

# Good Stuff from Our Kitchen

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## Preface

In February 1995, Bunny and I started putting together this cookbook. Our original goal was to write down all of the commonly used recipes that have been gathering in our recipe archives. You know the kind I'm talking about, card files that contain cryptic, food stained notes passed along to us by our friends and families. By April, I had started to include new recipes that we tried and liked. So, the outcome of our 'little' project has turned into this book that documents many of the wonderful foods that we have cooked and enjoyed since then. Bunny and I hope that you will try a few of these and think of us as you enjoy them. Of course, if you try something and don't like it, then think of someone else.

Feel free to modify any of these as you like and to pass along the ones you like to your friends and family. Wherever possible we have tried to cite the appropriate source or inspiration for the recipes included. I hope we haven't offended those whose recipes we've modified and won't be sued by those whose published recipes we have used so freely.

Bunny (a.k.a., Kathy) and I hope you have a great 1999 and beyond and we encourage you to keep sending us your favorite recipes so that we can include them in future editions of *Good Stuff from Our Kitchen...*

Lee Adkins  
January 8, 2002

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# Seasonings

## Emeril's Creole Seasoning Mix

Source: Emeril Lagasse [34]

Makes:  $\frac{2}{3}$  cup

### Ingredients:

- $2\frac{1}{2}$  tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried leaf oregano
- 1 tablespoon dried leaf thyme

Mix everything together and store in an airtight container.

*Note:* This seasoning is great on all grilled food. I don't recommend using it on fried food, however.

## Emeril's Southwest Seasoning Mix

Source: Emeril Lagasse [34]

Makes:  $\frac{1}{2}$  cup

### Ingredients:

- 2 tablespoons chili powder
- 2 tablespoons paprika
- 1 tablespoon ground coriander
- 1 tablespoon garlic powder
- 2 teaspoons ground cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon dried leaf oregano
- 1 teaspoon black pepper
- 1 teaspoon crushed red pepper

Mix everything together and store in an airtight container.

## Reduced Salt Creole Seasoning Mix

Source: Lee

Makes:  $\frac{1}{2}$  cup

When you are cooking recipes that use a lot of canned products, you need to use a seasoning mix with less salt. This one is very similar to Emeril's but has less paprika,  $\frac{1}{4}$  less salt, combines white and black pepper, and contains basil. It does not contain onion or garlic powder. Come to think about it, its not very much like Emeril's at all! Oh well, here it is.

### Ingredients:

- 1 tablespoon paprika
- 1 tablespoon salt
- 1 tablespoon cayenne pepper
- $\frac{1}{2}$  tablespoon black pepper
- $\frac{1}{2}$  tablespoon white pepper
- 1 tablespoon dried leaf oregano
- 1 tablespoon dried leaf thyme
- 1 tablespoon dried basil

Mix everything together and store in an airtight container.

## Brisket Sauce

Source: Carter Hill

Makes:  $1\frac{1}{2}$  cups

### Ingredients:

- 2 tablespoons butter
- 1 medium onion, chopped
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  cup chili sauce
- $\frac{1}{2}$  cup ketchup
- $\frac{1}{4}$  cup vinegar
- 2 tablespoons lemon juice
- 2 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoons molasses
- 2 teaspoons dry mustard
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon paprika

Melt butter in large skillet over medium-low heat. Add onion. Cover till onions are translucent, about 10 minutes.

Blend in remaining ingredients. Bring to boil and then gently simmer 30 minutes, uncovered, stirring occasionally. Serve at room temperature as a dipping sauce for Carter's Beef Brisket (see page 36).

## Horseradish Tequila Cream Sauce

This sauce can be served over grilled tuna or steaks. I've tried it with Pepper Crusted Beef Filets (page 45) and it was wonderful.

Source: *Chili Pepper* [15]

Makes: about  $\frac{3}{4}$  cup

### Ingredients:

- $\frac{1}{4}$  cup prepared horseradish
- $\frac{1}{4}$  cup cream
- $\frac{1}{4}$  cup sour cream
- salt and pepper
- 2 tablespoons tequila

Mix all ingredients in a small bowl and whisk until smooth.

## Louisiana Sweet Barbecue Sauce

Source: *Cook's Illustrated* [17]

Makes: 2-2½ cups

### Ingredients:

- 4 tablespoons butter
- 1 small onion, finely chopped
- 2 cloves of garlic, minced
- 1 teaspoon paprika
- 1 tablespoon black pepper
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon dry mustard
- ½ teaspoon Tabasco or other hot sauce
- ½ teaspoon salt
- 6 tablespoons cider vinegar
- 1 tablespoon packed brown sugar
- 2 tablespoons sweet sherry
- 1 tablespoon molasses
- 1 16-ounce can tomato sauce
- black pepper to taste

Melt butter in a small saucepan; add onions and garlic, sauté until onions soften, about 3 or 4 minutes. Stir in next 6 ingredients, cooking over medium heat for 5 minutes to blend flavors. Meanwhile, dissolve the brown sugar in the vinegar. Add the vinegar/sugar mixture, sherry, molasses, and tomato sauce to the saucepan and continue cooking uncovered for about 15 minutes, or until the sauce thickens.

## Georgia Barbecue Sauce

Source: Carter Hill

Makes: 1½ cups

### Ingredients:

- 1 cup ketchup
- 1 cup strong coffee
- ¼ cup Worcestershire Sauce
- 1 teaspoon Tabasco or other hot sauce
- ½ to ¾ cup vinegar (more to taste)
- 2 tablespoon dry mustard, mixed with a little vinegar to make paste
- Cajun Garlic Power Sauce to taste (optional)
- black pepper to taste

Mix all ingredients together. Serve with smoked pork butt or shoulder. Can't get any easier than that!

## Emeril's Barbecue Sauce

Source: Emeril

Makes: 5 cups

### Ingredients:

- 3 cups ketchup
- 1 cup light brown sugar
- 2 teaspoons minced garlic
- $\frac{1}{2}$  cup Worcestershire sauce
- 2 tablespoons sesame oil
- 2 ounces molasses
- 1 tablespoon dry mustard
- 1 tablespoon chili powder
- 2 teaspoons grated ginger
- 2 ounces balsamic vinegar
- salt and black pepper to taste

Combine ketchup, brown sugar, Worcestershire sauce, sesame oil, molasses, chili powder, ground mustard, garlic, ginger, and balsamic vinegar in the bowl of a food processor. Purée until the sauce is smooth. Salt and pepper to taste.



## Piri Piri

Source: Louisiana New Garde [44]

Makes:  $1\frac{1}{2}$  cups

### Ingredients:

- 4 jalapeño peppers
- 2 poblano peppers
- 1 habanero pepper
- $1\frac{1}{2}$  tablespoons dried red pepper flakes
- black pepper to taste
- $1\frac{1}{2}$  cups olive oil
- 1 tablespoon minced garlic

Seed and coarsely chop the chilies. Combine all ingredients except garlic in a small saucepan and simmer for 10 minutes. In a blender or food processor purée the mixture with the garlic. Set aside and let the sauce cool. Store in a bottle covered with plastic wrap for 7 days before using. Keeps for 2 months.

## Tonnato Sauce

Source: Jeff Smith [49]

Makes:  $1\frac{1}{2}$  cups

### Ingredients:

- 1 7-oz can tuna packed in water
- 8 canned flat anchovies, drained
- $\frac{1}{4}$  cup fresh lemon juice
- 2 tablespoons brandy
- $\frac{3}{4}$  cup olive oil, room temperature
- 1 tablespoon capers
- dash of Tabasco

Place the tuna, anchovies, and lemon juice in a blender. Blend until all are mixed together. Add Tabasco. Slowly pour in the olive oil as the machine runs. Remove the sauce from the container and stir in capers. Serve over meats, vegetables, pasta, or salads. We especially like it on rotini.

## Tomato Corn Salsa

- $\frac{1}{4}$  cup corn kernels
- 4 ripe Italian plum tomatoes, peeled, seeded, diced
- $\frac{1}{4}$  cup minced onion
- 1 teaspoon minced fresh jalapeño pepper
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1 teaspoon fresh lemon juice
- $\frac{1}{2}$  teaspoon salt
- freshly ground black pepper to taste

Combine all of the ingredients in a bowl and stir until blended thoroughly. Flavor improves after it sits for a while.

## Tortilla Sauce

- 8 6-inch corn tortillas
- 1 tablespoon olive oil
- $\frac{1}{2}$  cup chopped onion
- 1 tablespoon minced garlic
- 1 teaspoon minced fresh jalapeño pepper
- 1 teaspoon Emeril's Southwest Seasoning Mix (page 2)
- $\frac{1}{2}$  teaspoon salt
- freshly ground black pepper to taste
- 4 cups chicken stock
- $\frac{1}{4}$  cup heavy cream
- $\frac{1}{2}$  cup grated jalapeño flavored jack cheese

Preheat oven to 375°F. Place tortillas on a baking sheet and bake until crisp, dry and golden, for about 5 minutes. Remove from oven and set aside.

Heat oil in a saucepan over high heat. When the oil is hot, sauté the onions, garlic, and peppers for about 30 seconds. Add the Southwest Seasoning Mix, salt, pepper, and stock and bring to a boil. Cook for 10 minutes. Stir in cream, and reduce the heat to medium.

Crumble the tortillas and whisk them into the sauce. Whisk in the cheese and simmer for about 15 minutes. Remove from heat.

Pour the sauce into a food processor or blender and purée until smooth and creamy. Serve immediately. Will keep 24 hours in refrigerator.

## Very Hot Cajun Sauce for Beef

Source: *Paul Prudhomme's Louisiana Kitchen* [38]

Makes:  $3\frac{1}{2}$  cups

This is really good on the Cajun Meatloaf (page 73).

### Ingredients:

- 2 whole bay leaves
- $\frac{3}{4}$  teaspoon ground cayenne pepper
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon white pepper
- $\frac{1}{4}$  cup minced jalapeño peppers
- 1 teaspoon minced garlic
- $\frac{1}{4}$  cup vegetable oil
- $\frac{3}{4}$  cup finely chopped onions
- $\frac{1}{2}$  cup finely chopped celery
- $\frac{1}{2}$  cup finely chopped green bell pepper
- $\frac{1}{4}$  cup plus 1 tablespoon all-purpose flour
- 3 cups beef or chicken broth

Combine the onions, bell peppers, and celery in a small bowl and set aside while you make a roux. In a heavy 2-quart saucepan heat the oil over medium low heat to about 250°F. 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 or 3 minutes. Remove from heat and stir in vegetables and red, white, and black peppers. Return the pan to high heat and cook 2 minutes, stirring constantly. Add the bay leaves, jalapeño peppers, and garlic, stirring well. Continue cooking for about 2 minutes, stirring constantly. Remove from heat.

In a separate pan bring stock to boil. Add 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  $3\frac{1}{2}$  cups, about 15 minutes. Skim off any oil from the top and serve.

### Not So Very Hot Cajun Sauce

Make the Very Hot Cajun Sauce for beef recipe, omitting the jalapeño peppers and using only  $\frac{1}{4}$  teaspoon each of cayenne, black, and white peppers.

## Blue Cheese Dipping Sauce

Makes: 1½ cups

This is a light version of the classic dipping sauce used with the Buffalo Chicken Wings on page 137.

### Ingredients:

- 4 ounces of Roquefort or other blue cheese
- ½ cup nonfat plain yogurt
- ½ cup mayonnaise

Mix the cheese, yogurt, and mayonnaise in a bowl, mashing the cheese well with the back of a fork. Remove to a serving bowl and refrigerate until ready to use.

### Spicy Version

- 2 tablespoons minced onion
- 2 tablespoons minced celery
- ¼ teaspoon white pepper
- ¼ teaspoon minced garlic (optional)
- ½ teaspoon Worcestershire sauce

Follow the master recipe. Mix in the onion, celery, pepper, garlic, and Worcestershire sauce. Remove to a serving bowl and refrigerate until ready to use.

Suggestion: Blend in some roasted garlic before adding the olive oil.

## Dry Rub for Ribs

Source: *Cook's Illustrated* [17]

Makes: about  $1\frac{1}{2}$  cups

### Ingredients:

- 4 tablespoons paprika
- 3 tablespoons garlic powder
- 3 tablespoons celery salt
- 2 tablespoons salt
- 2 tablespoons packed brown sugar
- 2 tablespoons cumin
- 2 tablespoons ground chilies (mild)
- 1 tablespoon black pepper
- 1 tablespoon cayenne pepper
- 1 tablespoon white pepper
- 1 tablespoon ground oregano
- 1 tablespoon white sugar

Mix ingredients together and store in an airtight container.

## Tunisian Tomato Relish

Source: *American Wholefoods Cuisine* [24]

Makes: about  $1\frac{1}{4}$  cups

This relish is so good, I could eat it on just about anything. I especially like it on falafel. It is also good with couscous.

### Ingredients:

- 4 plum tomatoes, peeled, seeded, and diced
- $\frac{1}{4}$  cup minced parsley
- 2 green onions, minced
- 1 clove garlic, minced
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon crushed red pepper
- $\frac{1}{2}$  teaspoon ground cumin
- 2 tablespoons olive oil
- $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon hot sauce (optional)

Combine all ingredients let flavors blend at room temperature until ready to serve.

## Béchamel Sauce

Source: Seen one, seen 'em all

Makes: about  $1\frac{3}{4}$  cups

### Ingredients:

- 4 tablespoons unsalted butter
- 3 tablespoons unbleached all-purpose flour
- $1\frac{1}{2}$  cups milk
- pinch paprika
- pinch of ground nutmeg
- salt and white pepper to taste

Over low heat melt the butter in a heavy saucepan. Add the flour and cook for 3 minutes, stirring constantly. Raise the heat to medium and slowly add milk while stirring constantly with a wire whisk. Continue to stir until the sauce thickens, about 5 minutes. Add the seasonings and remove from heat. Use immediately, if possible.

## Red Hot Onions

Source: *Bunny's Archive*

Serves: 12

These are excellent when served with cold meats, steaks, and barbecue. Be sure to have a cold beer handy when consuming these because they are perky!

### Ingredients:

- 3 very thinly sliced large red onions
- 3 tablespoons Tabasco sauce
- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar

Pour boiling water over the sliced onions, let stand 1 minute, and drain. Place onions in a flat, shallow dish. Mix Tabasco, oil, and vinegar; pour over onions. Refrigerate and let stand for at least 3 hours. You can drain the onions before serving, if desired.

## Creole Sauce

This sauce is served with the rice jambalayas found on pages 76 and 77. It's pretty fiery so be careful.

Source: Lee – inspired by Chef Paul

Makes: about 3 cups

### Ingredients:

- 2 bay leaves
- 4 teaspoons Low Salt Creole Seasoning (page 2)
- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 1 cup peeled chopped tomatoes
- $\frac{3}{4}$  cup chopped onion
- $\frac{3}{4}$  cup chopped celery
- $\frac{3}{4}$  cup chopped green bell pepper
- 2 teaspoon minced garlic
- 1 cup tomato sauce
- $1\frac{3}{4}$  cups chicken stock
- 1 teaspoon sugar
- dash of Tabasco

Melt butter and oil in a large skillet over medium heat. Stir in vegetables. Add seasoning mix, bay leaves, and garlic. Sauté until onions become transparent, stirring frequently. Add the stock, tomato sauce, sugar and Tabasco; bring to a boil. Reduce heat and maintain a simmer for about 20 or 25 minutes, or until the veggies are tender. Remove bay leaves and serve.

## Orange Anaheim Pepper Sauce

Source: *Lee Bailey's New Orleans* [6]

Makes:  $1\frac{1}{3}$  cups

This sauce is served with the scrumptious Wasabi Crust Baked Salmon (page 43).

### Ingredients:

- $\frac{1}{3}$  cup fresh orange juice
- zest from 2 medium oranges
- $\frac{1}{4}$  cup dry white wine
- 3 tablespoons white wine vinegar
- 3 tablespoons minced Anaheim pepper
- 2 tablespoons cream
- 1 cup cold unsalted butter
- $\frac{1}{4}$  teaspoon salt
- pinch of white pepper

In a small nonreactive pot place juice, zest, wine, and vinegar. Over high heat, reduce the mixture until syrupy, about 10 minutes. Remove the pot from the heat and add pepper and cream. Whisk in butter a bit at a time until all is incorporated. Sprinkle in salt and pepper, seasoning to taste.



## Sun-Dried Tomato Purée

Source: FoodTV

Makes: 1 cup

This stuff is good on pasta or as a base for pizza. Once you've tried it, you'll think of many more uses for it I'm sure.

### Ingredients:

- 12 sun-dried tomatoes
- water to cover
- 2 garlic cloves
- $\frac{1}{2}$  cup extra virgin olive oil
- salt and pepper
- 2 dozen small oil or salt-cured black olives, pitted and chopped (optional)
- anchovies or anchovy paste (optional)
- capers, drained and coarsely chopped (optional)
- dried or fresh herbs like thyme, rosemary, or basil

Cover dried tomatoes with water and bring to a simmer. Turn off heat and let the tomatoes plump up while they cool in liquid. Drain well and put in food processor with garlic and oil. Purée until smooth. Season to taste with salt and pepper.

Incorporate any of the optional items if desired. Add desired herbs and serve.

## Vaunted Vinegar Sauce

Source: *Smoke & Spice* [31]

Makes: about 2 cups

### Ingredients:

- 2 cups cider vinegar (or white)
- 2 tablespoons brown sugar
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon red pepper flakes or cayenne

Combine all ingredients in a bowl and stir to dissolve the sugar. Serve at room temperature or chill. Keeps indefinitely.

## Enchilada Sauce

Source: Emeril on FoodTV

Makes: 2  $\frac{1}{2}$  cups

### Ingredients:

- 3 tablespoons vegetable oil
- 10 ounces tomato paste
- 1 tablespoon flour
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  cup chili powder
- 1 teaspoon oregano
- 2 cups chicken stock
- 1 teaspoon ground cumin

Heat oil over medium heat, stir in flour with a wooden spoon. Cook for 1 minute. Add chili powder, cook 30 seconds. Add the remaining ingredients, bring to a boil, reduce heat to low and simmer for about 15 minutes or until smooth.

## Pesto

Source: Emeril on FoodTV

Makes: 1 or 2 cups

### Ingredients:

- 2 cups fresh basil
- $\frac{1}{2}$  cup Parmigiano-Reggiano cheese
- 1 tablespoon minced garlic
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup extra-virgin olive oil
- $\frac{1}{2}$  cup roasted pine nuts

Using a food processor with the metal blade, combine basil, garlic, pine nuts and Parmesan cheese. Purée the mixture until smooth. With the motor running, slowly drizzle  $\frac{1}{2}$  cup of the olive oil through the feed tube and purée until smooth. Add additional oil if needed. Season with salt and pepper to taste.

## Roasted Red Pepper Sauce

Source: Emeril Lagasse [34]

Makes: 2 cups

### Ingredients:

- 2 tablespoons olive oil
- 3 medium-large red bell peppers, roasted and cut up
- $\frac{1}{4}$  cup coarsely chopped onion
- 2 teaspoons minced garlic
- 1 teaspoon chopped fresh basil
- 1 teaspoon salt
- dash of cayenne pepper
- 3 turns freshly ground black pepper
- 2 cups chicken stock
- 2 tablespoons cream

Combine oil, roasted peppers, onions, garlic, basil, salt, cayenne, and black pepper in a medium saucepan over high heat and cook for 3 minutes. Stir in the stock and the cream and bring to a boil. Reduce heat and simmer, stirring occasionally, for about 8 minutes.

Remove from heat and purée in a food processor for about 2 minutes.

## Wild Willy's Number One-derful Rub

Source: *Smoke & Spice* [31]

Makes: about  $\frac{1}{2}$  cup

### Ingredients:

- 3 tablespoons paprika
- 1 tablespoon ground black pepper
- 1 tablespoon salt
- 1 tablespoon sugar
- $1\frac{1}{2}$  teaspoon chili powder
- $1\frac{1}{2}$  teaspoon garlic powder
- $1\frac{1}{2}$  teaspoon onion powder
- $\frac{1}{2}$  teaspoon ground cayenne pepper

Combine all ingredients in a small bowl. Mix thoroughly.

# Salads

## Dave's Green Bean Salad

Source: David Gade

Serves: 6-8

This fine recipe comes from our friend Dave Gade, a renown baker of fine breads. When Lee makes this recipe he usually adds a little anchovy paste and a drop or two of Tabasco to the dressing. (If you can taste the Tabasco, then you've probably added too much). At any rate, this is Lee's favorite way to eat fresh green beans.

### Ingredients:

- 2 pounds fresh green beans with ends snapped off
- 1 red bell pepper, thinly sliced
- 3 tablespoons cider vinegar
- $1\frac{1}{2}$  tablespoons Dijon mustard
- $1\frac{1}{2}$  teaspoon dill
- $\frac{1}{8}$  teaspoon black pepper
- $\frac{1}{3}$  cup olive oil
- $\frac{1}{2}$  teaspoon anchovy paste (optional)
- 1 or 2 drops of Tabasco (optional)
- 4 green onions, thinly sliced
- salt and pepper to taste

Cut beans crosswise into bite-sized pieces if desired. Simmer beans 4-6 minutes or until crisp tender. Drop in pepper immediately, drain and cover with cold water. Prepare the dressing in a small bowl by combining all remaining ingredients, except the green onions, and whisking in the oil. Stir dressing into vegetables and refrigerate overnight. Adjust seasonings and add green onions before serving.

## American Style Potato Salad

Source: Cook's Illustrated [2]

Serves: 6–8

### Ingredients:

- 2 pounds Red Bliss or new potatoes, boiled, peeled if desired, and cut into 3/4 inch cubes
- 2 tablespoons red wine vinegar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground black pepper
- 3 hard-boiled eggs, peeled and diced
- 2 of 3 green onions, sliced thin (about  $\frac{1}{2}$  cup )
- $\frac{1}{2}$  cup chopped celery
- $\frac{1}{4}$  cup sweet pickle relish
- $\frac{1}{2}$  cup mayonnaise
- 2 tablespoons Dijon mustard
- $\frac{1}{4}$  cup minced fresh parsley

Layer warm potato cubes in medium bowl; sprinkle with vinegar, salt, and pepper as you go. Refrigerate while preparing remaining ingredients.

Mix in remaining ingredients; refrigerate until ready to serve.

