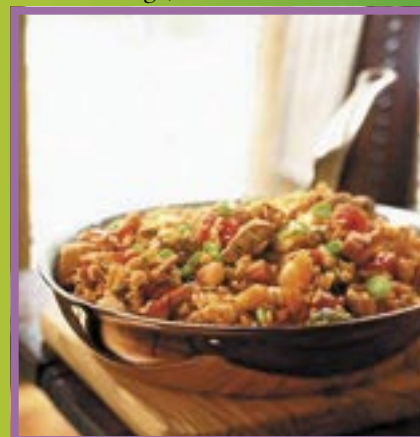
- 2 tablespoons butter or margarine
 - 1/2 medium-size red bell pepper, diced
 - 4 green onions, thinly sliced
 - 1 garlic clove, pressed
 - 3 cups chopped cooked chicken
 - 1 cup soft breadcrumbs
 - 1 large egg, lightly beaten
 - 2 tablespoons mayonnaise
 - 1 tablespoon Creole mustard
 - 2 teaspoons Creole seasoning
 - 1/4 cup vegetable oil
- Rémoulade Sauce

Melt butter in a large skillet over medium heat. Add bell pepper, green onions, and garlic, and sauté 3 to 4 minutes or until vegetables are tender. Stir together bell pepper mixture, chicken, and next 5 ingredients. Shape mixture into 8 (3 1/2-inch) patties. Fry 4 patties in 2 tablespoons hot oil in a large skillet over medium heat 3 minutes on each side or until golden brown. Drain on paper towels. Repeat procedure with remaining 2 tablespoons oil and patties. Serve immediately with Rémoulade Sauce.

Yield: 4 servings

Chicken-and-Sausage Jambalaya

- 1 (16-ounce) package Cajun-style smoked sausage, cut into 1/4-inch slices
 - 2 celery ribs, chopped
 - 1 medium onion, chopped
 - 1 medium-size green bell pepper, chopped
 - 4 cups chopped cooked chicken
 - 1 (32-ounce) container chicken broth
 - 1 1/4 cups uncooked long-grain rice
 - 1 tablespoon Cajun seasoning
- Garnish: chopped fresh parsley



Cook smoked sausage in a Dutch oven over medium heat, stirring constantly, 3 minutes or until browned. Add celery, onion, and bell pepper, and sauté 6 to 8 minutes or until vegetables are tender. Stir in chicken and next 3 ingredients; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until rice is done and liquid is absorbed. Remove from heat, and let stand 10 to 15 minutes before serving. Garnish, if desired.
Yield: 6 to 8 servings

Iced Coffee

This is a Louisiana tradition. Make a batch of concentrate to keep in the refrigerator for hot or cold coffee. If you purchase coffee beans, grind them to percolator coarseness.

1/4 cup Coffee Concentrate

1/4 cup water

Milk (optional)

Sugar (optional)

Stir together 1/4 cup each of Coffee Concentrate and water, and, if desired, stir in desired amounts of milk and sugar. Serve over ice.

Yield: Makes 1/2 cup

Coffee Concentrate

This recipe goes with Iced Coffee

1/2 pound ground coffee with chicory or dark roast ground coffee

7 cups cold water

1 1/2 teaspoons vanilla extract

Stir together ground coffee and 7 cups cold water in a pitcher until all ground coffee is wet; let coffee mixture stand 12 hours at room temperature. Pour coffee mixture through a large, fine wire-mesh strainer, discarding grounds. Clean strainer; place a coffee filter or double layer of cheesecloth in strainer, and pour coffee mixture through lined strainer. Add vanilla; cover and chill up to 1 month.

Yield: Makes about 1 3/4 quarts

Living, APRIL 2004

Creole Mayonnaise

This recipe goes with Creole Oyster Po' Boy

1/4 cup reduced-fat mayonnaise

1 tablespoon minced green onions

1 tablespoon minced fresh parsley

2 teaspoons sweet pickle relish

2 teaspoons Creole or other coarse-grained mustard

1 teaspoon capers

1/2 teaspoon hot sauce

Combine all ingredients in a bowl; stir well, and set aside.

Yield: 1/3 cup (serving size: 2 teaspoons)

Creole Mustard Sauce

1 (8-ounce) container sour cream

1/4 cup Creole mustard

1 tablespoon cider vinegar

1 teaspoon Cajun seasoning

1/8 teaspoon ground red pepper

Stir together all ingredients; chill.