## French Style Potato Salad

Source: Cook's Illustrated [2]

Serves: 6–8

### Ingredients:

- 2 pounds Red Bliss or new potatoes, boiled, peeled if desired, and cut into 1/4 inch slices
- $\frac{1}{4}$  cup white wine vinegar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground black pepper
- 1 tablespoons Dijon mustard
- 1 medium shallot, minced
- 2 tablespoons minced fresh parsley
- 6 tablespoons olive oil
- 1 tablespoon minced fresh tarragon

Layer warm potato slices in a bowl and sprinkle with 2 tablespoons of vinegar, salt, and pepper. Combine the remaining vinegar, mustard, and shallot in a mixing bowl. Whisk in the olive oil so that the mixture is somewhat emulsified. Pour over potatoes and toss lightly to coat. Refrigerate until ready to serve. Before serving toss in the parsley and tarragon.

## Marcella's Green Bean Salad

Source: Marcella Hazen [29]

Serves: 4

### Ingredients:

- 1 pound green beans, boiled
- salt
- olive oil
- red wine vinegar or lemon juice

Drain the beans when they are slightly firm, but tender, not crunchy. Put them in a serving bowl, add salt, and toss once. Pour enough oil over them to give them a glossy coat. Add a dash of vinegar or lemon juice, as you prefer. Toss thoroughly, taste and correct seasoning. Serve while still warm.

## Caesar Salad

Source: Bon Appétit [10]

Serves: 4

### Ingredients:

- 4 anchovy fillet, minced or  
1½ teaspoon anchovy paste
- 1 large clove garlic, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon red wine vinegar
- dash of Tabasco
- ¼ cup olive oil
- romaine lettuce
- 1 cup croutons
- ½ cup grated Parmesan cheese

Whisk anchovies, garlic, mustard, red wine vinegar, and hot pepper sauce in bowl. Gradually add olive oil, whisking until thick. Salt and pepper to taste.

Add Lettuce and toss.

Add croutons and cheese, toss.

## New Orleans Coleslaw

Source: Lee Bailey [6]

Serves: 6–8

### Ingredients:

- 4 cups shredded green cabbage
- $\frac{1}{2}$  cup shredded carrot
- 6 tablespoons mayonnaise
- $2\frac{1}{2}$  tablespoons creole mustard
- $1\frac{1}{4}$  tablespoons white wine vinegar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon white pepper
- $\frac{1}{2}$  teaspoon sugar
- $\frac{1}{2}$  teaspoon minced flat leaf parsley
- 1 teaspoon fresh lemon juice

Toss cabbage and carrot together in a large bowl. Beat together all other ingredients and pour onto vegetables. Toss to coat well and chill before serving.

## Lee's Coleslaw

Source: Lee

Serves: 6–8

### Ingredients:

- $\frac{1}{3}$  cup red wine vinegar
- 3 tablespoons sugar
- 1 tablespoon Dijon mustard
- 1 teaspoon Tony's Chachere's Creole Seasoning
- $\frac{1}{3}$  cup high quality olive oil
- 3 cups shredded green cabbage
- 2 cups shredded red cabbage
- 1 cup shredded carrot
- $\frac{1}{4}$  cup minced sweet onion

Whisk the vinegar, sugar, Creole seasoning, and mustard together in a large bowl. Slowly whisk in the olive oil to finish the dressing. Fold in the vegetable, mixing thoroughly. Chill and serve.

## Black Bean Salad

Source: *New Basics* [43]

Serves: 4

One of the things I love about the *New Basics* cookbook is how pretty all of the dishes are. Whenever we're entertaining and I want to serve something that looks and tastes good this is the first place I look. This recipe is called a salad, though it could be used like the Tomato Corn Salsa (page 7) to provide contrast to heavier dishes. It goes well with the Cheese Enchiladas (page 59) and Savannah Red Rice (page 114). To make it convenient, I used canned black beans (which taste fine, by the way).

### Ingredients:

- 1 can of cooked black beans, drained and rinsed
- $\frac{1}{2}$  red bell pepper, cored, seeded, and chopped into  $\frac{1}{4}$  inch dice
- 2 green onions, chopped
- 1 or 2 ripe plum tomatoes, peeled, seeded, and chopped into  $\frac{1}{4}$  inch dice
- 3 tablespoons extra virgin olive oil
- $1\frac{1}{2}$  tablespoons lemon juice
- $\frac{1}{4}$  cup chopped cilantro
- $\frac{1}{2}$  teaspoon black pepper
- salt to taste

Combine all the ingredients in a bowl and toss gently. Let the salad rest for at least an hour. It can be served at room temperature or chilled.



## Fiesta Chicken Salad

Source: Bon Appétit [10]

Serves: 6

This salad is served with a lime-cilantro Vinaigrette.

### Lime-Cilantro Vinaigrette

- $\frac{1}{2}$  cup chopped Shallots
- $\frac{1}{4}$  cup fresh lime juice
- $\frac{1}{4}$  cup chopped fresh cilantro
- 1 tablespoon minced garlic
- $\frac{1}{2}$  cup vegetable oil

Combine first 4 ingredients in medium bowl. Gradually whisk in oil. Season with salt and pepper.

### Salad

- 3 cups thinly sliced red leaf lettuce
- 3 cups thinly sliced napa cabbage
- 1 cup diced cooked chicken breast
- 2 plum tomatoes, seeded, and chopped
- $\frac{1}{2}$  red bell pepper, thinly sliced
- $\frac{1}{2}$  yellow bell pepper, thinly sliced
- $\frac{1}{2}$  avocado, peeled, diced
- $\frac{1}{3}$  cup crumbled tortilla chips
- $\frac{1}{4}$  cup corn kernels (frozen or cooked fresh)
- $\frac{1}{4}$  cup pumpkin seeds, toasted
- $\frac{1}{4}$  cup onion, thinly sliced
- $\frac{1}{2}$  cup queso anejo (or feta), crumbled

Combine all ingredients except cheese in large bowl. Toss with vinaigrette to coat. Top with cheese.

## Basic Vinaigrette

Source: James Beard [8]

Serves: 4

### Ingredients:

- 1 teaspoon kosher salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- $1\frac{1}{2}$  to 2 tablespoons wine vinegar
- 6 tablespoons fruity olive oil

Blend the ingredients together with a wooded spatula or fork, using  $1\frac{1}{2}$  tablespoons vinegar. Then taste, and add more if you feel the dressing needs it.

### *Variations:*

**Garlic:** Either crush a clove of garlic and rub it into the salt you are using for your dressing or impale the crushed clove on a toothpick, put it in the vinaigrette, and remove it just before tossing the salad.

**Mustard:** Use either Dijon mustard or dry, hot mustard and adjust the amount to the salad. First blend the mustard (about  $\frac{1}{2}$  teaspoon ) with the salt, pepper, and vinegar, then mix with oil.

**Herbs:** Recommended salad herbs are tarragon, chervil, parsley, and chives. If you are using tomato, then try basil. Dill goes well with cucumber or tomato. Use either 1 tablespoon chopped fresh or 1 teaspoon dried herbs, crushed in the palm of your hand with your thumb, to  $\frac{1}{2}$  to  $\frac{3}{4}$  cup vinaigrette.

## KFC Coleslaw

Source: Where else!

Serves: 8

The name says it all. It really tastes like the coleslaw you get at Kentucky Fried Chicken. It's sweet and tart and fairly creamy. What interested me about the recipe is the buttermilk. Nice touch. For authenticity, I use the food processor to chop the vegetables into very small pieces. You can add a little bit of minced onion and some creole seasoning if you want (I usually do!)

### Ingredients:

- 1 medium head green cabbage, finely chopped
- 2 small carrots, peeled and finely chopped
- $\frac{1}{3}$  cup sugar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon black pepper
- $\frac{1}{4}$  cup milk
- $\frac{1}{2}$  cup mayonnaise
- $\frac{1}{4}$  cup buttermilk
- $1\frac{1}{2}$  tablespoons white vinegar
- $1\frac{1}{2}$  tablespoons fresh lemon juice

Combine the cabbage and carrots in a large bowl. In a medium bowl whisk the sugar, salt, pepper, milk, buttermilk, mayonnaise, white vinegar, and lemon juice until thoroughly mixed. Pour over the cabbage and mix. Chill and serve.

## Spinach-Orange Salad

Source: *Bon Appétit* [13]

Serves: 4

This is another yummy salad from *Bon Appétit*. It is great served with Cumin Roasted Pork with Wild Mushroom Sauce (page 44) and Roasted Chili and Cilantro Mashed Potatoes (page 115).

### Dressing

- $\frac{1}{4}$  cup fresh orange juice
- 3 tablespoons Sherry wine vinegar
- $1\frac{1}{2}$  tablespoons honey
- $\frac{1}{2}$  tablespoon fresh lime juice
- $\frac{3}{8}$  teaspoon chili powder
- $\frac{1}{3}$  cup olive oil

Whisk orange juice, Sherry wine vinegar, honey, lime juice, and chili powder in a large bowl to blend. Gradually whisk in olive oil. Season to taste with salt and freshly ground pepper.

### Salad

- 6 ounces stemmed fresh spinach  
(about 1 bunch)
- 2 oranges, peeled with white pith removed
- 1 cup matchstick-sized strips peeled jicama
- 1 small avocado, peeled, seeded, cubed
- $\frac{1}{4}$  cup chopped red onion
- 3 tablespoons chopped fresh cilantro

Quarter the oranges and cut crosswise into  $\frac{1}{4}$  inch thick slices. Combine oranges with remaining ingredients in a large bowl. Toss with enough salad dressing to coat lightly.

## Fried Crawfish Caesar Salad

Source: Elrod – with help from Alex Patout

Serves: 3

This is basically the Caesar Salad on page 19 with fried crawfish served on top. I usually omit the croutons, but you don't have to. Also, you will notice that the red wine vinegar is replaced with balsamic vinegar. You can use whichever you have with good results.

The fried crawfish recipe is essentially from Alex Patout [37]. The only change I made was to use buttermilk rather than whole milk. This small change seems to enhance the flavor and texture considerably.

### Dressing

- 4 anchovy fillet, minced or  
1½ teaspoon anchovy paste
- 1 large clove garlic, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon balsamic vinegar
- dash of Tabasco
- ¼ cup olive oil

Whisk anchovies, garlic, mustard, vinegar, and hot pepper sauce in a large bowl. Gradually add olive oil, whisking until thick. Salt and pepper to taste.

### Fried Crawfish

- 1 pound package of Louisiana crawfish  
tails
- 2 small eggs
- 1 cup buttermilk
- 6 ounces beer
- 1½ cups all purpose flour
- 1 tablespoon salt
- 1 teaspoon ground cayenne pepper
- 1 teaspoon ground black pepper
- 1 teaspoon ground white pepper
- peanut oil for deep frying

In a large bowl, beat together the eggs, beer, and buttermilk. Place the flour in a shallow bowl. Mix together the salt and peppers and stir half into each bowl.

Heat at least 3 inches of oil to 375°F in a deep fryer or heavy pot. Pour crawfish into batter and mix well to coat. To fry, pick up a few crawfish with your fingers or slotted spoon, allow the excess batter to drain off, and dredge in the flour, shaking off the excess flour. Fry in batches, being careful not to overcrowd the crawfish or they will stick to one another and

not cook properly. The crawfish should fry until golden brown, about 2 or 3 minutes, and be drained on a paper towel.

### Salad

- romaine lettuce
- 2 green onions, chopped
- $\frac{1}{2}$  cup grated Parmesan cheese

Add lettuce and green onions to the dressing and toss. Add cheese, toss. Place salad in large, shallow bowl and top each with  $\frac{1}{3}$  of the fried crawfish.

## Asian Cucumber Salad

Source: *The Asian Grill* [7]

Serves: 4

### Ingredients:

- 1 unpeeled English Cucumber, sliced paper thin
- $\frac{1}{2}$  cup water
- $\frac{1}{4}$  cup rice wine vinegar
- 2 teaspoon sugar
- $\frac{1}{4}$  teaspoon salt
- 2 tablespoon unsalted peanuts
- $\frac{1}{4}$  cup minced fresh cilantro

Place the sliced cucumbers in a nonaluminum bowl. In another small bowl, combine water, vinegar, sugar, and salt. Pour over cucumbers and let sit at room temperature for 1 hour.

Meanwhile, toast the peanuts over medium-high heat in a heavy skillet until fragrant and beginning to brown, about 4 minutes. You'll have to shake them or stir them continuously or they will burn. When the peanuts have cooled just a bit, remove any remaining skins, chop coarsely and set aside.

After the cucumbers have marinated for an hour, drain them, toss with the cilantro and divide into the desired portions. To serve, sprinkle with peanuts.

## Smoked Chicken Salad

Source: Lee

Serves: about 4 cups

### Ingredients:

- 2 cups chopped smoked chicken
- 1 or 2 hardboiled eggs, finely diced
- $\frac{1}{2}$  cup chopped celery
- $\frac{1}{2}$  cup chopped onion
- 2 tablespoons Dijon mustard
- 1 teaspoon Emeril's Creole Seasoning (page 1)
- $\frac{1}{8}$  teaspoon freshly ground black pepper
- salt to taste
- $\frac{1}{2}$  cup mayonnaise

Combine chicken, egg, celery, and onion. Mix remaining ingredients in a small bowl. Combine the chicken and dressing and refrigerate for a couple of hours before serving. Yum, Yum.

## Maw-Maw's Slaw

Source: Emeril Lagasse [32]

Serves: 8

Yet another slaw recipe. In case you haven't guessed, we like slaw.

### Ingredients:

- 1 cup mayonnaise
- 2 teaspoons sugar
- $\frac{1}{4}$  cup Creole mustard
- $\frac{1}{4}$  teaspoon cayenne pepper
- $\frac{1}{4}$  teaspoon freshly ground pepper
- 1 teaspoon salt
- 2 cups shredded green cabbage
- 2 cups shredded red cabbage
- 2 cups assorted greens, washed and shredded (mustard, collard, or spinach)
- $\frac{1}{2}$  cup thinly sliced red onions
- 1 cup chopped green onions, green parts only
- $\frac{1}{2}$  cup chopped parsley

In a medium bowl, combine mayonnaise, sugar, mustard, cayenne, black pepper and salt. Mix well.

Place white cabbage, red cabbage, greens, red onions, green onions, and parsley in a large salad bowl. Add the dressing, mix thoroughly, and chill for at least an hour before serving.

## Christmas Pickled Shrimp Salad

Serves: 12

This is a dish that we fix every Christmas.

### Ingredients:

- $\frac{3}{4}$  cup white vinegar
- $4\frac{1}{2}$  cups water
- 1 tablespoon corriander seeds
- 1 teaspoon celery seeds
- 1 teaspoon mustard seeds
- $1\frac{1}{2}$  cups diced red bell pepper
- $1\frac{1}{2}$  cups diced yellow bell pepper
- 1 cup chopped onion
- 1 large lemon, thinly sliced
- $\frac{3}{4}$  cup olive oil
- $\frac{1}{4}$  cup drained capers
- $2\frac{1}{2}$  teaspoons hot pepper sauce
- $2\frac{1}{2}$  teaspoons Worcestershire sauce
- 1 tablespoon salt
- 2 bay leaves
- 3 pounds shrimp, peeled and deveined with tails intact
- 12 cups torn chickory leaves
- chopped parsley for garnish

In a large saucepan combine vinegar,  $\frac{1}{2}$  cup water, corriander seeds, mustard seeds, and celery seeds. Bring to a boil, reduce heat, cover and simmer for 5 minutes. Remove from heat, add bell peppers, onions, lemon, oil, capers, pepper sauce, Worcestershire, and 1 teaspoon salt.

In another large saucepan combine 4 cups of water, salt, and the bay leaves and bring to a boil. Add shrimp and cook until the shrimp are just opaque at the center, about 3 minutes depending on the size of your shrimp. Drain, discard bay leaves and let cool slightly.

Place the shrimp in a glass bowl and add the vinegar mixture; stir to combine and cover with plastic wrap. Top with a weighted plate to keep the shrimp submerged in the vinegar. Refrigerate at least 1 day or up to 2 days before serving, stirring occasionally.

Drain shrimp and the vegetable mixture, reserving 3 tablespoons marinade. Toss chickory with marinade. Place chickory on a plate, put some shrimp on top, and top with about  $\frac{1}{4}$  cup of the onion/pepper mixture. Garnish with parsley.





# Meat Dishes

## Green Chili Stew

Source: Jeff Smith

Serves: 6

### Ingredients:

- 2 pounds pork, cut into 1-inch dice
- 3 stalks of celery, chopped
- tomatoes, peeled and chopped
- 2 small cans Ortega green chilies
- 1 tablespoon La Victoria jalapeño pepper sauce
- salt and pepper to taste

Brown 2 pounds of pork in a Dutch oven. Add 3 handfuls of celery, 2 handfuls of tomato,  $\frac{1}{2}$  cup of green chilies, 1 tablespoon garlic, and the pepper sauce. Cover with water and simmer for about 25 minutes.

## Mom's Chicken Curry

Source: Jeanne Adkins

Serves: 6

This is one of the Adkins' family favorites – way to go Mom!

### Ingredients:

- 2 chickens, poached and cut into chunks
- 2 medium onions, chopped
- 2 medium cooking apples, chopped
- juice from  $\frac{1}{2}$  lemon
- 1 cup milk
- 1 cup chicken broth
- 2 cloves garlic, pressed
- 3 tablespoons dry sherry
- 2 tablespoons curry powder (to taste)
- cayenne pepper to taste (optional)

Sauté onions and garlic in butter. Add curry powder, milk, and apple. Simmer 20 minutes. Add salt and pepper to taste. Add the sherry and some additional stock if the mixture is too dry. Cook 2 hours, adding liquid as necessary. Add lemon juice and chicken and let stand 1 - 1 $\frac{1}{2}$  hours. Serve over rice with a variety of condiments.

*Note:* In Indian cooking, there is no such thing as 'curry powder'. Curry powder as we have come to know was probably an English invention for those who wanted an easy way to simulate the wonderful flavors of Indian cooking. Hence, commercial curry powders vary widely by content and taste. Hot curry powders include cayenne (or other red peppers). Mom swears that a good rule-of-thumb is to use a combination: 1 tablespoon McCormick's mild and 1 tablespoon McCormick's (Hot) Madras.

### Condiments

- chunk pineapple
- sliced banana
- seeded and cubed cucumber
- slivers of toasted almonds
- yogurt
- raisins

## Fried Catfish with Tomato Tartar Sauce

Source: Lee Bailey [6]

Serves: 6

### Fried Catfish

- 1½ pounds catfish filets
- 3 tablespoons Creole mustard
- 2 tablespoons dry white wine
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- peanut oil for frying
- 1 cup yellow cornmeal
- ½ cup corn flour
- ⅓ cup corn starch
- 1 tablespoon Creole seasoning (Tony Chachere's works fine)

Cut catfish filets into ½ x 2 inch strips. Combine mustard, wine, salt, and pepper. Add the catfish and toss to coat well. Cover and marinate for an hour.

Heat oil to 350°F.

Mix together the cornmeal, corn flour, cornstarch, and Creole seasoning. Spread the mixture out on a sheet of waxed paper. Roll the marinated strips in the mixture, lightly shaking off any excess. Fry until golden, about 4 minutes. Drain and serve with Tomato Tartar Sauce.

### Tomato Tartar Sauce

- 1 cup fresh tomato, puréed, peeled, and seeded
- 1 cup dry white wine
- ½ cup tomato juice
- 1 teaspoon garlic, minced
- 2½ cups mayonnaise
- ¼ cup minced white onion
- ¼ cup drained sweet pickle relish
- 1 tablespoon minced fresh tarragon leaves
- ½ teaspoon Tabasco sauce
- 1 teaspoon salt
- whites of 2 hard-boiled eggs, minced

Combine tomato purée, wine, tomato juice, and garlic in a small saucepan. Over high heat bring to a boil, stirring constantly. Turn heat down to a simmer and reduce the mixture to about 1 cup without stirring (about 20 to 25 minutes). Allow to cool.

Add the cooled reduction to the mayonnaise, onion, and relish in a food processor. Purée and scrape into a bowl. Mix in all other ingredients, correct seasoning, and chill.

## Emeril's Grilled Tuna

with tortilla sauce and tomato corn salsa

Source: *Emeril's New New Orleans Cooking* [34]

Serves: 6

This recipe should be served with the Black Bean Chili (page 109), Tortilla Sauce (page 7), and Tomato Corn Salsa (page 7). It looks like quite a bit of effort, but it is well worth it. The Tortilla Sauce is magnificent and the Black Bean Chili makes a good side dish for many meals.

### Ingredients:

- 2 cups Black Bean Chili (page 109)
- 2½ cups Tortilla Sauce (page 7)
- ¾ cup Tomato Corn Salsa (page 7)
- 6 skinless and boneless yellowfin tuna steaks (about 6 or 7 ounces each)
- 2 tablespoons Emeril's Southwest Seasoning Mix (page 2)
- 2 tablespoons olive oil
- 6 sprigs fresh cilantro

Prepare the Black Bean Chili and the Tortilla Sauce. Keep warm. Prepare the Tomato Corn Salsa and set aside.

Season the fish with the seasoning mix, using your hands to coat. Grill the Tuna steaks over high heat, 2 minutes a side for rare, 3 minutes a side for medium rare.

To serve, pour a generous ⅓ cup of the Tortilla Sauce in each of 6 plates, and top each with a tuna steak. Spoon ⅓ cup Black Bean Chili on each tuna steak and top with 2 tablespoons Tomato Corn Salsa.

## Hamburger Stroganoff

Source: Bunny's archive

Serves: 4

This recipe also falls into the “canned soup category.” It's easy and good.

### Ingredients:

- 1 pound hamburger
- 2 tablespoons butter or olive oil
- 1 cup chopped onion
- 2 tablespoons all-purpose flour
- 1 clove garlic, minced
- 1 teaspoon salt
- $\frac{1}{8}$  teaspoon each of black, white, and red pepper
- 2 teaspoons paprika
- $\frac{1}{2}$  cup dry white wine
- 1 can cream of chicken soup
- 8 ounces of sliced fresh mushrooms
- 1 pint sour cream
- minced parsley
- rice or egg noodles

Heat the butter or olive oil in a large skillet and brown the hamburger. Add the onions and sauté until they begin to soften. Add the flour, garlic, and the seasonings and simmer for 5 more minutes. Add the wine and continue to simmer until it nearly evaporates. Add the soup and the mushrooms, continuing to simmer for a few minutes. Simmer at least until the mushrooms have released their liquid. Before serving add the sour cream and top with minced parsley. Serve with rice or egg noodles.

## Carter's Beef Brisket

Source: Carter Hill

Serves: Many happy people

### Ingredients:

- 1 tablespoon minced garlic
- 5–6 pound beef brisket
- 1 tablespoon chili powder
- 1 teaspoon paprika
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon cumin
- $\frac{1}{2}$  teaspoon sage
- $\frac{1}{2}$  teaspoon ground oregano
- $\frac{1}{2}$  teaspoon cayenne pepper
- $\frac{1}{2}$  teaspoon black pepper

Preheat oven to 200°F. Rub garlic on both sides of the brisket. Combine seasonings in a small bowl and mix well. Rub into both sides of the brisket.

Set brisket fat side up on a large piece of foil; wrap tightly. Put the wrapped brisket in a shallow roasting pan and bake 8–12 hours until tender. Serve hot or cold with Brisket Sauce (see page 3).

## King Ranch Casserole

Source: Bunny's archive

Serves: 6

Sometimes you just get the hankering for one of those “canned soup casseroles” like Mom used to make. Well this is one of those and it hits the spot once the hankerin' commences.

### Ingredients:

- $1\frac{1}{2}$  pound ground beef (or  $1\frac{1}{2}$  pound of poached chicken)
- $1\frac{1}{2}$  cups onion
- 1 10-ounce can cream of mushroom soup
- 1 10-ounce can cream of chicken soup
- 1 10-ounce can Rotel tomatoes
- Doritos brand corn chips or corn tortillas
- 1 cup cheddar cheese

Brown the beef and onions in a large skillet. Mix in the soups, the tomatoes, and the Doritos. Transfer mixture to a casserole and cover with cheese. Cover and bake 30 minutes at 350°. Uncover and bake for another 30 minutes.

## Chicken in the Pot

Source: *Ronnie Fein* [19]

Serves: 4

Comfort food!

### Ingredients:

- 1 chicken (3 to 4 pounds), rinsed, patted dry, and cut into 8 pieces
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 1 large onion, sliced
- 1 large clove of garlic, minced
- 8 ounces fresh mushrooms
- 1 28-ounce can plum tomatoes, drained, seeded, chopped
- 3 tablespoons each minced fresh parsley and basil
- $\frac{1}{2}$  cup black olives, pitted and chopped
- 2 teaspoon capers, drained
- 3 sprigs of fresh thyme (or  $\frac{1}{2}$  teaspoon dried)
- $\frac{1}{4}$  cup hearty red wine

Sprinkle chicken with salt and pepper. Heat butter and oil in a 12-inch sauté pan over medium high heat. Add chicken and sauté until browned on both sides (about 10 or 15 minutes). Remove from pan and set aside.

Discard all but a thin film of fat from the pan. Add onion and mushrooms and sauté, stirring frequently to prevent scorching, until pan juices evaporate (4 or 5 minutes). Add the minced garlic clove.

Return chicken and the accumulated juices to the pan, moving vegetables to the top. Add the tomatoes, parsley, basil, olives, capers, thyme, and wine; bring to a boil. Lower heat, cover, and simmer until chicken is cooked through, basting 3 or 4 times, about 25 minutes.

To serve, place a portion of chicken on each plate and top with vegetables. Ladle juices over the chicken, vegetables, and accompanying starch (fettucine or polenta).



## Emeril's Smothered Chicken

Source: *Louisiana Real & Rustic* [32]

Serves: 4 to 6

More comfort food!

### Ingredients:

- 8 chicken thighs, rinsed, and patted dry
- 2 teaspoon salt
- $\frac{1}{2}$  teaspoon ground cayenne pepper
- 1 tablespoon flour
- $\frac{1}{4}$  cup vegetable oil
- 8 cups thinly sliced onion (about  $2\frac{1}{2}$  pound)
- 1 cup thinly sliced green bell pepper
- 1 bay leaf
- $\frac{1}{4}$  cup water
- 8 ounces fresh mushrooms, sliced
- 1 cup young sweet green peas
- 1 cup whole kernel corn
- 3 tablespoons minced fresh parsley
- 12 ounces angel hair pasta

In a mixing bowl, toss the chicken with  $1\frac{1}{2}$  teaspoons salt,  $\frac{1}{4}$  teaspoon cayenne, and flour. In a large cast-iron skillet, heat oil over medium-high heat. When oil is hot add the chicken and brown, cooking for about 6 to 8 minutes per side. Remove the chicken to a platter and cover with foil.

Drain all but 2 or 3 tablespoons of the fat from the skillet. Add the onions,  $\frac{1}{2}$  teaspoon cayenne, and  $\frac{1}{2}$  teaspoon salt to the skillet. Stirring constantly, wilt and brown the onions, scraping the bottom of the skillet to loosen any brown bits, about 10 minutes. Add the bell peppers and bay leaf. Continue stirring and scraping the bottom of the pan to loosen brown particles, for about 15 minutes. Return the chicken to the pan, add water, cover, and reduce heat to medium. Stir occasionally and cook for about 30 minutes, or until the chicken is tender.

Add the corn, peas, and mushrooms, cover, and cook for 15 minutes more, stirring occasionally. Cook angel hair pasta al dente according to package instructions. Add parsley, remove bay leaf and serve on the pasta.

*Notes:* If at any time the vegetables start to get too dry and stick excessively, add a little water, dry white wine, or domestic beer to add moisture. Whether this is necessary depends on the type of skillet you use (non-stick vs inadequately seasoned iron) and how much fat you leave in the pan before adding the vegetables. In general, the more fat you use, the less it will stick. The idea is to add as little as possible as late as possible so that the onions caramelize. If you have too much liquid, they won't achieve the desired color or taste.

## Buttermilk Fried Chicken

Source: *Cook's Illustrated* [18]

Serves: 4

Soaking the chicken for 2 or more hours in buttermilk produces a fried chicken that is mahogany brown in color. The batter like coating is produced by using all-purpose flour (as opposed to corn flour or a mixture of corn and wheat flour) as a coating. The resulting texture is crunchy, but soft. The flavor is slightly acidic, but sweet. In short, it's wonderful.

### Ingredients:

- 1 whole chicken cut into 8 or 9 pieces
- 1  $\frac{1}{2}$  cups buttermilk
- 2 teaspoons salt
- 1 teaspoon pepper
- 2 cups all-purpose flour
- 3–4 cups vegetable shortening for frying

Place the chicken in a gallon sized zip-lock bag. Mix buttermilk with 1 teaspoon salt and  $\frac{1}{2}$  teaspoon pepper. Pour mixture over chicken, seal the bag, and refrigerate for at least 2 hours (up to 24 hours) before cooking.

Measure flour and remaining salt and pepper into a large, doubled, brown paper sack. Shake to combine. Drop half of the chicken into the bag and shake thoroughly to completely coat with flour. Remove chicken from bag and shake off excess flour from each piece. The coated pieces can be placed on a large wire rack set over a jelly-roll pan until ready to fry. Repeat process with remaining chicken.

Spoon enough shortening to measure  $\frac{1}{2}$ -inch deep into a 12-inch skillet. Heat to 350°F. Place chicken pieces, skin side down, into hot oil; cover with lid and cook for 5 minutes. Check the pieces to make sure that they are frying evenly, rearranging if required. Cover again and cook until the chicken is evenly browned, about 5 more minutes. Turn chicken and cook *uncovered* until chicken is brown all over, about 10 to 12 minutes. Remove to wire rack over jelly-roll pan until ready to serve.

## Bootlegger's Beef

In my opinion, this is a perfect substitute for prime rib and a heck of a lot easier to make.

Source: *Bon Appétit* [35]

Serves: 4

### Ingredients:

- 1 2-pound butt-end beef tenderloin  
roast, well-trimmed
- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 1 cup chopped carrot
- $\frac{1}{4}$  teaspoon dried thyme
- 1 cup canned beef broth
- $\frac{1}{3}$  cup whiskey
- 1 tablespoon all-purpose flour
- 1 tablespoon butter, room  
temperature
- $\frac{1}{3}$  cup whipping cream
- 2 teaspoons coarsely crushed black  
peppercorns

Preheat oven to 400°F. Pat beef dry with paper towels, Sprinkle with salt and pepper. Heat oil in heavy, large, ovenproof skillet over medium heat. Add beef and brown on all sides, about 8 minutes. Add carrots, onion, and thyme.

Transfer skillet to oven and roast beef until meat thermometer inserted into thickest part reads 120°F for rare, about 30 minutes. Stir vegetables occasionally while the roast cooks. Transfer beef to platter and cover with foil to keep warm.

Place skillet with vegetables over medium-high heat. Add broth and whiskey and bring to a boil, scraping up any browned bits. Boil until liquid is reduced to  $\frac{2}{3}$  cup, stirring occasionally, about 7 minutes. Strain sauce and return to skillet.

Mix flour and butter in a small bowl until smooth. Add to sauce in skillet and whisk until well blended. Add whipping cream, crushed black peppercorns and any accumulated juices from the beef. Simmer over medium heat until sauce thickens, whisking constantly, about 3 minutes. Season sauce to taste with salt.

Cut beef into thick slices and arrange on a platter. Spoon over sauce.

## Salmon with Thai Red Curry Sauce

Source: *Bon Appétit* [1]

Serves: 4-6

This recipe is served at Terra which is located in the Napa Valley. It is the creation of chef Hiro and is very, very good. Serve it on a bed of basmati rice and top it with Thai Slaw. Chef Lee recommends popping a Tagamet about 30 minutes before dinner and serving with ice cold beer (of course Chef Lee recommends serving ice cold beer with everything!)

### Sauce

- $4\frac{1}{2}$  teaspoon peanut oil
- $2\frac{1}{4}$  teaspoon minced garlic
- $2\frac{1}{4}$  teaspoon peeled, minced fresh ginger
- 1 tablespoon curry powder
- 1 tablespoon Thai red curry base
- 1 tablespoon paprika
- $1\frac{1}{2}$  teaspoon whole coriander seeds, lightly crushed
- 1 teaspoon ground cumin
- $2\frac{1}{2}$  cups unsweetened coconut milk
- $\frac{1}{3}$  cup canned tomato purée
- 3 tablespoons soy sauce
- 3 tablespoons packed light brown sugar

Heat peanut oil in a heavy, large saucepan over medium heat. Add garlic and ginger and lightly sauté until golden brown, about 2 minutes. Add curry powder, curry base, paprika, coriander and cumin. Reduce heat to low and sauté until fragrant, about 1 minute. Add coconut milk, tomato purée, soy sauce and brown sugar. Bring almost to a simmer, whisking constantly. *Do not let the sauce boil or it will break.* Remove from heat.

### Salmon

- 4 or 6 6-8 ounce salmon fillets
- 2 tablespoons oil
- 1 recipe Thai Slaw (page 42)
- 4-6 cups cooked basmati rice
- $\frac{1}{2}$  cup chopped unsalted roasted peanuts

Sprinkle salmon with salt and pepper. Heat 1 tablespoon olive oil in a heavy large skillet over high heat (to serve 6 you'll probably have to use 2 skillets, putting 3 pieces of fish in each). Sauté until opaque, about 4 minutes per side.

To serve, lay a bed of  $\frac{3}{4}$  cup of basmati rice and place salmon fillet on top. Spoon sauce around the perimeter of the rice bed. Top the fish with Thai Slaw and sprinkle on some chopped peanuts.

## Thai Slaw

- 4 cups finely shredded green cabbage
- $\frac{2}{3}$  cup matchstick-sized peeled cucumber strips
- $\frac{1}{2}$  cup loosely packed fresh cilantro
- leaves
- $\frac{1}{2}$  cup loosely packed fresh mint leaves
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce

Toss cabbage, cucumber, cilantro and mint in a large bowl. Add vinegar and soy to cabbage mixture and toss again. Season to taste with salt and pepper.

## Pork Kebabs

Source: *Bon Appétit* [22]

Serves: 4

### Ingredients:

- $1\frac{1}{2}$  pounds pork tenderloin, cut into kebabs
- 1 red onion, cut into 16 pieces
- $\frac{1}{2}$  cup vegetable oil
- $\frac{1}{4}$  cup dry red wine
- 3 tablespoons red wine vinegar
- 3 tablespoons soy sauce
- 1 tablespoon minced garlic
- 1 tablespoon peeled, grated ginger
- $1\frac{1}{2}$  teaspoon sugar

To make the marinade, mix the oil, red wine, vinegar, soy sauce, garlic, ginger and sugar. Thread the pork and onions onto skewers. Season with salt and pepper. Place the loaded skewers in a shallow baking dish. Pour the marinade over the kebabs and let stand for 2 hours at room temperature. The kebabs can marinate longer if place in the refrigerator. Turn the kebabs occasionally while the marinate.

Prepare the grill. When grill is hot, cook kebabs until done, turning occasionally and being careful not to let them burn.

## Wasabi Crust Baked Salmon

Source: *Lee Bailey's New Orleans* [6]

Serves: 4-6

This is a fantastic dish that is served with Orange Anaheim Pepper Sauce. If you like salmon, you better try this. If you don't like salmon, then you better try this ... you'll quickly change your mind.

The recipe makes enough wasabi crust for 2 pounds of fish. You can vary the size and number of portions to suit your tastes. Be forewarned, this is pretty rich.

### Ingredients:

- 1 ounce wasabi
- $\frac{1}{2}$  cup water
- $1\frac{1}{2}$  cups toasted bread crumbs
- $\frac{1}{4}$  cup mayonnaise
- 1 tablespoon honey
- $\frac{1}{4}$  teaspoon salt
- 2 tablespoons sesame seeds
- 2 pounds of salmon fillets cut into 4-6 ounce pieces, with any remaining bones removed
- 1 tablespoon cold unsalted butter, cut into bits
- 1 recipe Orange Anaheim Pepper Sauce (page 13)

Preheat oven to 425°F.

Mix wasabi with water to form a paste. Let it rest for 20 minutes. Place the bread crumbs, mayonnaise, honey, salt, and sesame seeds in a small bowl and combine with your hands to make a moist mixture.

Put several tablespoons of water on a baking sheet to prevent sticking. Lay the fillets on the wet sheet. Pat the wasabi mixture on top of each fillet to about  $\frac{1}{4}$  inch thickness. Dot with the butter and bake for 6 to 7 minutes. Center of the fish should be slightly undercooked. Serve with the Orange Anaheim Pepper Sauce.

## Roasted Pork with Wild Mushroom Sauce

Source: *Bon Appétit* [13]

Serves: 8

This roast is great served with Roasted Chili and Cilantro Mashed Potatoes (see page 115).

### Pork Roast

- 1 3½ pound center-cut boneless pork loin
- 3 teaspoons cumin
- ½ teaspoon ground cayenne pepper
- ½ teaspoon ground black pepper
- ½ teaspoon ground white pepper
- ½ teaspoon coarsely ground salt

Preheat the oven to 375°F. Thoroughly mix the cumin, ground peppers and salt in a small bowl. Rub the roast with seasoning mix, coating thoroughly. Place in the roasting dish and roast until meat thermometer inserted into the center registers 150°F. Depending on the thickness of the roast, I suggest you start checking the temperature after about 50 minutes. Be careful not to overcook! While the roast is cooking, you'll want to begin preparation of the sauce.

When pork is done, remove from pan, place on a platter and tent with foil. The roasting pan will contain cooking juices and browned bits that need to be saved for the sauce; set the pan aside and finish the sauce.

### Wild Mushroom Sauce

- 3 tablespoons unsalted butter
- 14 ounces of mushrooms (combine oyster, shitake, and ordinary mushrooms to suit your tastes and budget)
- ½ cup chopped shallots
- 2 tablespoons minced garlic
- ½ teaspoon minced jalapeño chili
- 2 tablespoons finely chopped fresh cilantro
- 2 tablespoons finely chopped fresh oregano
- 1 teaspoon ground cumin
- 1 14½ ounce can low salt chicken broth
- 2 tablespoons all purpose flour
- ¼ cup dry Sherry

Melt 2 tablespoons butter in a large skillet over medium-high heat. Add mushrooms, ½ cup less 1 tablespoon shallots, garlic, and jalapeño ; sauté until mushrooms are very tender and

beginning to brown, about 15 minutes. Remove from heat. Add chopped cilantro, oregano, and cumin. Season with salt and pepper and set aside.

While roast is resting, add broth to the roasting pan, scraping up any brown bits that may have accumulated. Transfer to a medium saucepan. In a medium bowl gradually whisk flour into the Sherry to blend. Whisk Sherry mixture, 1 tablespoon butter, 1 tablespoon shallots into the broth; bring to a boil and whisk until smooth. Stir in mushroom mixture and any remaining juices from the roast. Boil until sauce thickens to desired consistency, stirring occasionally, about 5 minutes. Season with salt and pepper to taste.

## Pepper Crusted Beef Filet

Source: Lee – inspired by [15]

Serves: 2

This is a really good way to serve up a nice tasty filet. Serve it with Roasted Chili and Cilantro Mashed Potatoes (page 115) and you'll be smiling.

### Ingredients:

- 1 teaspoons crushed chipotle peppers
- 1 teaspoon cracked black peppercorns
- 1 teaspoon coarsely ground salt
- 1 teaspoon thyme
- 2 slices of thick slab bacon
- 2 8 ounce beef filet steaks, about 2 inches thick
- 1 recipe Horseradish Tequila Cream (page 3)

Mix the chipotle, black pepper, salt, and thyme. Sprinkle both sides of the filets with the mixture, coating well, and press seasoning into the steaks with your hands. Wrap the bacon around the filets using a toothpick to hold into place. Grill over very hot coals until cooked medium rare. Spoon 3 or 4 tablespoons of the Horseradish Tequila Cream onto the center of a plate and place filet on top. Garnish with sprigs of cilantro or parsley.



## Thai Red Curry Crawfish

Source: Lee

Serves: 4

Serve it on a bed of basmati rice with Asian Cucumber Salad see page 27.

### Ingredients:

- 1 can coconut milk
- 2 tablespoon Thai red curry base
- 3 tablespoon fish sauce
- 2 teaspoons brown sugar
- 1 medium onion, thinly sliced
- 1 red bell pepper, thinly slice
- 1 cup sugar snap peas
- 4 ounces mushrooms, sliced
- 1 pound of cooked, peeled crawfish tails
- $\frac{1}{4}$  cup chopped basil

Heat coconut milk and red curry base over medium heat for five minutes. Stir in brown sugar and fish sauce. Add the onions and bell pepper and simmer for 10 minutes or until vegetables begin to soften. Add the sugar snap peas, mushrooms, and crawfish and simmer for about 5 minutes. Add the basil and remove from heat. Serve on a bed of basmati rice.

## Lamb Patties

Source: *Emeril's New New Orleans Cooking* [34]

Makes: about 16 2-inch round patties

We use these in a variety of ways. One of my favorites is to eat them in pita bread pockets topped with spicy Tunisian relish (see page 10), shredded lettuce, and sour cream.

### Ingredients:

- $1\frac{1}{2}$  pounds of lean ground lamb
- 2 tablespoons minced shallots
- 2 tablespoons minced garlic
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh thyme
- 2 teaspoons Emeril's Creole seasoning (see page 1)
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon salt

- 6 turns of freshly ground black pepper
- 1 large egg

Combine all ingredients in a bowl and work gently with your hands until thoroughly blended. Form into patties of desired size. Grill until just done.

## Lee's Smoked Beef Brisket

Source: Lee

Serves: 6-8

### Ingredients:

- 1 recipe Emeril's Southwest Seasoning Mix (page 2)
- $\frac{1}{2}$  cup red wine
- $\frac{1}{4}$  cup soy sauce
- $\frac{1}{4}$  cup packed brown sugar
- $\frac{1}{4}$  cup vegetable oil
- $\frac{1}{4}$  cup Worcestershire sauce
- 1 tablespoon lemon juice
- 5-6 pound beef brisket

Whisk together the seasoning mix, red wine, soy sauce, brown sugar, oil, Worcestershire sauce, and lemon juice. Marinate the brisket in the mixture in the refrigerator for 6 hours or longer, turning occasionally. Drain, reserving the marinade. Smoke the brisket in the smoker at 200°F for about 6 hours. Depending on the type of wood used, this should leave plenty of smokey flavoring on the meat (I use pecan and/or hickory).

Preheat the oven to 200°F. Remove the brisket from the smoker and place on a large piece of aluminum foil. Pull the edges of the foil up around the brisket so that you can pour the reserved marinade onto the meat without losing any. Add the marinade, seal the brisket in the foil, and place in a large shallow baking dish. The dish or pan should have sides just in case the marinade leaks out of the foil wrapping. Place the brisket into the preheated oven and allow it to cook for 5 or 6 more hours, or until tender.

## Chicken Taquitos

Source: Lee

Makes: 24 taquitos

### Ingredients:

- 4 bone-in chicken breasts
- 1 tablespoon Emeril's Southwest Seasoning (page 2)
- 1½ cup enchilada sauce (page 15)
- 1 cup shredded cheese
- 1 medium onion, minced
- 4 ounces diced green chilies
- 2 cloves garlic, peeled
- 1 pablano chili, roasted and diced
- 24 corn tortillas (flour ones work well, too)
- vegetable oil spray

Sprinkle the chicken breasts with  $\frac{1}{2}$  of the southwest seasoning mix. Put about an inch of water in a large skillet and bring to a boil. Place the chicken and the garlic cloves in the skillet and reduce heat to low. Cover and let the chicken poach until done, about 35 minutes.

Combine the remaining ingredients in a small bowl. When the chicken is done remove from the pan and let cool. Remove the garlic cloves and smash; add to sauce mixture. Shred the chicken and mix with the sauce mixture.

Place a piece of aluminum foil on a jelly roll pan and spray with vegetable oil. Steam 24 corn tortillas until soft and set aside. Place 2 tablespoons chicken mixture onto each tortilla; roll it up and place seam side down on the pan. Repeat for the remaining tortillas. Bake at 400°F for 10 to 15 minutes or until desired crispness.

## BBQ Chicken Pizza

Source: Emeril

Makes: 1 12 inch pizza

### Ingredients:

- 2 boneless chicken breasts
- 1 tablespoon Emeril's Creole Seasoning (page 1)
- $\frac{1}{2}$  cup Emeril's BBQ sauce (page 5)
- pizza dough (page 126)
- 6 ounces Mozzarella cheese
- 1 small red onion, julienned
- $\frac{1}{4}$  cup chiffonade of basil

Preheat oven to 450 °F. Place baking stone in oven. Preheat grill. Season chicken breast with olive oil and Creole seasoning. Place on the grill and cook for 5-6 minutes on each side. Remove from grill, let cool slightly, and julienne.

Spoon sauce over dough. Layer cheese over the sauce. Sprinkle the chicken, red onion, and basil over the cheese. Place in the oven and bake for 15-20 minutes, or until the crust is golden brown. Remove and serve.