Yield: Makes 1 1/4 cups

Creole Oyster Po' Boy

1/3 cup cornmeal

1/3 cup dry breadcrumbs

1/2 teaspoon garlic powder

1/4 teaspoon salt

1/4 teaspoon ground red pepper

1/4 teaspoon black pepper

2 tablespoons low-fat buttermilk

1 egg white

2 (10-ounce) containers standard oysters, drained

Vegetable cooking spray

1 (1-pound) loaf French bread (about 16 inches long)

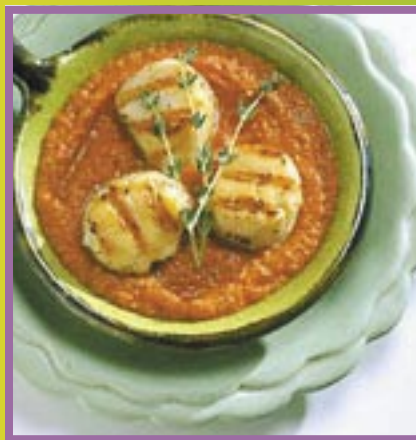
Creole Mayonnaise (see recipe)

2 cups thinly sliced iceberg lettuce

24 thin tomato slices

Combine first 6 ingredients (cornmeal through black pepper) in a bowl; stir well. Combine buttermilk and egg white in a bowl; stir well. Dip oysters in buttermilk mixture, and dredge in cornmeal mixture. Coat a large nonstick skillet with cooking spray, and place over medium heat until hot. Add oysters, and cook 3 minutes on each side or until browned. Cut bread loaf in half horizontally, and spread Creole Mayonnaise evenly over cut sides of bread. Arrange lettuce and tomato slices over bottom half of loaf; top with oysters and top half of loaf. Cut loaf into 8 pieces. Serve immediately.

Yield: 8 sandwiches



Creole Tomato Sauce

This recipe goes with Grilled Scallops with Creole Tomato Sauce

3/4 cup finely chopped onion

3/4 cup finely chopped red bell pepper

1 tablespoon minced garlic

1 teaspoon dried thyme

1/2 teaspoon dried oregano

1/8 teaspoon ground red pepper

1 tablespoon olive oil

1/3 cup dry white wine

1 (14 1/2-ounce) can diced tomatoes, undrained

1/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

Sauté first 6 ingredients in hot oil in a large skillet over medium-high heat about 5 minutes or until vegetables are tender. Add wine, and cook until most of the liquid evaporates. Stir in tomatoes, salt, and pepper; cook 5 to 7 minutes or until mixture thickens, stirring occasionally. Cool slightly. Process tomato mixture in a blender or food processor until smooth. Return sauce to skillet; keep warm.

Yield: 1 3/4 cups

Grilled Scallops with Creole Tomato Sauce

24 large sea scallops (about 2 1/4 pounds)

2 tablespoons olive oil

3/4 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

Creole Tomato Sauce

Garnish: fresh thyme sprigs

Brush scallops with olive oil; sprinkle with salt and pepper. Grill, without grill lid, over high heat (400° to 500°) 4 to 5 minutes or just until scallops are opaque, turning once. Serve warm with Creole Tomato Sauce. Garnish, if desired..

Yield: 8 appetizer servings

Hoppin' John

2 cups dried black-eyed peas
1/2 pound salt pork, quartered
2 cups chopped onion
1 cup chopped green pepper
1 bay leaf
2 1/2 cups water
1 cup uncooked long-grain rice
1 1/2 teaspoons salt
1/4 teaspoon black pepper
1/4 teaspoon ground red pepper
Few drops of hot sauce

Sort and wash peas; place in a large Dutch oven. Add water 2 inches above peas, and bring to a boil. Boil 1 minute; cover, remove from heat, and let stand 1 hour. Drain peas, and return to Dutch oven; add salt pork and next 3 ingredients. Cover with water; simmer, covered, 1 1/2 to 2 hours or until peas are tender and water has cooked very low. Remove salt pork, if desired. Add 2 1/2 cups water and remaining 5 ingredients to peas. Cover and cook over low heat 20 minutes or until rice is tender. Discard bay leaf before serving.

Yield: Makes 8 side-dish servings



Hot Muffuletta

Before the hard salami, ham, and provolone are piled on, the bread for these New Orleans sandwiches is spread with a piquant olive salad flavored with garlic, oregano, and fresh parsley. (see recipe below)

1 10-ounce jar green olives with pimientos, drained and chopped
1 1/2 teaspoons dried oregano
1 clove garlic, minced

3 tablespoons olive oil
1/4 cup chopped fresh parsley
4 large, crusty rolls, split
1/2 pound sliced hard salami
1/2 pound sliced ham
1/2 pound sliced provolone

Heat the oven to 350°. In a small bowl, combine the chopped olives with the oregano, garlic, oil, and parsley. Spread some of the olive mixture on the bottom half of each roll. Top the olive salad with the salami, ham, and provolone. Cover with the tops of the rolls and then wrap each sandwich in aluminum foil. Bake until the cheese melts, about 15 minutes.