## Smoked Chicken Pizza

Source: Emeril

Makes: 1 12 inch pizza

### Ingredients:

- 2 cups chopped smoked chicken
- 1 tablespoon Emeril's Creole Seasoning (page 1)
- $\frac{1}{2}$  cup pesto
- pizza dough (page 126) or Boboli
- 6 ounces Mozzarella cheese
- 4 Roma tomatoes

Preheat oven to 400 °F. Cover a large cookie sheet or jelly roll pan with aluminum foil and spray lightly with Pam. Cut the tomatoes in half, place on the foil, and roast until they give up most of their moisture and are slightly brown along the edges, about 30 minutes. Remove from oven, let cool slightly, and julienne.

Increase temperature to 450 °F. Season chicken with olive oil and Creole seasoning. Spread pesto on the dough, top with slices of Mozzarella, chicken, and tomatoes. Place in the oven and bake for 15-20 minutes, or until the crust is golden brown. If using a Boboli, reduce cooking time to about 10 to 12 minutes. Remove and serve.

## Shrimp Fried Rice

Source: Mary Sue Milliken and Susan Feniger of FoodTV

Serves: 4

### Ingredients:

- 4 tablespoons peanut oil
- $\frac{1}{2}$  pound of medium shrimp
- 2 eggs, lightly beaten
- 1 bunch of green onions, chopped
- 2 teaspoon minced garlic
- 1 teaspoon grated ginger
- 1 small red bell pepper, chopped
- 3 cups cold cooked rice
- $\frac{1}{2}$  cup frozen peas
- $\frac{1}{4}$  pound barbecued pork strips (page 51)

Heat 2 tablespoons of the peanut oil in a wok or large skillet over high heat. Stir fry the shrimp until barely done, about 2 minutes, and remove from pan. Scramble the eggs until just set. Remove the eggs and wipe the wok clean with a paper towel.

Add remaining 2 tablespoons of oil, reduce heat to medium high, and add garlic, ginger, and onion. Stir fry until half cooked. Add the red bell pepper and cook about 2 minutes. Add cold rice, breaking up clumps with a wooden spoon. Continue cooking for 5 to 7 minutes or until the rice is hot. Add peas and toss to heat. Add pork, shrimp, eggs, and salt to taste. Toss to heat and mix, then serve.

## Barbecued Pork Strips

Source: Lee

Makes: 2 pounds

### Ingredients:

- $2\frac{1}{2}$  pounds pork butt
- 2 tablespoons chicken stock
- 2 tablespoons soy sauce
- 1 tablespoon dry sherry
- 2 tablespoons hoisin sauce
- 1 or 2 tablespoons chili paste, to taste
- 2 cloves garlic, crushed
- $1\frac{1}{2}$  teaspoon grated ginger
- $1\frac{1}{2}$  tablespoons honey

Cut the pork butt into long strips about 1 to  $1\frac{1}{2}$  inches square. Mix the remaining ingredients in a small bowl. Place the pork and the marinade in a large zip-lock bag and squeeze the air out before sealing. Marinate the pork strips for about 3 hours at room temperature or 6 hours in the refrigerator, turning every hour or so.

Prepare grill for indirect cooking using about  $\frac{1}{2}$  a chimney of lump charcoal and a chunks of hickory (see page 68 for some hints). Smoke the strips for 2 or 3 hours, adding charcoal and smoking wood as needed. Remove, wrap in foil, and let sit for 10 or 15 minutes. Can be served warm or in other dishes.

## Coach's Favorite Pork Roast

Source: *Gourmet Our Way* [5]

Serves: 6 to 8

It doesn't get any easier than this. It is also very tasty.

### Ingredients:

- 4 pound pork roast (loin)
- 1 quart glass jar sauerkraut
- 1 package dried onion soup mix

Place roast in crockpot. Cover with soup mix and sauerkraut. Cook on low all day.

## Tanzanian Fish Curry

Source: *African* [25]

Serves: 2 to 3

This tastes fresh and is very yummy. The basic recipe is from an African cookbook that Lee picked up in Finland, of all places. Easy, and highly recommended.

### Ingredients:

- 1 pound of fish (I used tilapia filets)
- 1 lemon
- 3 tablespoons vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 3 tablespoons curry powder
- 1 14 ounce can chopped tomatoes
- 1 heaping tablespoon peanut butter
- 1 small green pepper, chopped
- 2 slices of fresh ginger
- 1 green chili, seeded and finely chopped
- 1 pint of fish stock or bottled clam juice
- 1 to 2 tablespoons fresh cilantro, chopped
- freshly ground pepper and salt to taste

Season the fish on both sides with salt and pepper; place inside a shallow bowl. Cut the lemon in half and squeeze the juice all over the fish. Cover with plastic wrap and let marinate in the refrigerator for a couple of hours.

Heat the oil in a large non-stick pot and fry the onion and garlic until soft, about 6 minutes. Reduce heat, add curry powder and cook, stirring, for another 5 minutes.

Stir in the tomatoes and peanut butter, mixing well. Then add green pepper, ginger, chili, and stock. Stir well and gently simmer for 20 minutes.

Most fish filets will cook very quickly in the simmering broth. Just before serving, put the fish into the broth and poach until just done. Add the cilantro, gently stir so as not to decimate the filets. Then serve in a shallow bowl over basmati rice.

## Chicken with Mung Beans

Source: *African* [25]

Serves: 4 to 6

### Ingredients:

- 6 chicken thighs
- $\frac{1}{2}$  -  $\frac{2}{3}$  teaspoon ground ginger
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground pepper
- 2 ounces mung beans
- 4 tablespoons vegetable oil
- 2 onions, finely chopped
- 2 cloves of garlic, crushed
- 5 tomatoes, peeled, seeded, and chopped
- 1 green chili, seeded and finely chopped
- 2 tablespoons lemon juice
- $1\frac{1}{4}$  cups coconut milk
- $1\frac{1}{4}$  cups water or stock
- 1-2 tablespoons chopped cilantro
- salt and freshly ground pepper to taste

Mix the ground ginger, salt, and pepper in a small bowl. Season the chicken with the mixture and set aside in a cool place to marinate. Meanwhile, boil the mung beans in plenty of water for about 35 minutes until soft. Mash well.

Heat oil in a large skillet over moderate heat and fry the chicken until evenly brown. Transfer to a plate and set aside, reserving the oil and chicken juices in the pan. Sauté the onions and garlic for 5 minutes. Then add tomatoes and chili and cook for another 2 minutes, stirring well.

Add the mashed mung beans, lemon juice, and coconut milk to the pan. Simmer for 5 minutes, then add the chicken and a little water if the sauce is too thick. Stir in the cilantro and simmer for about 35 minutes, or until the chicken is thoroughly cooked. Season to taste with salt and freshly ground black pepper. Serve on a bed of rice garnished with some additional chopped cilantro if desired.



## Chicken-Andouille Hash

Source: *Louisiana Real & Rustic* [32]

Serves: 4

This is another use for smoked chicken. As you may gather from looking at some of the other recipes, smoked chicken is a staple around our house. I like to do 2 at a time in the Kamado on Sunday and then use the meat in various ways throughout the week, especially at busy times of the year.

### Ingredients:

- 1 pound of smoked chicken, shredded into bite-sized pieces
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon cayenne
- 1 cup chopped onion
- $\frac{1}{2}$  cup chopped green bell pepper
- 2 tablespoons vegetable oil
- 4 ounces andouille, chopped
- 2 tablespoons Creole mustard
- 2 cups peeled and grated potatoes
- 4 eggs

Preheat oven to 475 °F. Season chicken with  $\frac{1}{2}$  teaspoon of salt and  $\frac{1}{8}$  teaspoon of cayenne. Season the onions and bell peppers with the remaining salt and cayenne.

Heat the oil in a large skillet with an ovenproof handle, over medium high heat. Cook the andouille for about 3 minutes, stirring constantly. Add the onions and bell peppers and cook, stirring constantly, until soft, about 6 minutes. Add the chicken and stir until heated through. Add the mustard and mix well. Add the potatoes. Brown and fold. With the back of a spoon, pat down the mixture into the bottom of the skillet. Cook for an additional minute. Brown and fold and pat down the mixture again. Cook for another 2 or 3 minutes or until the potatoes are tender. Crack the eggs on top to the hash and bake, in the skillet, for 2 to 3 minutes, or until the eggs set.

Variation: When I do this dish, I am usually cooking for just Bunny and me. In this case, I skip the baking of the hash and just fry a couple of eggs, sunny side up, to top the hash. Also, Emeril's recipe uses raw chicken cut into  $\frac{1}{2}$  inch pieces, which he browns in the skillet before heating the andouille.

## Pork Chili Verde

Source: Barbara Pool Fenzl [14]

Makes: 4 Cups

This chili has a number of uses, including as a stuffing for the Pork Chili Enchiliadas recipe (see page 56) that follows. You can vary the saltiness of the dish by changing the amount of onion used; more onion makes it saltier. I don't think you'll need to add any salt to this dish, but the choice is yours. We've also used this as taco stuffing, in omletts, and it could be used in tamales as well. This is really good stuff!

### Ingredients:

- 8 fresh Anaheim chilies
- 1 teaspoon cumin seeds
- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 2 pounds boneless pork shoulder, cut into  $\frac{1}{2}$  inch pieces
- 3 garlic cloves, finely chopped
- 4 cups (or more) water

Char the Anaheim chilies over gas flame or charcoal grill until blackened on all sides. Enclose them in a paper bag for 10 minutes. Peel, seed, and chop the chilies.

Stir cumin seeds in heavy small skillet over medium-low heat until fragrant, about 4 minutes. Transfer to spice grinder, process until finely ground. Set aside.

Heat oil in heavy large pot over medium-high heat. Add onion; sauté 3 minutes. Add pork; cook until juices evaporate and meat browns, stirring often, about 20 minutes. Add chilies, cumin, and garlic. Sauté 5 minutes. Add 4 cups of water and simmer, uncovered, over low heat until meat is very tender and sauce just coats the meat, about 1 hour. Season with pepper (and salt) to taste.

## Pork Chili Verde Enchiladas

Source: Barbara Pool Fenzl [14]

Serves: 6

### Ingredients:

- 2 fresh Anaheim chilies
- 1 14½ ounce can low-salt chicken broth
- 1¼ cups chopped onion
- 4 ounces tomatillos, husked, rinsed, quartered
- 1 jalapeño chili, seeded, diced
- 1 garlic clove, minced
- ¼ cup chopped fresh cilantro
- 1 tablespoon lime juice
- ¼ cup sour cream
- 12 6-inch corn tortillas
- 4 cups Pork Chili Verde (see 55)
- 2¼ cups shredded asadero cheese
- 2 plum tomatoes, peeled, seeded, chopped

Char the Anaheim chilies over gas flame or grill until blackened on all sides. Enclose them in a paper bag for 10 minutes. Peel, seed, and chop the chilies.

Combine broth, ½ cup onion, tomatillos, jalapeño, and garlic in a medium saucepan. Simmer over medium heat until liquid is reduced to about 1 cup, about 10 minutes. Transfer to a blender. Cool to room temperature. Add lime juice, cilantro, and chilies. Blend until smooth. Transfer to a bowl and whisk in the sour cream.

Preheat oven to 350°F. Lightly oil a 15x10x2-inch baking dish. Place 6 tortillas between 2 damp paper towels. Cook in microwave oven on high until warm, about 1 minute. Working with 1 warm tortilla at a time, dip tortillas into sauce; shake excess sauce back into bowl. Place tortilla on work surface. Spoon scant ¼ cup Pork Chili Verde, 2 tablespoons cheese and 1 tablespoon onion down center of each. Roll up tortillas. Arrange enchiladas, seam side down in dish. Repeat with remaining 6 tortillas. Top enchiladas with remaining sauce and sprinkle with the cheese.

Bake enchiladas uncovered until heated through, about 20 minutes. Sprinkle tomatoes over the top and serve.

# Hold the Meat!

## Potatoes Niçoise

Source: *American Wholefoods Cuisine* [24]

Serves: 4–6

This dish is very easy to make and is awfully good. The liquids in the onions and tomatoes combine with the garlic to make a rich broth. Its best to use an iron skillet and to let the potatoes form a crust on the bottom of the pan.

### Ingredients:

- 4 tablespoons olive oil
- 1 tablespoon minced garlic
- 1½ pounds potatoes, thinly sliced
- 1 teaspoon thyme
- ½ teaspoon dried basil
- 4 tablespoons minced parsley
- 2 teaspoons salt
- 3 medium red onions, thinly sliced
- 3 medium tomatoes, thinly sliced
- ½ teaspoon nutmeg
- 1 cup shredded Swiss cheese
- 8 or more pitted black olives

Heat 2 tablespoons oil in a heavy 15-inch skillet and sauté garlic briefly to extract flavor. Remove pan from heat and cover with half the potatoes, thyme, basil, salt, and parsley. Top with half the onions and half of the tomatoes. Repeat these layers. Sprinkle top with nutmeg and drizzle with the remaining 2 tablespoons of oil. Place over low to moderate heat, cover, and cook until potatoes are quite tender, about 40 to 50 minutes. Remove from heat, sprinkle cheese evenly over the top, decorate with olives, and cover until cheese melts. Cut into wedges and serve.

## Grilled Portobello Mushroom Burgers with Basil–Mustard Sauce

Source: *Bon Appétit* [11]

Serves: 4

### Basil-Mustard Sauce

- $\frac{1}{2}$  cup mayonnaise
- 2 tablespoons chopped fresh basil
- 1 tablespoon Dijon mustard
- $\frac{1}{2}$  teaspoon fresh lemon juice

Mix ingredients in a small bowl. Season with salt and pepper. Refrigerate until ready to use.

### Marinade

- $\frac{1}{3}$  cup olive oil
- 1 tablespoons minced garlic

Whisk ingredients olive oil and minced garlic together in a small bowl.

### Burgers

- 4 4- to 5-inch portobello mushrooms  
with stems removed
- 4 hamburger buns
- romaine lettuce leaves
- tomato slices

Preheat or prepare grill. Brush mushroom caps on both sides with marinade and season with salt and pepper. Grill until tender and golden brown, about 4 minutes per side. Meanwhile, lightly toast the buns on the grill. To assemble, place bottom half of bun on plate, top with a mushroom, a tomato slice, lettuce and some of the basil–mushroom sauce. Cover with the top of the bun and serve.

## Cheese Enchiladas with Green Sauce

Source: Bon Appétit [10]

Makes: 1½ cups

### Sauce

- ½ 10-ounce package frozen chopped spinach
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 1 cup whipping cream
- 1 cup milk
- 6 tablespoons chopped fresh cilantro
- 3 green onions
- ½ 4-ounce can diced green chilies
- 1¾ teaspoons ground cumin
- 1½ teaspoons ground coriander
- ¼ teaspoon crushed red peppers

Cook spinach according to package instructions. Drain well. Set aside. Melt butter in heavy skillet over medium heat. Add flour and stir mixture 2 minutes. *Do not brown the flour.* Gradually whisk in whipping cream and milk. Simmer until thick, about 5 minutes. Stir in spinach, cilantro, green onions, chilies, cumin, coriander and red pepper. Purée in batches in processor until almost smooth. Season with salt and pepper.

### Filling

- ¾ cup vegetable oil
- 12 6-inch corn tortillas
- 4 cups grated mild cheddar cheese
- 2 cups grated monterey jack cheese
- 1½ cups finely chopped onion
- 2 tablespoon fresh chopped cilantro

### Topping

- ½ cup sour cream

Heat oil in heavy skillet. Using tongs soften tortillas in oil, drain on paper towel. Combine cheeses in bowl. Combine onion and cilantro in bowl. Place ¼ cup cheese mixture in center of 1 tortilla. Spoon 2 teaspoons onion mixture over the cheese. Roll tortilla and place seam down in glass baking dish. Stir cream into sauce; pour over enchiladas. Sprinkle with 1½ cup reserved cheeses. Bake at 375°F until cheese melts and enchiladas are heated through (25 minutes).

Serve with Fiesta Chicken Salad (see page 22).

## Vegetable Lasagna

Source: *New Basics* [43]

Serves: 6

### Ingredients:

- 1 eggplant
- 1 teaspoon coarse salt
- 8 tablespoons olive oil
- 1 green bell pepper, cut into julienne
- 1 red bell pepper, cut into julienne
- 1 large onion, slivered
- 12 ounces fresh mushrooms, thinly sliced
- $\frac{1}{4}$  cup unbleached all-purpose flour
- 8 ounce package of lasagna noodles
- 3 cups commercial or homemade spaghetti sauce
- $1\frac{1}{2}$  cups béchamel sauce (page 11)
- $\frac{1}{4}$  cup freshly grated Parmesan
- $\frac{1}{4}$  cup chopped fresh parsley
- 5 ounces of chèvre
- $\frac{1}{2}$  cup slivered fresh basil
- 8 ounces mozzarella cheese, grated

Slice the eggplant into  $\frac{1}{4}$ -inch-thick rounds. Sprinkle with the coarse salt, and let drain in a colander for about an hour. Wipe off the salt and pat dry.

Heat 2 tablespoons of olive oil in a large skillet. Add the bell peppers and onion, and sauté over medium-low heat until cooked, but not browned, about 10 minutes. Remove the vegetables from the skillet, leaving the liquid in the skillet. Add another tablespoon of oil and sauté the mushrooms until cooked, about 5 minutes. Remove the mushrooms from the skillet, and add 3 more tablespoons olive oil. Dredge the eggplant with the flour, shaking off any excess; sauté the slices on both sides until lightly browned. Remove the eggplant slices and drain on paper towels.

Meanwhile, preheat oven to 350°F. Cook lasagna noodles according to package instructions. When done, drain rinse under cold water, and drain again.

Prepare the béchamel sauce (page 11). I recommend adding just a bit more milk so that the finished sauce is slightly thinner than usual. Mix the béchamel with the Parmesan. Pour half of the béchamel into a medium bowl and whisk in the chèvre.

To assemble the lasagna, first spread a small amount of tomato sauce on the bottom of a 13x9-inch baking dish. Then arrange half the lasagna noodles over the sauce. Cover with the peppers, onion, mushrooms, and eggplant, in layers. Spread the béchamel/chèvre mixture over the vegetables. Sprinkle with half of the basil. Top with more tomato sauce, and add another layer of lasagna noodles. Spread the remaining béchamel over the lasagna and sprinkle with the remaining basil. Sprinkle mozzarella on top.

Cover the dish with foil and bake for 30 minutes. Uncover and bake until brown and bubbly, about 15 minutes.

Note: This dish is even better if made with homemade pasta. We roll the pasta into very thin sheets and make 4 or 5 layers of the eggplant, béchamel, vegetables, and tomato sauce. Homemade pasta is very tender and does not need to be pre-cooked. Also, adding the cheese to the béchamel tends to thicken it so don't make your béchamel too thick.

## Macaroni and Cheese

Source: *Cook's Illustrated* [4]

Serves: 4 as a main dish

### Ingredients:

- 1 cup fresh bread crumbs from French bread
- 2 large eggs
- 1 12 ounce can of evaporated milk
- $\frac{1}{4}$  teaspoon hot red pepper sauce
- 2 teaspoons salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 1 teaspoon dry mustard, dissolved in 1 teaspoon water
- $\frac{1}{2}$  pound elbow macaroni
- $5\frac{1}{2}$  tablespoons unsalted butter
- 12 ounces sharp Wisconsin cheddar, American, or Monterey Jack cheese, grated (about 3 cups)

Heat oven to 350°F. Melt  $1\frac{1}{2}$  tablespoons of the butter and mix with bread crumbs and a pinch of salt. In a small baking pan toast the crumbs until golden brown and crisp, about 15 to 20 minutes. Remove from oven and set aside.

Mix eggs, 1 cup of evaporated milk, pepper sauce,  $\frac{1}{2}$  teaspoon of salt, pepper, and mustard mixture in a small bowl; set aside.

Heat 2 quarts of water to boil in a large heavy-bottomed saucepan. Add  $1\frac{1}{2}$  teaspoons of salt and the macaroni; cook until almost tender, but not quite done. Drain and return to pot over low heat. Add butter toss to melt.

Pour egg mixture over buttered noodles along with 8 ounces of the cheese. Stir until thoroughly combined and cheese starts to melt. Gradually add the remaining milk and cheese, stirring constantly, until mixture is hot and creamy, about 5 minutes. Serve immediately topped with the toasted bread crumbs.



## Enchiladas

Source: *Joy of Cooking* [41]

Makes: about 24

Well, it's embarrassing that my enchilada recipe comes from the 1975 edition of *Joy of Cooking*, but so it does. For the 20 years I've been cooking these I've hoped to stumble across the perfect, authentic recipe . . . the recipe to end all enchilada recipes . . . I'm still waiting to find one I like better. I've made a few changes, but not many. The editors of the new *Joy of Cooking* [42] thought so little of this recipe as to not include it. Oh well, try it and see what you think. It is very, very easy and is made from ingredients that are readily available at your grocer.

### Ingredients:

- 24 corn tortillas
- $\frac{1}{2}$  cup peanut oil
- 2 tablespoons olive oil
- $\frac{1}{2}$  large white onion, chopped
- 1 clove of garlic, crushed
- 4 ounce can of roasted chilis (optional)
- 1 tablespoon chili powder
- 1 cup tomato purée
- $\frac{1}{2}$  cup chicken stock
- 1 teaspoon cumin
- salt and pepper to taste
- $\frac{1}{2}$  large white onion, chopped
- shredded Monterrey Jack or pepper Jack cheese

Preheat oven to 350 °F. Heat the olive oil in a skillet or heavy saucepan sauté the onion, garlic and optional chilis until soft. Add the chili powder, tomato purée, stock and cumin and stir thoroughly. Season with salt and pepper to taste. Let the sauce heat through and set aside.

Heat the peanut oil in a 12 inch skillet. When the oil begins to shimmer, carefully place a tortilla in the oil and let sit until soft. Remove and place on a plate. Spread some sauce in the middle of the tortilla and fill the centers with equal portions of finely chopped onion and shredded cheese. Roll the tortilla and place it seam side down in a large baking dish. Repeat with the remaining tortillas.

When all of the tortillas have been stuffed (or the dish is full) pour the remaining sauce over the top and sprinkle with more cheese. Heat thoroughly in the oven for about 15 minutes and serve.

Note: The recipe calls for a cup of tomato purée. I find that this seldom makes enough sauce to suit me so I add more and adjust the seasoning to taste. Also, if you are really industrious, try making them with the Enchilada Sauce found on page 15. I won't say that

they are better that way, but the flavor is a bit more complex. Whatever you do, do not use that disgusting enchilada sauce that comes in a can. What is that stuff, anyway?



# Sausages

## Boudin

Source: *Louisiana Real & Rustic* [32]

Makes:  $4\frac{1}{2}$  pounds

### Ingredients:

- $2\frac{1}{2}$  pounds pork butt, cut into 1 inch chunks
- 1 pound pork liver, rinsed in cool water
- 2 quarts water
- 1 cup coarsely chopped onion
- $\frac{1}{2}$  cup chopped bell pepper
- $\frac{1}{2}$  cup chopped celery
- $4\frac{1}{4}$  teaspoons salt
- $2\frac{1}{2}$  teaspoons cayenne pepper
- $1\frac{1}{2}$  teaspoons ground black pepper
- 1 cup chopped parsley
- 1 cup chopped green onions, green parts only
- 6 cups cooked medium grain white rice

Put the pork, liver, water, onions, bell peppers, celery, 1 teaspoon of salt,  $\frac{1}{4}$  teaspoon of cayenne, and  $\frac{1}{4}$  teaspoon of black pepper into a large heavy pot. Bring to a boil over high heat. Reduce to a simmer for about  $1\frac{1}{2}$  hours, or until pork and liver are tender. Remove from the heat and drain, reserving  $1\frac{1}{2}$  cups of the broth.

Grind the pork and the liver together with  $\frac{1}{2}$  cup of parsley and  $\frac{1}{2}$  cup of the green onions in a meat grinder fitted with a  $\frac{1}{4}$ -inch die. Transfer the mixture to a large mixing bowl. Add the rice and the remaining seasonings, green onion, and parsley. Mix well. Add the broth  $\frac{1}{2}$  cup at a time, mixing thoroughly.

Either stuff the mixture into prepared  $1\frac{1}{2}$  inch diameter casings or role into walnut size balls.

Serve warm. The sausage can be reheated in a 325°F oven.

## Bratwurst

Source: *Lee*

Makes: 5½ pounds

These brats are supposedly *Sheboygan* style. Whatever style they are, they are mighty good. I found the recipe on the internet and tried it during the 1997 Super Bowl in honor of the Packers. Of course, I was cheering for the Patriots, but that is another story. At any rate these brats beat the pants off of any storebought ones I've tried—of course I am prejudiced!

### Ingredients:

- 4 pounds pork butt, cut into 1 inch chunks
- 1 pound veal
- ¼ cup fresh bread crumbs
- 2 eggs
- 5 teaspoons salt
- 1 cup milk
- 1½ teaspoons ground white pepper
- ¼ teaspoon ground cloves
- ½ teaspoon onion powder or 1 onion, minced
- ½ teaspoon mace

Grind the pork and veal using small die of your grinder. Mix the remaining ingredients together and stuff into 1½ inch casings.

To cook the bratwurst, prepare your charcoal grill for indirect cooking. Grill the brats at 200°F for about an hour. Remove from the grill and steam in beer for about 15 minutes or until thoroughly done. Serve with sautéed onions and bell peppers on hogie rolls. Pass the spicy mustard, please!

## Smoked Pork Sausage

Source: Alex Patout and Lee

Makes: about 4 to 5 pounds

### Ingredients:

- 5 pounds pork butt
- 2 tablespoons salt
- $\frac{1}{2}$  teaspoon ground black pepper
- $\frac{1}{2}$  teaspoon ground cayenne pepper
- $\frac{1}{2}$  teaspoon ground white pepper
- $1\frac{1}{2}$  quarts water

Debone the pork butt, cutting the meat into 1 inch chunks. Place the bones into a large stockpot, cover with water, and bring to a boil. Skim, reduce to a simmer, and cook for an hour or two.

Coarsely grind the pork in a meat grinder. Transfer to a bowl and mix in the peppers. Add enough broth to make the mixture very moist (about 2 or 3 cups). When ready to stuff, add the salt and mix thoroughly. Stuff into 1 to  $1\frac{1}{2}$  inch casings.

To smoke the sausage, prepare your Weber charcoal grill for indirect cooking. Just before placing the sausage on the grill, add 2 or three chunks of hickory. Grill the sausage at 200°F for about 3 hours, adding hickory chunks as needed to generate a light smoke during the cooking process.

## Indirect Cooking on the Weber Grill

The Weber Kettle is a wonderful cooking device. Of all the outdoor cooking equipment that I own, it is my favorite. Its versatility is unparalleled and a basic unit can be had for less than \$100. It is the best value in outdoor cooking.

One of the things that I really like about the Weber is that it is so efficient. I can smoke a 6 pound pork butt to perfection with less than 3 pounds of charcoal. If you are going to use your Weber kettle for smoking, you'll need to purchase a cooking rail. The metal rail clips onto the bottom grate of the grill and keeps the charcoal corralled to one side of the kettle. The meat is placed on the other side away from the direct flame of the fuel. Air is drawn through the bottom of the kettle to fuel the fire. This generates smoke which is then drawn across the meat, exiting the cooking chamber through the holes in the lid of the kettle. The trick is to keep the lid holes on the opposite side of the grill from the fuel. This ensures that any smoke that is generated will be drawn across the meat. The other secrets are to not use too much charcoal and to put chunks of hickory or other hardwood on the coal as needed to produce the necessary flavoring smoke.

# Cajun Entrées

## White Beans and Rice

Source: *Patout's Cajun Home Cooking* [37]

Makes: 6–8 as a main dish

### Ingredients:

- 1 pound of dried white beans
- 1 pound tasso, smoked sausage, or other cured ham
- 2 medium onions, chopped
- 1 large green bell pepper, chopped
- 1 teaspoon minced garlic (optional)
- 1 teaspoon black pepper
- $\frac{1}{2}$  teaspoon cayenne pepper
- $\frac{1}{2}$  teaspoon white pepper
- 2 cups chopped green onions
- 1 cup chopped fresh parsley

You can soak the beans in water overnight, but it is not necessary – it just takes unsoaked ones longer to cook.

If you are using tasso or ham, cut it in  $\frac{1}{2}$  inch dice; if you are using sausage, slice it  $\frac{1}{2}$  inch thick. Place the beans in a large Dutch oven and add water to cover by about 2 inches. Bring to a boil and add the onions, bell pepper, tasso, ham, or sausage, salt, and peppers. Reduce heat to medium and let simmer until beans are tender, stirring occasionally. Soaked beans will take about  $1\frac{1}{2}$  hours and unsoaked ones up to 3 hours. If the mixture begins to dry out, add water.

When the beans are tender, remove 2–3 cups of them, mash, and return to the pot. Mash more or less depending on how much liquid is in the pot. The mixture should be pretty thick after adding the mashed beans. Stir in the green onions and parsley and serve over rice.



## Etouffée

Source: Lee with some help from Alex Patout

Serves: 6

The basic idea for this concoction comes from Alex Patout's [37] wonderful book. Patout's trademark is his bare-bones approach to ingredient selection. His unpretentious recipes use few spices other than salt and peppers and finished by adding lots of chopped green onion and parsley right before the dish is removed from the heat. He always leaves me wondering how such simple combinations can taste so good. If you ever see a copy of his book, buy it. You will not be disappointed at Patout's minimalist approach to many of your Cajun favorites.

One more thing, if you want to turn down the fire a notch or two I highly recommend reducing each of the ground peppers by half. I hate to admit it, but this is what I usually do. It leaves some "room" in the heat spectrum to kick it up a notch or two when served with your favorite brand of Louisiana hot sauce.

### Ingredients:

- $\frac{1}{2}$  cup unsalted butter
- 2 large yellow onions, finely chopped
- 2 large green bell peppers, finely chopped
- 3 ribs celery, finely chopped
- 1 teaspoon minced garlic (optional)
- 1 pound meat (chicken, shrimp, or crawfish)
- 6 cups broth (chicken, shrimp, or crawfish)
- $\frac{1}{2}$  cup roux, peanut butter colored (page 104)
- 2 teaspoons salt
- 1 teaspoon cayenne pepper
- 1 teaspoon black pepper
- $\frac{3}{4}$  teaspoon white pepper
- a few squirts of Tabasco sauce
- 1 cup chopped green onion
- 1 cup chopped parsley, preferably flat-leaf

Melt the butter in a large Dutch oven over medium-high heat. Add onions, bell peppers, and celery and sauté, stirring often, until the vegetables are very soft, about 30 minutes. Add the garlic and cook another 10 minutes or so. Add the roux and mix thoroughly. Stir in the salt, peppers and the Tabasco. Stir in 2 cups of stock adding additional stock as needed until the mixture reaches the consistency of a heavy bisque. Return to medium-low heat and let simmer for 30–45 minutes.

Add the meat, green onions, and parsley and cook uncovered, stirring occasionally, until the meat is fully cooked (about 5–7 minutes). Serve over beds of rice with French bread and a green salad.

*Chicken:* If using chicken, cut 2 breast halves into 1 inch cubes and season with 1 tablespoon Emeril's Creole Seasoning mix (page 2) or an equivalent amount of the salt and pepper mixture described above. Brown the seasoned chicken over medium-high heat using 1 tablespoon olive oil in a heavy skillet. Cook the chicken about 5 minutes or until it is nearly done (it should still be slightly pink inside). Remove chicken from skillet and set aside.

*Shrimp:* If using shrimp, you should have about 1 pound of peeled and cleaned raw shrimp.

*Crawfish:* If using crawfish, you should have about 1 pound of (partially cooked) peeled and cleaned crawfish. In some areas of the country these are available in one pound packages.

## Shrimp Creole

Source: *Patout's Cajun Home Cooking* [37]

Serves: 6–8

### Ingredients:

- 2 pounds medium fresh shrimp (3 pounds with heads)
- $\frac{1}{2}$  cup vegetable oil
- 3 medium yellow onions, chopped
- 2 large green bell peppers, chopped
- 5 ribs celery, finely chopped
- 8–10 large fresh tomatoes, peeled, seeded, and chopped
- 1 teaspoon minced garlic (optional)
- 3–4 cups shrimp broth
- 2 teaspoons salt
- 1 teaspoon cayenne pepper
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon white pepper
- 1 tablespoon fresh thyme, of 2 teaspoons dried
- 1 tablespoon fresh basil, or 2 teaspoons dried
- 1–1 $\frac{1}{2}$  teaspoons sugar
- 4–5 bay leaves
- 1 cup chopped green onion
- 1 cup chopped flat-leaf parsley

Melt the butter in a large Dutch oven over medium-high heat. Add onions, bell peppers, and celery and sauté, stirring often, until the vegetables are very soft, about 45 minutes. Add the optional garlic about 10 minutes before the vegetables finish cooking. Stir in the tomatoes, salt, peppers, herbs, sugar, and shrimp stock and return to simmer. Reduce heat to medium and let simmer for 2 hours, stirring occasionally. This is the Creole sauce and it may be prepared a day or two in advance and stored in the refrigerator.

When you are ready to serve, return the sauce to a simmer and add the shrimp. Cook until they turn pink, 5–7 minutes. Stir in the green onions and parsley and let cook 1 more

minute. Serve on flat plates over beds of rice.

## Couscous Jambalaya

Source: *Emeril's New New Orleans Cooking* [34]

Makes: 5 cups

One of the things I love about this recipe and the others from *Emeril's NNO Cooking* is that once you get all the stuff chopped and measured, they go together very quickly. I call it restaurant style because it usually requires high heat and lots of pan flipping . . . really impressive if anyone happens to be watching!

Also, be careful with the garlic, you'll ruin this dish if you use too much. Emeril's version calls for 2 tablespoons, which is quite a load – feel free to use whatever quantity your family can tolerate.

### Ingredients:

- $\frac{3}{4}$  pound raw shrimp, peeled and chopped
- 1 small chicken breast, boned, skinned, and chopped
- 1 tablespoon Emeril's Creole Seasoning Mix (page 2)
- $\frac{1}{4}$  cup olive oil
- 4 ounces chopped andouille sausage
- $\frac{1}{4}$  cup chopped onions
- $\frac{1}{4}$  cup chopped green bell peppers
- $\frac{1}{4}$  cup chopped celery
- 1 tablespoon minced garlic
- $\frac{1}{2}$  cup peeled, seeded, and chopped Italian plum tomatoes
- 2 bay leaves
- 1 teaspoon Worcestershire sauce
- 1 teaspoon hot pepper sauce
- 1 cup chicken stock
- 1 teaspoon salt
- freshly ground black pepper to taste
- $1\frac{1}{2}$  cups couscous

In a bowl, combine the shrimp, chicken, and seasoning mix, using your hands to blend thoroughly. Heat 2 tablespoons of the olive oil in a large nonreactive skillet over high heat. Add the seasoned shrimp and chicken and stir-fry for 1 minute. Add the andouille, onions, bell peppers, celery, and garlic and stir-fry for 1 minute. Stir in tomatoes, bay leaves, Worcestershire, hot sauce, stock, salt, and pepper and bring to a boil. Cook for 10 minutes, stir in couscous and turn off heat. Cover the skillet and allow to sit for 5 minutes. Remove cover and stir in the remaining olive oil. Serve immediately.

## Cajun Meatloaf

Source: Lee—with some help from Chef Paul and Mom

Serves: 6–8

This is meatloaf as it was supposed to be made. The original recipe can be found in *Chef Paul Prudhomme's Louisiana Kitchen* [38] which uses pork instead of veal, breadcrumbs instead of corn flakes, and calls for more salt than my version. I also can be caught adding a few more vegetables than called for in the official concoction. I like my version of the meatloaf even better than Chef Paul's wonderful creation.

### Seasoning Mix

- 2 whole bay leaves
- $\frac{1}{2}$  tablespoon salt
- 1 teaspoon ground cayenne pepper
- 1 teaspoon black pepper
- 4 tablespoons unsalted butter
- $\frac{3}{4}$  cup finely chopped onions
- $\frac{1}{2}$  cup finely chopped celery
- $\frac{1}{2}$  cup finely chopped green bell pepper
- $\frac{1}{4}$  cup finely chopped green onions
- 2 teaspoons minced garlic
- 1 tablespoon Tabasco sauce
- $\frac{1}{2}$  teaspoon white pepper
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{2}$  teaspoon ground nutmeg
- 1 tablespoon Worcestershire sauce
- $\frac{1}{2}$  cup evaporated milk
- $\frac{1}{2}$  cup catsup
- $1\frac{1}{4}$  pounds ground beef
- $\frac{3}{4}$  pound ground veal
- 2 eggs, lightly beaten
- 1 cup finely ground corn flakes

Combine seasonings in a small bowl and set aside.

Melt butter in a 1 quart saucepan over medium heat. Add onions, celery, bell peppers, green onions, garlic, Tabasco, Worcestershire, and seasoning mix. Sauté until mixture starts sticking, about 6 minutes, stirring occasionally and scraping the pan bottom well. Stir in milk and catsup. Continue cooking for about 2 minutes, stirring occasionally. Remove from heat and allow mixture to cool to room temperature.

Place ground beef and veal in an ungreased 13x9 inch baking pan. Add eggs, the cooked vegetable mixture, and corn flake crumbs; remove the bay leaves. Mix thoroughly by hand and shape the mixture into a loaf that is about  $1\frac{1}{2}$  inches high, 6 inches wide, and 12 inches long. Bake uncovered at 350°F for 25 minutes, then raise heat to 400° and continue cooking until done, about 35 minutes. Serve with Very Hot Cajun Sauce for Beef (page 8) and Garlic Mashed Potatoes (page 115).

Note: When I was in 6th grade I learned an important lesson from my dad: Never use rye bread crumbs as filler in a meatloaf.

## Cajun Shepherd's Pie

Source: Chef Paul—with some help from Lee

Serves: 6–8

This recipe is essentially a flattened Cajun meatloaf covered with julienned vegetables and topped with mashed potatoes. It should be served with Not So Very Hot Cajun Sauce for Beef (8).

### Meatloaf Seasoning Mix

- $1\frac{1}{2}$  teaspoon salt
- 1 teaspoon ground cayenne pepper
- $\frac{3}{4}$  teaspoon black pepper
- $\frac{3}{4}$  teaspoon white pepper
- $\frac{3}{4}$  teaspoon ground cumin
- $\frac{3}{4}$  teaspoon thyme

Combine seasonings in a small bowl and set aside.

**Meatloaf**

- 1½ pounds ground beef
- ½ pound ground pork
- 2 eggs, lightly beaten
- 1 cup fine dry bread crumbs
- 3 tablespoons unsalted butter
- ¾ cup finely chopped onions
- ¾ cup finely chopped celery
- ½ cup finely chopped green bell pepper
- 1 tablespoon minced garlic
- ½ teaspoon Tabasco sauce
- 1 tablespoon Worcestershire sauce
- ¼ cup evaporated milk

Place ground beef and pork in an ungreased 13x9 inch baking pan. Add eggs and bread-crumbs, mixing thoroughly by hand.

In a 1-quart saucepan, combine 3 tablespoons of butter, the vegetables, Worcestershire, Tabasco, and seasonings. Sauté over high heat for about 5 minutes, stirring frequently and scraping the bottom of the pan. Remove from heat and allow to cool.

Add the cooled sautéed vegetables and evaporated milk to the meat mixture and mix well by hand. Form into a 12x8-inch loaf (basically leave about ½ -inch from sides of the pan) and bake at 450°F until brown on top, about 30 minutes. Pour off the drippings, reserving about 2 or 3 tablespoons. Set the drippings and meat aside.

**Vegetables**

- 1 recipe mashed potatoes (page 115)
- 1½ cups julienned carrots
- 1 cup julienned onions
- 1½ cups julienned zucchini
- 1 cup julienned yellow squash
- ½ teaspoon Emeril's Creole Seasoning Mix (page 1)
- 1 recipe Not So Very Hot Cajun Sauce for Beef (page 8)

In a large skillet combine the reserved drippings with the carrots, onions, and the creole seasoning. Sauté over high heat for 1½ minutes. Add the zucchini and yellow squash and continue sautéing for 3 or 4 minutes. Remove from heat.

Mound the undrained vegetables on top of the meat loaf, away from the edges. Layer the mashed potatoes evenly over the top of the vegetables and the edge of the meatloaf. Bake at 525°F until brown on top, about 8 to 10 minutes. Serve immediately with about ½ cup Not So Very Hot Cajun Sauce under each serving.

## Chicken and Sausage Jambalaya

Source: Lee

Serves: 8

### Ingredients:

- 2 tablespoons olive oil
- 14 ounces lean smoked sausage, cut into  $\frac{3}{8}$ -inch thick rounds
- 12 ounces boneless, skinless chicken breast, cut into 1-inch pieces
- 1 tablespoon Emeril's Creole Seasoning Mix (page 1)
- 2 small bay leaves
- $1\frac{3}{4}$  cups chopped onion
- $1\frac{1}{4}$  cups chopped celery
- 1 cup chopped green bell pepper
- 2 teaspoon minced garlic
- 1 14-ounce can Hunt's Choice Cut diced tomatoes, drained
- 2 cups uncooked converted rice
- 4 cups low salt chicken broth
- $\frac{1}{2}$  cup chopped green onions
- $\frac{1}{2}$  cup chopped fresh parsley

Mix  $1\frac{1}{2}$  teaspoons of the seasoning mix with the chicken, coating thoroughly. Mix the onion, green pepper, and celery in a medium bowl along with 1 tablespoon of the seasoning mix.

Preheat oven to 350°F.

In a heavy oven-proof Dutch oven heat 1 tablespoon of the olive oil over medium high heat. Add the chicken and brown lightly, about 4 minutes. Remove the chicken from the pot with a slotted spoon and set aside in a small bowl. While the Dutch oven is still hot, sauté the sausage until lightly browned, about 3 minutes, adding a bit more oil if it begins to stick excessively. Add another tablespoon of olive oil, half of the vegetable mixture with the bay leaves and continue to cook, scraping the bottom of the pot frequently, until the vegetables begin to brown, about 8 minutes. Add the other half of the vegetables, the garlic, the tomatoes and the remaining seasoning mix. Continue to cook, stirring frequently for 4 or 5 minutes or until the most recently added vegetables begin to soften. Remove the pot from the heat.

Stir in the broth, the converted rice, and the browned chicken. Bake uncovered in a 350°F oven for 1 hour, or until the rice is fully cooked and the top is a bit crunchy. Remove from the oven, stir, and let rest for about 5 minutes. Stir in the parsley and green onions, and serve. Top servings with Creole Sauce (page 12) and serve with Puerto Rican bread (page 127) and cold beer.

## Chicken and Shrimp Jambalaya

Source: Lee

Serves: 8

### Ingredients:

- 2 tablespoons olive oil
- 3 ounces chopped tasso or other smoked ham
- $\frac{1}{2}$  cup chopped andouille or other lean smoked sausage
- 12 ounces boneless, skinless chicken breast, cut into 1-inch pieces
- 1 tablespoon Emeril's Creole Seasoning Mix (page 1)
- 2 small bay leaves
- $1\frac{1}{2}$  cups chopped onion
- 1 cup chopped celery
- $\frac{3}{4}$  cup chopped green bell pepper
- 2 teaspoon minced garlic
- 1 pound of peeled chopped tomatoes or 1 14-ounce can Hunt's Choice Cut diced tomatoes, drained
- $\frac{3}{4}$  cup tomato sauce
- 2 cups uncooked converted rice
- 2 cups shrimp broth
- $\frac{3}{4}$  pound of raw peeled shrimp
- $\frac{1}{2}$  cup chopped green onions
- $\frac{1}{2}$  cup chopped fresh parsley

Mix 1 teaspoon of the seasoning mix with the chicken, coating thoroughly. Mix the onion, green pepper, celery, and garlic in a medium bowl along with 1 teaspoon of the seasoning mix and the bay leaves.

Preheat oven to 350°F.

In a heavy oven-proof Dutch oven heat 1 tablespoon of the olive oil over medium high heat. Add the chicken and brown lightly, about 4 minutes. Remove the chicken from the pot with a slotted spoon and set aside in a small bowl. While the Dutch oven is still hot, add 1 tablespoon of olive oil, the tasso, and andouille; sauté until crisp (about 5 minutes), scraping the bottom of the pot fairly often to loosen bits that become stuck. Reduce heat to medium and add the vegetable mixture and continue to cook, scraping the bottom of the pot frequently, until the vegetables are tender, about 6 minutes. Add the tomato sauce and the remaining teaspoon of seasoning mix and continue to cook for 7 minutes. Stir in the stock and bring to a full boil. Add the rice and shrimp; stir and remove from heat.

Cover the pot and bake at 350°F oven for 30 minutes or until the rice is tender, but still a bit crunchy. Remove from the oven, stir in the parsley and green onions, and serve. Top with Creole Sauce (page 12) and serve with Puerto Rican bread (page 127) and cold beer.