Variations: ★ Instead of heating the sandwiches, serve them the more traditional way—at room temperature. : ★ Use a combination of chopped, pitted black olives, such as Kalamata, and green olives with pimientos in the salad for both color and flavor.

Yield: 4

Muffulettas II

2 cups Olive Salad (see below)
1 (16-ounce) French bread loaf, split horizontally
1/2 pound sliced hard salami
1/2 pound sliced cooked ham
6 Swiss cheese slices
6 thin provolone cheese slices

Spread 1 cup Olive Salad evenly on bottom half of bread; layer as desired with salami, ham, and cheeses, and spread with remaining Olive Salad. Cover with bread top. Cut crosswise into sandwiches.

Yield: 6 servings

Olive Salad

This recipe goes with Muffulettas

1 (1-quart) jar mixed pickled vegetables
1 purple onion, quartered (optional)
1 (16-ounce) jar pitted green olives, drained
2 (2 1/4-ounce) cans chopped ripe olives, drained
1/4 cup chopped pepperoncini peppers
2 tablespoons capers
1 tablespoon minced garlic
1/2 cup olive oil
1 1/2 teaspoons dried parsley flakes
1 teaspoon dried oregano
1 teaspoon dried basil
1/2 teaspoon ground black pepper
1 (7.25-ounce) jar roasted red peppers, drained and coarsely chopped (optional)

Drain pickled vegetables, reserving 1/4 cup liquid. Pulse pickled vegetables, onion, if desired, and next 10 ingredients in a food processor until coarsely chopped. Stir in reserved vegetable liquid and, if desired, roasted red peppers; cover and chill 8 hours. Chill leftover mixture up to 2 weeks.

Note: We used mixed pickled vegetables that contained cauliflower, onion, carrot, pepper, and celery.

Yield: 6 cups



Garden District Eggs

1 cup melted butter
1 medium onion, finely chopped
1 medium-size green bell pepper, finely chopped
1 medium-size red bell pepper, finely chopped
7 garlic cloves, minced
1/2 pound wild mushrooms, sliced
1 pound fresh mushrooms, sliced
1 (16-ounce) French bread loaf, cut into 1-inch cubes
4 large eggs, lightly beaten
1 cup fine dry breadcrumbs

1 (32-ounce) container chicken broth
 1/3 cup each of chopped fresh basil, thyme, and oregano
 2 bunches green onions, chopped
 1 teaspoon salt
 1 teaspoon pepper
 Vegetable cooking spray
 2 (6-ounce) packages fresh spinach
 1 tablespoon water
 16 poached eggs
 Tasso Hollandaise (see below)
 Steamed asparagus (optional)
 Garnishes: finely chopped red bell pepper, chopped fresh parsley

Melt butter in a Dutch oven over medium heat; add onion, peppers, and garlic; sauté 10 minutes or until tender. Add mushrooms, and cook 30 minutes or until liquid evaporates. Stir in bread cubes, lightly beaten eggs, and breadcrumbs. Gradually stir in chicken broth until the mixture resembles stuffing. Stir in herbs, green onions, salt, and pepper. Cover and chill 8 hours. Shape mixture into 16 patties, using about 3/4 cup mixture for each patty. Cook, in batches, on a nonstick griddle or a large nonstick skillet coated with cooking spray over medium-high heat 4 minutes on each side or until golden. Place cakes on a wire rack in a jellyroll pan, and keep warm in a 200° oven. Cook spinach and 1 tablespoon water in a large nonstick skillet over medium heat 5 minutes or until wilted, stirring once; drain well. Place 1/4 cup spinach on each of 8 serving plates; top with two mushroom cakes. Top with 2 poached eggs and Tasso Hollandaise. Serve with asparagus, if desired. Garnish, if desired.

Yield: Makes 8 servings

Tasso Hollandaise

This recipe goes with Garden District Eggs

8 egg yolks
 1/4 cup fresh lemon juice
 2 tablespoons white wine
 2 cups butter, melted
 1/2 teaspoon salt
 1/8 teaspoon ground red pepper
 1/2 cup finely chopped tasso ham (about 6 ounces)*

Whisk yolks in top of a double boiler; gradually whisk in lemon juice and wine. Place over hot water (do not boil). Add butter, 1/3 cup at a time, whisking until smooth; whisk in salt and red pepper. Cook, whisking constantly, 10 minutes or until thickened and a thermometer registers 160°. Stir in tasso. Serve immediately.

*1/2 cup diced, cooked andouille sausage may be substituted.

Yield: Makes 3 cups