## Smoked Chicken and Sausage Jambalaya

Why another jambalaya recipe? Well, it's my cookbook and I wanted one! Actually, this is the version that I make for Mark Perry's annual Turkey Fry. It seems to be a big hit so I decided I had better write down how I do it. For the party, I multiply everything by 4!

Source: Lee

Serves: 8

### Ingredients:

- 2 tablespoons olive oil
- 14 ounces lean smoked sausage, cut into  $\frac{3}{8}$ -inch thick rounds
- 1 smoked chicken, deboned and shredded into bite-sized pieces
- 1 tablespoon Emeril's Creole Seasoning Mix (page 1)
- 2 small bay leaves
- $1\frac{3}{4}$  cups chopped onion
- $1\frac{1}{4}$  cups chopped celery
- 1 cup chopped green bell pepper
- 2 teaspoon minced garlic
- 1 14-ounce can Hunt's Choice Cut diced tomatoes, drained
- 2 cups uncooked converted rice
- 4 cups chicken stock (see page 108), heated
- $\frac{1}{2}$  cup chopped green onions
- $\frac{1}{2}$  cup chopped fresh parsley

Mix the onion, green pepper, and celery in a medium bowl along with 1 tablespoon of the seasoning mix.

Preheat oven to 350°F.

In a heavy oven-proof Dutch oven heat 1 tablespoon of the olive oil over medium high heat. Add the sausage and brown lightly, about 6 minutes. Add half of the vegetable mixture with the bay leaves and continue to cook, scraping the bottom of the pot frequently, until the vegetables begin to brown, about 8 minutes. Add the other half of the vegetables, the garlic, the tomatoes and the remaining seasoning mix. Continue to cook, stirring frequently for 4 or 5 minutes or until the most recently added vegetables begin to soften. Remove the pot from the heat.

Stir in the broth, the converted rice, and the smoked chicken. Bake uncovered in a 350°F oven for 1 hour, or until the rice is fully cooked and the top is a bit crunchy. Remove from the oven, stir, and let rest for about 5 minutes. Stir in the parsley and green onions, reseason to taste with salt and freshly ground black pepper, and serve with your favorite Louisiana hot sauce added to taste.

Note: One surefire way to ruin this is to use the wrong kind of sausage. I don't recommend using sausage that is either cheap or hot. It's best with a lean, mildly smoked sausage (you can throw a few links on when smoking the chickens).

## Deep-Fried Turkey

Most of the deep-fried turkeys you'll see are seasoned and fried or seasoned, injected with liquid seasoning, and fried. This one is a bit different—it is seasoned, *breaded*, and fried. The skin turns out wonderfully crisp and keeps the breast of the bird moist and tender. Presentation is magnificent and people will marvel at seeing what looks like the biggest piece of perfectly fried chicken ever encountered.

The first time we tried it was on a snowy New Year's over at Kevin Murphy's. Somehow I had led my trusty co-chef Bunny into thinking that I had done this before. In truth, I had never even *seen* a fried turkey, much less ever cooked one. We were well into the second bird before she discovered my lack of candor! The turkey turned out great and yours will too if you follow Alex's instructions which are reproduced below. In fact, it works well enough to have become the unofficial recipe for Mark Perry's annual Turkey Fry.

Source: Alex Patout [37]

Serves: 10

### Ingredients:

- 6 tablespoons salt
- 2 tablespoons ground cayenne pepper
- 2 tablespoons ground black pepper
- 1 tablespoon ground white pepper
- 1 turkey, fresh if possible, about 14 pounds
- 4 eggs
- 1 cup milk
- 12 ounces beer (not too dark)
- 8 cups all-purpose flour
- peanut oil for frying

In a small bowl mix together the salt and peppers. Season the bird well outside, under the skin, and in the cavity with a third of the seasoning. Beat together the eggs, milk, beer, and another third of the seasoning and pour over the turkey to moisten all over. Mix together the remaining seasoning and flour and place in a shallow pan. Dredge the bird on all sides (or place flour and bird into a heavy duty plastic bag and shake it around!).

Half fill a heavy stockpot with oil and heat to 300°F over medium heat. Lower turkey breast side down into the hot oil—slowly, so that the temperature of the oil doesn't drop too much (or start the oil a little hotter). Deep fry for about 4-7 minutes per pound, or until the legs

start to loosen in the joint. Remove when done and let sit for about 10 minutes on paper towels. Carve and serve.

Notes: Although Patout recommends 7 minutes per pound, it cooks faster if your oil is hotter than 300°F. If the oil gets too hot—say beyond 350°F—the skin browns too quickly and will be just right *before* the inside of the bird is done. If the oil cools to less than 300°F, your bird won't fry properly and the breading will absorb too much oil. The basic idea is to preheat the oil hot enough so that it doesn't cool below 300°F as the refrigerated turkey goes in and brings down the temperature of the oil. Then, you try to maintain 300°F until it's done. The ultimate test of doneness is to wiggle the leg; once it starts to loosen in the joint, it's thoroughly cooked. I start checking it after the 4 minutes per pound threshold is passed.

If you don't have a real turkey fry pot that includes a rack to sit the bird on when lowering and lifting the turkey from the pot, you can tie uncoated wire around the legs which you let dangle outside of the pot while it fries. When it's done, grab the wires and carefully pull the bird out, letting the hot oil inside the bird drain out over the pot. If you use this method, be sure not to let the turkey cook too long, as the legs will pull off as you hoist it out of the hot oil!

Whatever you do, don't attempt this indoors. This is an outdoor event all the way. Also, keep a fire extinguisher handy and the kids and pets well away from the cooking area. Safety first.

# Pasta Dishes

## Penné with Sausage, Peas, and Mascarpone

Source: *Bon Appétit* [12]

Serves: 6

### Ingredients:

- $\frac{3}{4}$  pound hot Italian sausages
- $\frac{3}{4}$  pound mild Italian sausages
- 1 cup chopped onion
- $1\frac{1}{4}$  cups whipping cream
- $\frac{3}{4}$  cup chicken broth
- 1 pound penné
- 2 cups frozen peas
- $\frac{2}{3}$  cup mascarpone cheese
- $\frac{3}{4}$  cup grated Parmesan cheese

Remove casings from sausages and cut into bite sized pieces. Sauté in Dutch oven over high heat until brown, about 12 minutes. Using a slotted spoon, transfer to a bowl. Pour off all but a tablespoon of fat, add onion, and sauté until light brown, about 5 minutes. Add cream; boil 5 minutes. Add broth; boil until reduced to sauce consistency, stirring occasionally, about 8 minutes. Return sausages to the pot.

Cook penné according to package directions. Meanwhile bring sauce to a simmer over medium heat. Add peas and mascarpone and simmer until peas are tender, about 6 minutes.

Drain pasta. Add to sauce; toss to coat. Mix in Parmesan. Season to taste with salt and pepper. Transfer to large bowl and serve. Garnish with flat leaf parsley if desired.

*Note:* If you can't find mascarpone, mix 6 tablespoons of cream cheese with 5 tablespoons whipping cream.

## Penné with Two Cheeses

Source: Bon Appétit [10]

Serves: 6

### Ingredients:

- 6 tablespoons olive oil
- 1½ cup chopped onion
- 1 teaspoon minced garlic
- 3 28-ounce cans Italian plum tomatoes, drained
- 2 teaspoon dried basil
- 1½ teaspoons dried crushed red peppers
- 2 cups canned chicken broth
- 1 pound penné or rigatoni
- 2½ cups grated havarti cheese
- ⅓ cup pitted brine cured olives
- ⅓ cup grated Parmesan cheese
- ¼ cup chopped fresh basil

Heat 3 tablespoons oil in heavy large Dutch oven over medium-high heat. Add onion, garlic, and sauté until onion is translucent. Mix in tomatoes, dried basil, and crushed red peppers. Bring to boil, breaking up tomatoes with spoon. Add broth, bring to a boil. Reduce heat and simmer until mixture thickens and is reduced to about 6 cups (1 hr to 1 hr 10 minutes). Season with salt and pepper.

Preheat oven to 375°F. Cook pasta and drain. Return pasta to the pot. Toss with 3 tablespoons oil. Pour sauce over and toss to blend. Mix in havarti. Transfer to a 13x9x2 inch glass baking dish. Sprinkle with olives, then Parmesan. Bake until pasta is heated through, about 30 minutes. Sprinkle with basil and serve.

## Stir-Fried Pork

with Twice Cooked Noodles

Source: *Bon Appétit* [12]

Serves: 3

I've modified this from the original by using less sugar and soy sauce. I also suggest adding some hot peppers to the marinade.

### Noodles

- 1 10-ounce package of Chinese egg noodles
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 4 or 5 tablespoons peanut oil

Cook noodles in large pot according to package directions. Drain, rinse in cold water until cool, and drain well. Put the cooked noodles into a large bowl and add the soy sauce and sesame oil. Mix well. Heat a large silversmiths skillet over high heat<sup>1</sup> and add 2 or 3 tablespoons peanut oil. Swirl this around a bit, turn down the heat to medium or medium-high, and toss in the noodles. Compress the noodles into a 1-inch thick pancake. cook until the bottom is golden brown (15 minutes) and remove to a plate. Add 1 or 2 more tablespoons oil to the skillet and return the noodles to the pan, browned side up. Cook until the pancake is brown on the bottom, about 6 minutes. Set aside and prepare the stir-fry.

### Sauce

- 3 tablespoons hoisin sauce
- 2 tablespoons rice wine, saki, or dry sherry
- 2 tablespoons soy sauce
- 1½ tablespoon sugar
- ¼ teaspoon sesame oil

Stir all ingredients in a medium bowl until well-blended and set aside.

### Pork

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<sup>1</sup>If you don't use a nonstick skillet, use more oil to prevent sticking.

- $\frac{3}{4}$  pound of tender pork, cut into strips  
( $1\frac{1}{2}$  x  $\frac{1}{2}$  x  $\frac{1}{4}$  inch)
- 3 tablespoons soy sauce
- 2 tablespoons rice wine, saki, or dry sherry
- 2 tablespoons minced garlic
- 4 teaspoons cornstarch
- 1 teaspoon sugar
- $1\frac{1}{2}$  tablespoons peanut oil
- $\frac{1}{4}$  teaspoon sesame oil
- 2 tablespoons water
- 6 green onions cut into 'match-sticks'

Stir the pork and next 6 ingredients into a medium bowl until well-blended. Heat the peanut oil in a wok. Add the sauce, bring to a simmer. Add the pork and stir-fry for 3 minutes, add the water, and  $\frac{3}{4}$  of the onions. Continue to stir-fry until the pork is cooked, adding water as needed to achieve the consistency you desire.

To serve, place the noodles onto a large platter and top with the stir-fried pork in hoisin sauce. Sprinkle with the remaining green onions. Divide into thirds and serve.

## Jeanetta's Crawfish Fettucine

Source: Jeanetta Bigler

Serves: 12

Jeanetta, we love you! This is great stuff.

### Ingredients:

- 3 sticks butter
- 3 onions, chopped
- 3 ribs celery, chopped
- 2 bell peppers, chopped
- $\frac{1}{4}$  cup flour
- 4 tablespoons parsley, chopped
- 2 pounds crawfish tails
- 1 quart half-and-half
- 1 pound Velveeta cheese,  $\frac{1}{2}$  inch cubes
- 2 tablespoons jalapeño peppers, chopped
- 3 cloves garlic, crushed
- 1 pound fettucine noodles
- grated Parmesan cheese

Melt butter in large heavy saucepan. Add onions, celery, and bell pepper. Cook 10 minutes until clear. Add flour, blend in well. cover and cook 15 minutes, stirring occasionally. Add parsley and crawfish tails. Cover and cook 20 minutes, stirring often. Add cream, cheese, jalapeño peppers and garlic. Mix well. Add salt and pepper to taste. Cook covered on low heat for 20 minutes, stirring occasionally. Cook noodles, drain, and add sauce. Mix

thoroughly and pour into 3 quart buttered casserole dish. Sprinkle with Parmesan. Bake at 350°F for 12 minutes or until heated through.

Notes: Can substitute shrimp for crawfish tails or use a combination of the two. You can also use Jalapeño Velveeta instead of regular Velveeta and the jalapeño peppers. Also, you can probably cut the butter by  $\frac{1}{3}$  (or more) and replace  $\frac{1}{2}$  of the half-and-half with chicken broth.

## Piri Piri Shrimp and Pasta Salad

Source: *Emeril's New New Orleans Cooking* [34]

Serves: 4

### Ingredients:

- $\frac{1}{4}$  cup Piri Piri (page 6)
- 5 cup Pasta Salad
- 32 large shrimp (about 2 pounds)
- 1 tablespoon Emeril's Creole Seasoning (page 1)

Prepare the Pasta Salad, and set aside while you fix the shrimp. Toss the raw shrimp with the seasoning mix. Heat a large skillet over high heat until hot. Add the shrimp and Piri Piri and sear for 2 minutes. Turn the shrimp and sear for 1 minute. Add the pasta salad on top and cook for 1 minute without stirring. Then toss together and remove from the heat. To serve, remove the shrimp from the pasta and place 8 shrimp on each of 4 plates. Top the shrimp with  $1\frac{1}{4}$  cups Pasta Salad.

### Pasta Salad

- 4 cups cooked rigatoni, fusilli, ziti, or penné
- $\frac{1}{3}$  cup pitted black olives, halved
- $\frac{1}{3}$  cup pimento-stuffed green olives, halved
- $\frac{1}{4}$  cup chopped green onions
- $\frac{1}{4}$  cup peeled and chopped tomatoes
- $\frac{1}{4}$  cup chopped fresh basil
- 1 tablespoon minced garlic
- $\frac{1}{4}$  teaspoon salt
- freshly ground black pepper to taste
- 3 tablespoons olive oil
- $\frac{1}{2}$  cup grated Parmesan cheese

Toss all of the ingredients together in a bowl until thoroughly blended.



## Pasta with Peas and Bacon

Source: Emeril

Serves: 4

FoodTV is wonderful—if you can get it.

### Ingredients:

- 1 pound cheese tortellini
- $\frac{1}{4}$  cup bacon, julienned
- 2 tablespoons chopped onion
- $\frac{1}{2}$  cup frozen peas
- 2 tablespoons grated Parmesan cheese
- 6 ounces cream
- salt and pepper to taste

Place tortellini in a pot of boiling water and cook al dente.

In a large skillet, cook the bacon until crispy. Remove bacon with a slotted spoon, place on a paper towel to drain. Pour out all of the bacon grease except for a tablespoon. Add the onion and cook for two minutes, or until golden. Pour in cream and reduce slightly until it thickens.

Add the drained pasta to the cream mixture. Add the bacon along with the peas and cheese. Reduce for one minute. Toss and adjust seasonings. Serve in pasta bowls with grated Parmesan and chopped parsley if desired.

## Pasta Florentine

Source: *Gourmet Our Way* [5]

Serves: 3

### Ingredients:

- 4 to 8 cups chopped fresh spinach
- $\frac{1}{2}$  pound fresh mushrooms
- 4 tablespoons unsalted butter
- 1 teaspoon minced garlic
- juice from one lemon
- 2 tablespoons dry Marsala
- 8 ounces cream
- salt and freshly ground black pepper to taste
- $\frac{1}{2}$  pound linguine
- $\frac{1}{4}$  cup grated Parmesan cheese

Cook spinach in boiling, salted water until tender (about 3 minutes). Drain well and set aside. Slice mushrooms, add lemon juice, and mix well.

Melt butter in skillet over medium heat. Add garlic and Marsala. Sauté 3 minutes. Add mushrooms and sauté an additional 5 minutes. Add cream and bring mixture to a boil. Season with salt and pepper. Remove from heat.

Cook pasta al denté. Drain and add spinach and mushroom mixture. Toss and serve in shallow bowls, topped with grated Parmesan.

## Shrimp and Pasta with two cheeses

Source: *Southern Living* [23]

Serves: 4

### Ingredients:

- 1 tablespoon roasted garlic (see page 116)
- 1 pound of large shrimp, peeled and deveined
- 3 tablespoons lemon juice
- 8 ounces uncooked bow tie pasta
- 6 plum tomatoes, peeled, seeded and chopped
- $\frac{1}{4}$  cup olive oil
- $\frac{1}{4}$  cup whipping cream
- 3 ounces basil flavored feta cheese, crumbled
- $\frac{2}{3}$  cup capers, drained
- $\frac{1}{3}$  cup chopped Italian parsley or fresh basil
- $\frac{1}{3}$  cup grated Parmesan cheese
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon freshly ground pepper
- $\frac{1}{4}$  teaspoon dried crushed red pepper

Bring 2 quarts of water and the lemon juice to a boil in a large pot. Add pasta and cook for 10 minutes, stirring occasionally. Add shrimp and cook for 2 more minutes, or just until the shrimp turn pink.

While the pasta is cooking, the remaining ingredients can be combined in a small bowl. When the pasta is done, drain it and toss together with remaining ingredients in a large bowl. Serve with additional pepper and Parmesan, if desired, and garnish with a few sprigs of Italian parsley.

## Spaghetti with Rubies

Source: *A Fresh Taste of Italy* [46]

Serves: 4

### Ingredients:

- 2 bunches of beets
- $\frac{1}{4}$  cup olive oil
- 2 cloves of garlic, minced
- pinch of crushed red pepper
- coarse salt to taste
- 1 pound of thin spaghetti

Preheat oven to 400°F. Trim tops of beets, wash under cool water, and scrub with a brush. Wrap beets in aluminum foil and bake for 45 minutes, until tender. Let cool, peel, and chop coarsely.

In skillet large enough to hold the pasta, combine oil, garlic, and red pepper. Cook over medium heat until garlic is fragrant and oil is sizzling. Add beets and turn in oil mixture until just heated through.

Cook pasta according to package directions until almost al dente. Drain spaghetti, reserving  $\frac{1}{2}$  cup of cooking water. Pour spaghetti into skillet with beets. Add some water. Simmer over medium heat, constantly turning spaghetti with beets, until pasta is evenly colored, about 2 minutes. Season with salt and pepper to taste. Add some finely chopped fresh basil if desired.

## Laura's Chicken Pesto

Source: Laura Alexander

Serves: 4

### Ingredients:

- 1 chicken breast, boned and cut into bitesized pieces
- 1 tablespoon olive oil
- 1 clove minced garlic
- 1 cup chicken broth
- 1 tablespoon pesto or more to taste
- 1 bunch broccoli, cut into bitesized pieces
- 4 Roma tomatoes, peeled, seeded, chopped
- 1 pound linguine

In a large skillet, heat oil over medium high heat. Add chicken and cook until brown. Add garlic, stir for 30 seconds or until garlic cooks, being careful not to let it brown. Add chicken broth and pesto and simmer until reduced to about  $\frac{1}{2}$  to  $\frac{1}{3}$  of a cup. Add broccoli, cover, and cook until tender crisp. Add tomato, toss, cover, and remove from heat.

Serve hot over linguine with fresh Parmesan.

## Spinach Pasta

Source: Emeril

Makes: a lot

The large quantity of eggs in this pasta makes it really “toothy.” When I’ve made it, I used semolina pasta flour which adds to the firm texture. I think it works better when not rolled too thin, maybe to number 5 on the old Atlas pasta machine. It makes fantastic fettucine.

### Ingredients:

- 1 pound fresh spinach, blanched, squeezed dry, and rough chopped
- 4 eggs
- 3 tablespoons plus 1 teaspoon olive oil
- 4 cups flour
- $1\frac{1}{2}$  teaspoons salt

In the work bowl of a food processor combine spinach, eggs and olive oil and pulse 5 times. Add salt and flour and process until a smooth, tight dough is formed. Turn out onto a

lightly floured work surface and knead briefly into a tight ball. Wrap dough in plastic wrap and set aside to rest for at least 30 minutes. Cut into 6 to 8 pieces and feed through a pasta-roller into long, thin sheets. Cut into desired shapes and set aside to dry or cook immediately in a large pot of boiling, salted water. Boil until just cooked through.

## Tagarin

Source: Mario Batali

Makes: a lot

When properly made, this pasta is very delicate and tender. The first time I made it I incorporated too much flour too quickly and the dough became much too stiff. Once pasta dough comes together, it is impossible to add more liquid, so be careful. Be patient and have plenty of eggs on hand in case you have to start over. Your efforts will be rewarded!

### Ingredients:

- 8 egg yolks, jumbo
- 1 tablespoon extra virgin olive oil
- 3 cups flour
- 1 teaspoon salt

Make a mound of the flour in the center of a large wooden cutting board. Form a well in the center of the mound and add the egg yolks, oil, and salt. Using a fork, beat the eggs, oil, and salt together. Begin to swirl the liquid around the inside of the well, slowly incorporating flour into the egg mixture. As you expand the well, keep pushing the flour up around the perimeter to retain the well shape. The dough will come together when about half of the flour is incorporated.

As the dough starts to come together begin kneading it with both hands. Once you have a cohesive mass, remove the dough from the board, push aside unused flour, and scrape up any left over crusty bits. Lightly flour the board and continue kneading for 3 minutes. The dough should be elastic and slightly sticky. Continue to knead for another 3 minutes, dusting the board as necessary. Wrap the dough in plastic wrap and let rest for 30 minutes before rolling it out with a pasta machine.

## Tagarin with Gorgonzola and Walnuts

Source: Mario Batali

Serves: 4

### Ingredients:

- 1 recipe tagarin pasta (see page 91), rolled to thinnest setting and cut into fettucine like strips.
- 1 cup whipping cream
- $\frac{1}{2}$  cup walnuts
- $\frac{1}{2}$  cup Gorgonzola, broken into thumbnail-sized pieces

Bring 6 quarts of water to a boil and add 2 tablespoons salt.

In a large sauté pan, bring cream and walnuts to a boil and remove from heat. Drop pasta into water and cook until tender, about 45 seconds. Drain well and toss into pan with nuts. Sprinkle with Gorgonzola, toss two or three times, and serve immediately.

## Zucchini and Thyme Pasta Sauce

Source: Marcella Hazan [30]

Serves: 4

This sauce works with either homemade or store-bought boxed pasta. If using homemade, fettucine works well. As for store-bought, try fusilli, spaghetti, or penné.

### Ingredients:

- 3 medium zucchini
- 1 tablespoon vegetable oil
- 2 tablespoons butter
- 3 tablespoons finely chopped onion
- 2 cups fresh, firm, ripe tomatoes
- salt
- freshly ground black pepper
- 1 teaspoon fresh thyme
- freshly grated Parmigiano-Reggiano cheese
- 1 pound of pasta

Soak the zucchini in cold water for 20 minutes. Scrub them under running water using a vegetable brush. Cut off the ends, and julienne the zucchini lengthwise. This should yield about  $1\frac{1}{2}$  cups.

Over medium-high heat, melt butter and oil in a medium skillet. Sauté onion until it becomes pale gold. Add zucchini, turning to coat well, and cook until they become deeply colored.

Add tomatoes, turning once or twice. Add salt, pepper, and thyme, turning all ingredients 2 or 3 times. Cook at a steady, moderate simmer for about 15 or 20 minutes, until the fat begins to separate from the sauce. Cook and drain the pasta, toss it immediately and thoroughly with the sauce, and serve at once with the grated Parmesan cheese.

## Pappardelle with Crawfish, Tomatoes, and Lemon Basil

Source: Mario Batali

Serves: 4

Pappardelle is a fresh pasta made in long strips about  $\frac{3}{4}$  inch wide with fluted edges (sort of like skinny lasagne noodles). If you can't find or don't want to make pappardelle, you can use fettucine or linguine noodles instead. The good thing about pappardelle is that the flutes hold the tasty sauce really well.

### Ingredients:

- 1 pound of cooked crawfish tails
- 4 tablespoons virgin olive oil
- 2 cloves garlic, peeled, and thinly sliced
- 4 jalapeño peppers, cored, seeded, and julienned
- 1 pound very ripe plum tomatoes,
- peeled, seeded, and chopped into  $\frac{3}{4}$  inch cubes
- 1 pound pappardelle
- $\frac{1}{4}$  cup fresh lemon basil leaves
- zest from 1 lemon
- salt and pepper to taste

Bring 6 quarts of water to boil in a large pot and add 2 tablespoons of salt.

In a large skillet, heat oil until smoking. Add garlic and jalapeño peppers and cook until garlic is light golden brown, about 2 minutes. Add tomatoes to the pan and cook until soft and beginning to get saucy. Lower heat to simmer and allow to cook while pasta cooks.

Drop pappardelle into boiling water and cook until tender. Drain pasta in colander and toss crawfish tails into tomato pan. Once the tails have gotten hot, pour sauce over pasta and toss to coat well over simmering heat. Add lemon basil and zest, season with salt and pepper. Serve immediately.



## Pasta with Tuna and Bread Crumbs

Source: Michele Scicolone [45]

Serves: 4

### Ingredients:

- 1 small yellow onion, chopped
- $\frac{1}{4}$  cup olive oil
- 2 garlic cloves, crushed
- pinch of red pepper flakes
- $\frac{1}{4}$  cup dry white wine
- 1 7-ounce can of tuna packed in olive oil, drained, flaked
- $\frac{1}{4}$  cup chopped fresh parsley
- 1 pound linguine or spaghetti
- $\frac{1}{2}$  cup toasted fine bread crumbs

In a skillet large enough to hold the cooked pasta and sauce, sauté the onion in olive oil over medium heat until tender, about 5 minutes. Add garlic and the red pepper flakes and cook until garlic is golden, about 1 minute. Stir in the tuna and parsley and remove from heat.

Cook pasta according to package directions until al dente. Drain, reserving a ladleful of the cooking water.

Add the drained pasta to the sauce and stir and toss over medium heat, adding some of the cooking water if too dry. Transfer to a warmed serving bowl, sprinkle with the bread crumbs, and serve immediately.

## Risotto with Beets and Parmesan

Source: Michele Scicolone [45]

Serves: 4

### Ingredients:

- 4 beets
- 3 ounces Parmigiano-Reggiano cheese
- 6 cups chicken stock
- 3 tablespoons unsalted butter
- 1 tablespoon olive oil
- 1 yellow onion, finely chopped
- 2 cups Arborio (or other good quality short grained rice)
- $\frac{1}{4}$  cup dry white wine
- salt and freshly ground pepper to taste

Preheat oven to 450°F. Trim tops of beets, wash under cool water, and scrub with a brush. Wrap beets in aluminum foil and bake until tender, about 45 minutes. Let cool, peel, and chop coarsely.

Using a vegetable peeler, shave off thin curls of the cheese, using about half of the cheese. Grate the remaining cheese and set aside.

Bring the chicken stock barely to a simmer.

In a large saucepan over medium heat, melt 2 tablespoons of the butter with the oil. Add the onion and sauté until tender, about 5 minutes. Stir in the rice and cook, stirring, until the grains are hot and coated, about 2 minutes. Add the wine and continue to cook and stir until the liquid is absorbed. Add the beets and cook, stirring for 1 minute.

Add the stock  $\frac{1}{2}$  cup at a time, stirring constantly and making sure the liquid has been absorbed before adding more. When the rice is about half cooked, stir in the salt and pepper. The risotto is done when the rice grains are creamy on the outside and firm, yet tender to the bite, 20-25 minutes total.

Stir in the grated cheese and the remaining tablespoon of butter. Spoon into warmed soup plates, and top with the shaved Parmesan.

## Puttanesca Sauce

Source: *Joy of Cooking* [42]

Serves: 4

### Ingredients:

- $\frac{1}{4}$  cup extra-virgin olive oil
- 2 large garlic cloves, minced
- 1 dried chili pepper, crushed
- 1 cup oil-cured black olives, pitted and coarsely chopped
- 6 anchovy filets, soaked in water for 5 minutes, drained, chopped
- $\frac{1}{2}$  teaspoon dried oregano
- $1\frac{1}{2}$  pounds ripe tomatoes, diced
- 3 tablespoons chopped parsley
- 2 tablespoons drained capers

Heat oil in a large skillet over medium heat. Add the garlic and dried chili pepper; cook until the garlic is pale blond, about 30 seconds. Stir in the olives, anchovies, and oregano. Cook for about 30 seconds then stir in the tomatoes. Simmer uncovered until the sauce thickens, about 5 minutes. Stir in parsley and capers and remove from heat. Season with salt and pepper to taste. Serve over 1 pound of cooked, dried pasta.

# Soups & Gumbos

## Three Bean Soup

Source: Jeanne Adkins

Makes: 1 quart

### Ingredients:

- 2 chicken breast halves, skinned
- 3 cups water or chicken broth
- 1 28-ounce can of whole tomatoes, undrained and chopped
- 1 10-ounce package frozen cut green beans
- 1 10-ounce package frozen baby lima beans
- 1 bay leaf
- 2 teaspoons Creole seasoning
- 1 teaspoon chili powder
- 1 teaspoon paprika
- $\frac{1}{4}$  teaspoon each of garlic powder, onion powder, and cayenne
- dash each of Tabasco, soy, and Worcestershire sauce
- 1 15-ounce can of black beans

Combine all ingredients except the black beans in a large pot. Bring to boil over medium heat. Cover, reduce heat and simmer 1 hour. Remove chicken and debone. Cut chicken into bite size pieces, return to soup, and add black beans. Heat thoroughly and serve.

Note: Substitute boneless chicken if desired and replace the garlic powder with 2 cloves of pressed garlic.

## Corn and Cheddar Chowder

Source: Bon Appétit [9]

Makes: 1½ cups

### Ingredients:

- 1 tablespoon unsalted butter
- 1 onion, chopped
- ¾ pound red potatoes, peeled and diced
- 2 cups frozen corn kernels
- 2 cups half and half or milk
- 1½ teaspoons thyme
- 2 cups cheddar cheese, medium sharp, shredded
- 1 cup chicken or vegetable broth
- *Optional:* garlic & peppers

Melt butter in heavy saucepan over medium-high heat. Add onion; sauté until tender. Add potatoes, corn, milk, broth, and dried thyme. Cover and simmer until potatoes are done (15 to 20 minutes). Add cheese and stir until melted.

## Spinach Soup

Source: Ronzoni

Serves: 6–8

### Ingredients:

- ¼ cup chopped onion
- 1 clove of garlic, minced
- 5 - 6 cups chicken broth
- ½ cup Ronzoni Acini Pepe (tiny pasta)
- ¼ teaspoon ground nutmeg (optional)
- 1 10-ounce package of frozen chopped spinach
- grated Parmesan cheese
- 1 tablespoon butter

Melt butter in saucepan. Sauté onion and garlic until tender but not brown. Add broth and bring to a boil. Add pasta, nutmeg, and pepper; simmer for about 5 minutes. Add chopped spinach and simmer for 5 minutes. Season to taste with salt and additional pepper. Sprinkle with Parmesan if desired.

## Tomato Soup with Vermicelli

Source: *Mediterranean Light* [47]

Serves: 3 or 4

### Ingredients:

- 1 28-ounce can tomatoes
- 1 tablespoon olive oil
- 1 onion, minced
- 4 or more cloves of garlic, minced
- salt and pepper to taste
- $\frac{1}{2}$  teaspoon dried marjoram
- $\frac{1}{2}$  cup vermicelli or other tiny pasta

Drain the tomatoes, reserving the liquid. Return liquid to the can and add enough water to fill it. Purée the tomatoes in a food mill or food processor and put through a sieve.

Heat oil in a heavy bottom pot and sauté the onion with 2 cloves of garlic until onion is soft. Add the tomato purée and cook 10 minutes, stirring. Add remaining garlic and the liquid reserved in the tomato can. Add salt, pepper, and marjoram. Bring to a simmer and add vermicelli. Cook until pasta is *al denté*. Correct seasonings, let cool a bit, and serve.

## Cuban Black Bean Soup

Serves: 4

There are a lot of recipes for black bean soup. This one I snatched out of the local paper in Tampa when I lived down that way. Like a lot of Cuban foods, it is fairly oily. You can reduce the oil if you wish, but I think you'll lose some authenticity. It can be served over rice and topped with chopped white onion.

### Ingredients:

- $\frac{1}{2}$  pound black beans
- $1\frac{1}{2}$  quarts of water
- 2 onions, chopped
- 1 green bell pepper, cut into strips
- 3 garlic cloves
- 1 bay leaf
- $\frac{1}{2}$  teaspoon dried oregano
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{2}$  cup olive oil

Wash beans thoroughly and soak overnight in the water. Bring the beans to a boil in the soaking water. Heat the olive oil in a frying pan over medium heat and sauté the onions and peppers until soft, but not brown. Add the garlic, bay leaf, and oregano. Cook for 5 minutes, stirring frequently. Add this mixture to the black beans and cook until very tender.

If you want to thicken the soup a bit, remove  $\frac{1}{2}$  cup or so of the cooked beans and purée in the food processor. Return to soup and mix thoroughly.

## Chicken and Sausage Gumbo

Source: *Patout's Cajun Home Cooking* [37]

Serves: 6–8

The easiest way to ruin this is to use cheap sausage. Buy the best that you can and opt for leanest you can find. Also, don't use sausage that is spicy hot. The peppers in this recipe provide all the heat you'll need. I like to leave enough space in the heat so that I can comfortably add some *Cajun Chef* brand hot sauce to the finished product. Compared to Tabasco, *Cajun Chef* is milder, thicker, and more vinegary. Depending on how garlicky the sausage is, I have been known to add a little garlic to the vegetables.

**Ingredients:**

- 1 tablespoon salt
- 1½ teaspoon ground red pepper
- 1 teaspoon ground black pepper
- 1 teaspoon ground white pepper
- 1 roasting chicken, 3-5 pounds
- 2 cups medium roux (page 104)
- 2 large onions, chopped fine
- 2 bell peppers, chopped fine
- 3 celery ribs, chopped fine
- 1 gallon chicken stock
- 2 pounds of lean, high quality smoked pork sausage, sliced ½ -inch thick
- 1 cup chopped green onion
- 1 cup chopped parsley
- 4-6 shakes of Tabasco

In a small bowl, mix together the salt and peppers; set aside. Remove excess fat from the chicken and cut into 8 or 9 pieces. Sprinkle the chicken with half of the salt and pepper mixture. Using a small amount of oil (or rendered chicken fat as suggested by Patout) brown the chicken on all sides in a large heavy skillet; remove. Add the roux to the skillet and get it good and hot. Add half of the vegetables, stir well, and set aside to cook for a bit, stirring occasionally.

Place the stock and the remaining vegetables in a large heavy pot and bring to a boil. Gradually stir in the vegetable/roux mixture. Add the remaining salt and pepper and simmer for 45 minutes to an hour. Add the chicken and sausage and continue to simmer slowly for at least 1½ hours, or until the chicken is tender. If the gumbo becomes too thick, add water. Remove from heat for 15 minutes, skim off fat from the top, stir in green onions and parsley, add Tabasco, and let sit for a few minutes.

Serve in large bowls over rice and don't forget the Cuban bread (page 128)!

*Variation:* Sometimes I use boneless thighs and/or breasts instead of a whole chicken. I cut the chicken into bite size pieces, lightly dust them with seasoned flour, and pan fry them in oil until golden brown. After simmering the roux and vegetables for 45 minutes to an hour, add the sausage and cook for an hour. Then add the cooked chicken and cook for another 30 minutes. Remove from heat, skim the fat from the surface, stir in green onions and parsley, add Tabasco, and let sit for a few minutes.



## Smoked Turkey and Sausage Gumbo

Source: *Patout's Cajun Home Cooking* [37]

Serves: 6-8

This is similar to the chicken and sausage gumbo, but has a flavor all its own. This is Bunny's favorite (and mine too).

### Ingredients:

- 1 8-10 pound smoked turkey
- 1 tablespoon salt
- 2 teaspoon ground red pepper
- 1 teaspoon ground black pepper
- 1 teaspoon ground white pepper
- 2-3 cups medium roux (page 104)
- 2 large onions, chopped
- 2 bell peppers, chopped
- 3 celery ribs, chopped
- 2 pounds of lean, high quality smoked pork sausage, sliced  $\frac{1}{2}$ -inch thick
- 2 cup chopped green onion
- 1 cup chopped parsley

In a small bowl, mix together the salt and peppers; set aside. Pull the meat off of the turkey and set aside. Place the carcass in a stockpot and cover with water. Bring to a boil over high heat, reduce to medium, and let simmer for 1-1 $\frac{1}{2}$  hours. Remove carcass and discard (you may want to strain the stock if there is a lot of debris in it). Add the celery, onion, bell peppers, and gradually add the roux. You should add enough roux to make a medium-heavy gumbo. Add the seasonings and sausage and let simmer for another hour. Add the turkey meat and let cook for 15-20 minutes. Remove from heat and stir in the green onions and parsley.

Serve in large bowls over rice. Pass the French bread!

## Seafood Gumbo

Source: Lee

Serves: 6–8

The key to this dish is to use good seafood and to not overcook it once added. If I had my druthers, I'd use 1 pound of shrimp,  $\frac{3}{4}$  pound of fresh lump crab meat, and about 8 oysters in their juice (1 per person). We usually don't get good oysters or crab of any description so we use shrimp. We do get good scallops, however, and I like to use 1 pound of these along with 1 pound of shrimp for the seafood. If you buy the large scallops, cut them into bite sized pieces before adding them to the pot. You can try using a piece of firm, mild fish, but it tends to break up pretty badly and can ruin this otherwise fine gumbo. If you use fish, the trick is to add it as close to the end of the cooking process as possible.

### Ingredients:

- 1 tablespoon salt
- $\frac{1}{2}$  teaspoon ground red pepper
- $\frac{1}{2}$  teaspoon ground black pepper
- $\frac{1}{2}$  teaspoon ground white pepper
- $\frac{1}{2}$  teaspoon thyme (optional)
- $\frac{1}{4}$  teaspoon oregano (optional)
- 2 pounds of seafood (shrimp, oysters, crab, scallops, etc.)
- 2 cups medium-dark roux (page 104)
- 1 tablespoon minced garlic
- 2 cups chopped onions
- 1 cup chopped bell peppers
- $1\frac{1}{2}$  cups chopped celery ribs
- $5\frac{1}{2}$  cups shrimp stock
- 1 pound of lean, high quality smoked pork sausage, sliced  $\frac{1}{2}$ -inch thick
- 1 cup chopped green onion
- 1 cup chopped parsley

In a small bowl, mix together the salt, peppers, and thyme; set aside. Combine the onions, bell peppers, and celery in a bowl and set aside.

Heat a large heavy skillet heat the roux until very hot over medium-high heat; add  $\frac{1}{2}$  the vegetables, stir well, continue stirring for about 1 minute. Add the other half of the vegetables and cook, stirring, another 2 minutes. Stir in the seasonings and cook 2 minutes, stirring frequently. Add the garlic, stir well, then cook for 1 more minute. Remove from heat.

Place the stock and the remaining vegetables in a large heavy pot and bring to a boil. Gradually stir in the vegetable/roux mixture. Add the sausage and continue to simmer slowly for about 15 minutes, stirring occasionally. Add the shrimp, crabmeat, and/or oysters. Return to boil over high heat, stirring occasionally. Remove from heat and skim away any oil from the surface. Stir in green onions and parsley and serve in large bowls over rice.

## Making Roux

- 2 cup vegetable oil
- 3-3½ cups all-purpose flour

Heat a large heavy skillet over medium heat. Add the oil and heat it to 350°F. If the oil smokes, it's too hot; let it cool to the desired temperature before proceeding. Whisk in 3 cups of the flour all at once, being careful not to splatter yourself with hot oil (I wear a long-sleeve shirt). Mix the flour in and check its consistency. It should be smooth, not runny . . . not pasty. Stir in more flour until you get the right consistency.

Continue to cook the roux over medium heat, stirring frequently, until it achieves the desired color.

**Peanut Butter colored:** Takes about 20–30 minutes.

**Medium:** Takes about 30–45 minutes and will be medium brown with a hint of gold in it

**Dark:** Takes about 50–70 minutes and should be very dark brown, but not black.

If you burn your roux, throw it out and start over. The other thing to keep in mind is that the lighter the meat, the darker the roux. That's why seafood gumbo uses a dark roux while chicken gets a medium one. Beef or pork stews would call for a peanut butter roux.

Once the roux is made, let it cool completely before using. As the roux sits, excess oil will rise to the top and you can pour it off, leaving the toasted flour. This results in a gumbo that is considerably less oily and better tasting too.

Since I pour off the excess oil after cooling, I'm not afraid to let the cooking roux be a tad on the runny side. If the roux gets too dry while cooking, it tends to burn more easily. Using a little more oil (or less flour) will give you larger margin for error if you get distracted during cooking and can't continuously stir it.

## Tortilla Soup

Source: Chris Beck

Serves: 4-6

Chris—with help from Katherine and Jimikaye—gave this to me for Christmas in 1995. We first fixed it in late February when Mom visited from Florida. It was a big hit and is both easy to make and delicious leftover.

### Ingredients:

- 1 tablespoon vegetable oil
- 12 6-inch corn tortillas
- 1 cup diced white onion
- 1½ tablespoon minced, seeded, jalapeño pepper
- 1 tablespoon minced garlic
- 1 tablespoon tomato paste
- 3 14.5 ounce cans whole tomatoes, undrained
- 1 tablespoon ground cumin
- 8 cups chicken broth
- 4 chicken breasts, cooked, deboned, and shredded
- 1 avocado, diced
- ½ cup grated cheddar cheese

Cut 4 of the tortillas into 1-inch squares. Heat oil in a large soup pot or Dutch oven, add tortilla pieces, and cook over medium heat until crisp, about 2 minutes. Add the onion, jalapeño, and garlic and cook for 3 minutes. Add the tomato paste and the tomatoes, bring to a boil, reduce heat, and simmer for 10 minutes. Stir in cumin and broth, return to a boil. Reduce heat and simmer for 40 minutes or until reduced to about 8 cups. Purée half of the soup mixture in a food processor and return to pot. Add the shredded chicken to the soup and allow the soup to heat thoroughly while you prepare the garnish.

Cut remaining 8 tortillas into  $\frac{1}{4}$  inch strips and dust with seasoned salt. Arrange strips on a baking sheet and bake in a 400°F preheated oven until lightly crisp, about 7 minutes.

To serve, ladle soup into large bowls and garnish with cheese, tortilla strips, and avocado.

## White Chili

Source: Steve and Donna Petty

Serves: 4

I prepared this soup a number of different ways. In one variation, I use Emeril's excellent Tortilla Sauce to thicken the soup. Steve and Donna's version does not call for stir frying the chicken in seasoning before adding. This alters the color a little but "kicks it up" a little. I like it that way so I added this step.

### Ingredients:

- 3 or 4 medium-sized chicken breast halves
- 1 teaspoon Emeril's Southwest Seasoning Mix (see page 2)
- 1 tablespoon vegetable oil
- 1 clove of crushed garlic
- 1 teaspoon ground cumin
- 1 medium white onion, chopped
- 2 cups milk
- 6 ounces sour cream
- 4 ounces cream cheese
- pinch of basil
- 3 15-ounce cans of great northern beans, rinsed
- 2 tablespoons Mrs. Renfrow's Green Sauce
- 2 tablespoons chopped fresh cilantro

Cut the chicken breasts into bite-sized cubes and sprinkle with the Southwest Seasoning Mix. Using your hands, combine the chicken and seasoning mix thoroughly. Heat a large skillet or wok, add the oil, and stir fry the chicken until barely done, about 3 minutes.

Add the onion, stirring for 1 minute. Add milk, sour cream, and cream cheese. Cook over medium heat until heated through. Add the basil, beans, cumin, and Green Sauce. Continue cooking over medium heat until hot, but not boiling. To thicken the chili before serving, make a small amount of blonde roux with a tablespoon of flour and a little butter. Reheat if necessary and serve in shallow bowls, garnished with chopped cilantro.

## Mulligatawny Soup

Source: Liz and Jim Eells

Serves: 8

As featured in the hilarious *Soup Nazi* episode of the Seinfeld television show.

### Ingredients:

- 4 pound chicken, cut into serving pieces
- 2 tablespoons butter
- 2 sour green apples, peeled and chopped
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{2}$  cup chopped green pepper
- $\frac{1}{4}$  cup chopped carrot
- 2 tablespoons flour
- 2 teaspoons curry powder
- 3 quarts chicken stock
- $\frac{1}{2}$  cup shredded coconut
- 4 whole cloves
- 1 tablespoon minced parsley
- 1 tablespoon sugar
- 2 teaspoons salt
- 3 small tomatoes, peeled, seeded and chopped

In a large pot, brown the chicken in butter. Add the apples, onion, green pepper, and carrots; stir occasionally and cook until lightly brown. Blend in the flour and curry powder, mixing well. Add chicken stock and coconut and stir well over low heat for 5 minutes. Add the cloves, parsley, sugar, and salt. Simmer until chicken is tender. Add tomatoes and continue cooking for about 15 minutes. Remove the chicken, debone, and cut into bite-sized cubes. Strain the soup, using a spoon to force the vegetables through a sieve into the soup. Add the chicken, reheat, and serve in shallow bowls over small mounds of boiled white rice.

### Making stock from a smoked chicken

Source: Lee with help from Emeril

Makes: 3 quarts

#### Ingredients:

- 1 tablespoon vegetable oil
- 1 large yellow onion, unpeeled and quartered
- 2 celery stalks with leaves, coarsely chopped
- 2 cloves of garlic, halved
- $\frac{1}{2}$  teaspoon dried basil
- $\frac{1}{2}$  teaspoon dried thyme
- $\frac{1}{2}$  teaspoon dried tarragon
- $\frac{1}{2}$  teaspoon dried leaf oregano
- $\frac{1}{2}$  teaspoon black peppercorns
- carcass from 1 deboned smoked chicken, skin and bits of fat removed
- 4 quarts water

In a large stockpot, sauté the vegetables in the oil for about 2 or 3 minutes. Add the remaining ingredients and bring to a boil. Reduce heat and simmer for about 2 hours. Strain through a fine-mesh sieve, and allow to cool thoroughly. Discard the vegetables and bones.

Refrigerate overnight, then use a slotted spoon to skim any congealed fat from the surface. For a more concentrated stock, you can now reboil and reduce the stock to the desired consistency.

# Side Dishes

## Black Bean Chili

Source: *Emeril's New New Orleans Cooking* [34]

Makes: 3 cups

- 1 cup dried black beans, soaked overnight in hot water to cover
- 1 tablespoon olive oil
- $\frac{1}{3}$  cup chopped onion
- 1 tablespoon seeded and chopped fresh jalapeño pepper
- 6 cups chicken stock
- 1 tablespoon fresh lime juice
- 1 teaspoon Emeril's Southwest Seasoning Mix (page 2)
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- $\frac{1}{2}$  teaspoon salt
- freshly ground black pepper to taste
- $\frac{1}{4}$  cup chopped fresh cilantro

Drain and rinse the beans. Heat oil in large skillet over high heat. Add the onions, garlic, jalapeño peppers and beans; sauté for two minutes, stirring occasionally. Add the stock, lime juice, Southwest Seasoning, chili powder, and cumin. Bring to a boil, lower heat, and simmer for 50 to 60 minutes, or until the beans are tender.

Stir in the salt, pepper, and cilantro and simmer for about 5 more minutes. Remove from heat and serve immediately.

*Time Saver:* If you need to make this dish in a hurry, you can use 2-16 ounce cans of black beans instead of the dried variety. In this case you can cut the amount of stock to 1 or 2 cups and add the beans after you sauté the vegetables. Cooking time can then be reduced to about 20 minutes, long enough to heat everything thoroughly and for the spices to infiltrate the beans. Whichever way you cook it, this stuff is good!



## Ardyth's Green Bean Casserole

Source: Ardyth Buttram

Serves: 6-8

### Ingredients:

- 3 cans whole green beans
- 1 can cream of mushroom soup
- 1 package Old English brand cheese
- 1 green pepper, finely chopped
- 1 small jar chopped pimento
- 16 buttered, crushed RITZ crackers
- Salt and Pepper to taste

Pour sauce of melted cheese and soup over mixed and seasoned green beans, peppers, and pimento. Top with crackers and bake for 45 minutes in a 350° degree oven.

## Fried Zucchini with Flour and Water Batter

Source: Marcella Hazan [29]

Serves: 4 to 6

### Ingredients:

- 1 pound fresh zucchini
- vegetable oil
- $\frac{2}{3}$  cup flour
- salt

Soak and clean the zucchini, trim away the ends, and cut it lengthwise into slices about  $\frac{1}{8}$  inch thick.

Put 1 cup water in a soup plate and gradually add the flour, shaking it through a strainer and, with a fork, constantly beating the mixture that forms. When all flour has been mixed with water, the batter should have the consistency of sour cream.

Pour enough oil into a skillet to come  $\frac{3}{4}$  inch up its sides, and turn on heat to high. When oil is hot drop a few slices into the batter. Slip a fork under the zucchini, one slice at a time, and slide it into the hot oil. Repeat until the pan is loosely filled.

Cook until a fine golden crust forms on one side and turn. Once the other side is golden, remove and drain. Sprinkle with salt and serve.

## Hostess Peas

Source: Helen Corbitt [21]

Serves: 6

### Ingredients:

- 4 strips of bacon
- $\frac{1}{4}$  cup minced onion
- 2 tablespoons butter
- 1 tablespoon water
- 3 cups cooked frozen peas
- $\frac{1}{4}$  cup shredded lettuce
- $\frac{1}{2}$  teaspoon salt
- (*optional*) 1 teaspoon chopped pimento

Dice bacon and sauté until crisp; remove. Sauté onion in bacon fat until soft, remove, and drain. Put the water and butter in a skillet, add the peas and lettuce, and cook until lettuce is wilted. Add bacon and onion and season. Add pimento before serving.

## Ardyth's Spinach Soufflé

Source: Ardyth Buttram

Serves: 6

### Ingredients:

- 1 package frozen chopped spinach (cooked and drained)
- 4 tablespoons margarine
- 1 can mushroom soup
- 1 small onion, chopped
- $\frac{1}{4}$  pound grated cheddar cheese
- 20 crushed soda crackers
- juice from 1 lemon

Preheat oven to 350°F. Mix ingredients and bake in a lightly buttered casserole for 25 minutes.

## Tasso Maque Choux

Source: *Emeril's New New Orleans Cooking* [34]

Makes: 2 cups

Corn maque choux is a wonderful Cajun dish that usually takes 1 hour or more to make. Typically it is a sweet dish, made so in part by the use of sweet corn cooked until slightly caramelized. The traditional way is great, but takes patience. Emeril has turned this labor intensive process into a real quickie – essentially a stir-fry dish that you can make on the spur of the moment using frozen corn kernels. This is an Adkins family favorite.

### Ingredients:

- 2 tablespoons olive oil
- 3 ounces ( $\frac{1}{3}$  cup) diced tasso or spicy smoked ham
- $1\frac{1}{2}$  cups fresh corn, scrapped from the cob
- $\frac{1}{3}$  cup chopped onions
- 1 tablespoon minced garlic
- 1 teaspoon salt
- freshly ground black pepper to taste
- 1 cup heavy cream
- $\frac{1}{3}$  cup minced red bell pepper
- $\frac{1}{3}$  cup chopped green onions

Heat the oil in a large skillet over high heat. When the oil is hot, add the tasso and sauté for about 30 seconds. Add the corn and cook, shaking and flipping the skillet several times, for about 1 minute.

Add the onions and sauté for 30 seconds. Add the garlic, salt, and pepper and cook for 1 minute. Stir in the cream, red peppers, and green onions and simmer until heated through, for about 2 minutes. Remove from heat and serve.

## Corn and Tomatoes

Inspired by: Helen Corbitt [21]

Serves: 8

### Ingredients:

- 2 strips of bacon
- 1 cup corn kernels
- $\frac{1}{2}$  cup chopped onion
- 2 cups canned tomatoes

Dice and fry the bacon until crisp. Remove bacon and set aside while it drains. Cook tomatoes and onions in 2 tablespoons of the leftover bacon fat until the onions are soft. Add corn and cook slowly for about 30 minutes. Top with bacon and serve.

## Perfect White Rice

Source: *Memories of a Cuban Kitchen* [40]

Makes: 3 cups

“Why,” you may ask, “do I need you to tell me how to cook rice? It comes with instructions on the package.” Well, it just so happens that the following method is so good that it earns its name, *Perfect White Rice*. It’s not even very hard to do.

### Ingredients:

- 2 cups long-grain white rice
- 2 teaspoons salt
- 2 tablespoons olive oil
- 4 cups water

Combine all of the ingredients into a large, preferably nonstick, saucepan and bring to a boil over high heat. Cook *uncovered* until most of the water has been absorbed (or evaporated) and small craters form on top of the rice. This will take about 10 to 15 minutes.

Stir the rice with a fork, cover, and reduce the heat to low; cook until fluffy, 8 to 10 minutes. Fluff the rice with a fork and serve immediately.

*Note:* You can also do this with converted (par-boiled) rice. If so, increase the amount of water to 5 cups.

## Savannah Red Rice

Source: *Chef Paul Prudhomme's Seasoned America* [39]

Serves: 6

The basic idea for this came from Chef Paul's *Seasoned America*. I've cut the recipe in half and added an Alex Patout touch at the end. This stuff is good and very spicy. It works well with Mexican or Tex-Mex food and, because of the sugar and caramelized onions, it can also be used as the basis for Chinese stir fried rice.

### Seasoning Mix

- 1 tablespoon dark brown sugar
- 1 teaspoon salt
- 1 teaspoon paprika
- $\frac{3}{4}$  teaspoon white pepper
- $\frac{3}{4}$  teaspoon dry mustard
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon onion powder
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon dried thyme
- $\frac{1}{4}$  teaspoon ground cumin

### Rice

- 5 slices of bacon, diced
- 1 bay leaf
- 1 cup chopped onion
- $\frac{3}{4}$  cup chopped green bell pepper
- $\frac{1}{2}$  cup chopped celery
- $1\frac{1}{4}$  cups uncooked converted rice
- 1 cup peeled, seeded, chopped tomatoes
- 1 teaspoon minced garlic
- $2\frac{1}{2}$  cups chicken stock
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup chopped flat leaf parsley
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup chopped green onion

Combine the spice mixture in a small bowl and set aside.

Place bacon in a heavy pot or wok and cook over high heat until the bacon starts to brown, about 5 minutes. Add the bay leaf, onions, bell peppers, and celery; cover and cook, stirring occasionally, until the onions are golden brown, about 14 or 15 minutes. Stir in the rice and  $2\frac{1}{2}$  tablespoons of the seasoning mix. Cover and cook for about 5 minutes, or until the rice is golden brown. Occasionally you'll have to scrape up the crust that forms on the bottom of the pot while cooking. Now stir in the tomatoes, add the garlic, and stir in the rest of the seasoning. Cook for 2 minutes. Add the stock and scrape the bottom of the pot. Cover and bring to a boil. Reduce heat to a simmer, cover, and let cook for 25 minutes, occasionally scraping the bottom of the pot to loosen the mixture as it starts to stick. Remove from heat, stir in parsley and green onions, and let sit for 10 minutes before serving.

## Mashed Potatoes

Source: *Cook's Illustrated* [16]

Makes: 4 cups

### Ingredients:

- 2 pounds of Russet or Yukon Gold potatoes, peeled and cut into 2-inch chunks
- $\frac{3}{4}$  teaspoon salt
- 6 tablespoons softened butter
- 1 cup milk or half-and-half
- $\frac{1}{2}$  teaspoon white pepper

Put potatoes in a large Dutch oven; add cold water to cover and add  $\frac{1}{2}$  teaspoon salt. Bring to a boil and continue to cook over medium heat until potatoes are tender when pierced with a knife, 15 to 20 minutes.

Drain potatoes well and return pan to low heat. Rice the potatoes into the pan. Blend in butter then warm milk with whisk or wooden spoon. Season with remaining salt and pepper and serve immediately.

### Variations:

**Roasted Garlic:** Mash up 6 cloves of roasted garlic and add to the riced potatoes.

**Poached Garlic:** Follow step 1 of master recipe. Meanwhile, simmer 6 to 8 peeled garlic cloves in a covered saucepan along with 2 tablespoons butter until tender, about 20 minutes. Beat in 1 tablespoon flour, cook for 2 minutes, and whisk in  $\frac{1}{2}$  cup cream and seasonings. Bring cream to a boil, cook for 1 minute, and purée. Follow step 2 of the master recipe reducing butter to 4 tablespoons and milk to  $\frac{1}{2}$  cup. Add the purée before whisking in the warm milk [36].

**Olive Oil and Poached Garlic:** This version is less garlicky than the preceding one, and is a bit easier to do. Follow master recipe, adding 2 or 3 large cloves of garlic and 2 bay leaves along with the water in step 1. Remove bay leaves as potatoes are drained, and mash garlic with potatoes. Decrease butter to 2 tablespoon and stir in  $\frac{1}{4}$  cup virgin olive oil with butter. Stir in warm milk as in master recipe.

**Roasted Chilies and Cilantro:** Char 1 pablano chili over gas flame or in broiler until blackened on all sides. Wrap in a paper bag and let stand 10 minutes. Peel and seed chili and chop coarsely. Follow master recipe adding 1 or 2 large cloves of garlic along with the water in step 1. After whisking in the butter and half and half, stir in the chopped pablano, 3 or 4 tablespoons of chopped fresh cilantro, salt and pepper.

*Roasting Garlic:* To lightly roast the garlic called for in this recipe, preheat oven to 325°F. Cut the bulb in half, crosswise. Place the two halves on a sheet of aluminum foil and dribble 1 teaspoon olive oil on the exposed ends of each half. Sprinkle with a little salt and pepper and fold the edges of the foil together to form a bag. Roast until the garlic is tender, about 30 to 40 minutes. When done, the garlic cloves will pop out when you squeeze the bulb ends.

## Herb-Roasted Potatoes

Source: *Lee and Bunny*

Serves: 4

### Ingredients:

- 2 pounds red potatoes
- 2 tablespoons olive oil
- 3 tablespoons chopped fresh herbs  
(e.g., rosemary, thyme, parsley—see note)
- 10 cloves peeled garlic
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- coarsely ground kosher salt to taste

Preheat oven to 425°F. Cut the potatoes into  $\frac{3}{4}$  inch chunks and place them in a large bowl. Add the olive oil, garlic, herbs, and salt. Mix thoroughly. Transfer the potatoes to a large cast-iron skillet and roast in the preheated oven for 45 minutes. Stir the potatoes several times during the roasting to keep them from sticking.

Reduce heat to 375°F, stir the potatoes slightly again to prevent sticking, and roast an additional 30 minutes. Pick out the garlic cloves before serving.

Note: If using parsley as an herb, increase quantity to 6 tablespoons and add after removing the garlic and before serving.

## Hash Brown Potatoes

Source: *Cook's Illustrated* [20]

Serves: 4

### Ingredients:

- 1 pound high-starch potatoes like russets or Idahos
- $\frac{1}{4}$  teaspoon salt
- 2 tablespoons grated onion
- 1 tablespoon butter
- fresh ground black pepper to taste

Grate the potatoes using the large hole side of a box grater. To release water from the grated potatoes, wrap them in a clean kitchen towel and, using two hands, twist the towel tightly.

Toss the fully dried grated potatoes with salt, grated onion, and a little black pepper in a medium bowl. Meanwhile, heat half of the butter in a 10-inch skillet over medium high heat until it just starts to brown. Scatter potatoes over the skillet and, using a wide flat-bottomed spatula, firmly press the potatoes to flatten. Reduce heat to medium and continue cooking until browned, about 7 or 8 minutes.

Invert hash browns, browned side up, onto a large platter. Melt the remaining butter in the skillet and slide hash browns back into the pan; continue cooking over medium heat until the other side is golden brown. Fold the potato round in half; cook about 1 minute longer. Cut into 4 wedges and serve.



## Zucchini Pancakes

Source: Emeril Lagasse

Serves: 4 to 6

### Ingredients:

- 1 pound small zucchini, coarsely grated
- 1 tablespoon chopped fresh parsley
- 2 teaspoon chopped lemon zest
- $\frac{1}{2}$  teaspoon chopped garlic
- 2 eggs
- $\frac{1}{2}$  cup flour
- about  $\frac{1}{2}$  cup olive oil
- lemon wedges for garnish
- 1 recipe of roasted red pepper sauce, optional (see page 16)

In a medium bowl, combine grated zucchini, parsley, lemon zest and garlic. Season with salt and pepper to taste. Stir in eggs and flour. In a skillet, heat  $\frac{1}{4}$  inch olive oil until it ripples. Spoon batter by tablespoons into skillet and flatten each mound into a 3-inch pancake. Cook pancakes about 1 minute on each side. Remove with a slotted spoon and keep heated in a 250°F oven while the remaining pancakes are made.

To serve, spread about  $\frac{1}{4}$  cup of roasted red pepper sauce onto a plate and place pancake onto center. Garnish with lemon wedges and serve.

## Crawfish Grits

Source: Emeril Lagasse [33]

Serves: 8

I made this for the extended family (Buttram's, Beck's, and Adkins') as a side dish Christmas of 1997. Whew, BIG hit!

### Ingredients:

- 1 pound peeled crawfish tails
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon cayenne
- 2 tablespoons olive oil
- 1 cup chopped yellow onions
- 1 tablespoon chopped garlic
- 3 cups half-and-half
- 2 cups hearty stock (preferably, duck)
- $1\frac{1}{2}$  cup quick-cooking white grits
- $\frac{1}{2}$  cup freshly grated Parmigiano-Reggiano cheese

Toss the crawfish tails with salt and cayenne in a medium-sized bowl.

Heat olive oil in a 3-quart saucepan over medium heat. Add the onions and cook, stirring, until slightly soft, about 2 minutes. Add the crawfish and garlic and cook, stirring, for about 2 minutes. Add the stock and half-and-half and bring mixture to a low boil. Reduce heat to medium-low and simmer for 2 minutes. Add the grits and stir constantly until they are tender and creamy, about 10 minutes. Add the cheese and stir to mix and melt it. Serve warm.

## Boiled Cauliflower

Source: Marcella Hazan [28]

Makes: 1 head

Guess what? There is actually a technique associated with cooking cauliflower that makes it sweeter. At least that's what Marcella Hazan claims (and we agree). Here's how...

### Ingredients:

- 1 head of cauliflower

Remove all of the leaves from a head of cauliflower and cut a cross at the root end. Bring 5 quarts of water to a boil (the secret is, the more water you use, the faster it cooks and the sweeter it tastes). Add the cauliflower and cook at a moderate boil, uncovered, until done (20 to 30 minutes). Drain immediately.

Now for what to do with it, also courtesy of Marcella Hazan.

## Cauliflower Gratinéed

Source: Marcella Hazan [28]

Serves: 4 to 6

### Ingredients:

- 1 head of boiled cauliflower (page 120)
- 2 teaspoon salt
- $\frac{1}{4}$  cup butter
- $\frac{2}{3}$  cup freshly grated Parmigiano-Reggiano cheese

Preheat the oven to 400°F. Prepare the boiled cauliflower as directed above (page 120). When it's cooled a bit, separate the florets from one another, dividing into halves or thirds if they are particularly large. In a baking dish large enough to hold the florets in a single layer, smear the bottom with butter and arrange florets so that they overlap slightly. Sprinkle with salt and cheese and dot thickly with butter. Place on the uppermost rack in the preheated oven and bake for about 15 minutes, or until a light crust forms. Remove from oven and allow to rest a few minutes before serving.

## Cauliflower Salad

Source: Marcella Hazan [28]

Serves: 3 to 4

### Ingredients:

- 1 head of boiled cauliflower (page 120)
- extra virgin olive oil
- salt to taste
- red wine vinegar

Prepare the boiled cauliflower as directed above (page 120). When it's cooled a bit, separate the florets from one another, dividing into halves or thirds if they are particularly large. Put the florets into a salad bowl and season, very liberally, with salt, olive oil, and vinegar. Keep tasting it and adjust seasoning until you get it just how you like it.

## Spicy Sweet Potato Wedges

Source: [51]

Serves: 6

### Ingredients:

- 4 large sweet potatoes or yams (about  $2\frac{1}{2}$  pounds)
- 1 teaspoon kosher salt
- $\frac{1}{4}$  cup vegetable oil
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- 2 teaspoons ground cumin
- $\frac{1}{2}$  teaspoon ground cinnamon
- 1 teaspoon chili powder

Preheat oven to 450°F. Scrub potatoes, but do not peel. Cut the potatoes in half lengthwise and cut each half into 4 to 5 wedges, also lengthwise. Place potatoes in a large bowl, add oil and stir to coat.

Combine cumin, chili powder, salt, pepper, and cinnamon in a small bowl. Sprinkle spices all over the potatoes.

Place potatoes flesh side down on two baking sheets. Bake for 20-22 minutes, turning once midway through cooking to the other flesh side. Potatoes should be nicely browned on the outside and tender on the inside.

## Ethiopian Collard Greens

Source: *African* [25]

Serves: 4

This recipe is really good. We make it with whatever greens we have on hand, usually Swiss chard. It can easily be adapted to any kind of greens because the greens are steamed before adding them to the vegetables. Goodbye bacon fat!

### Ingredients:

- 1 pound collard greens
- 4 tablespoons olive oil
- 2 small red onions, finely chopped
- 1 clove garlic, crushed
- $\frac{1}{2}$  teaspoon grated ginger
- $\frac{2}{3}$  cup vegetable stock
- 2 green chilies, seeded and sliced
- 1 red bell pepper, seeded and sliced
- salt and freshly ground pepper

Wash the greens, then strip the leaves from the stalks and steam the leaves over a pan of boiling water for about 5 minutes or until they are slightly wilted. Set aside on a plate to cool, then place in a sieve or colander and press out the excess water.

Slice the greens very thinly and set aside.

Heat oil in a saucepan and fry the onions until lightly browned. Add the garlic and ginger and stir-fry for a few minutes, being careful not to brown the garlic. Add the chilies and a little stock or water and cook for 2 minutes.

Add the greens, red pepper and the remaining stock or water. Season to taste with salt and pepper, mix well, then cover and cook over low heat for about 15 minutes or until the greens have reached the texture you prefer.

Note: To make them extra flavorful, cut up the leftover stalks and onion trimmings to make the broth called for in the recipe.

## Pinto Beans

Source: Barbara Pool Fenzl [14]

Serves: 6

### Ingredients:

- 5 cups (or more) water
- 1 pound dried pinto beans, cleaned
- 1 12 ounce bottle of dark beer
- 1 cup chopped onion
- 4 bacon slices, cut into  $\frac{1}{2}$  inch pieces
- 4 cloves of garlic, finely chopped
- 1 jalapeño chili, seeded, finely chopped
- 1 teaspoon chipotle chilies

Combine beans, beer, onion, bacon, garlic, jalapeño, and chipotle peppers in a large, heavy pot. Cover with water and simmer gently, uncovered, over medium-low heat until beans are tender and liquid is reduced enough to cover beans by about an inch. More water may be added if needed to keep the beans covered. Cooking time varies depending on how dry the beans are, but it usually takes about  $2\frac{1}{2}$  hours. Season to taste with salt and pepper and serve.

*Variations:* A couple of things come to mind. If you have some good quality andouille on hand, you can add some to the beans before cooking. Also, I've added the barbecued pork strips (see page 51) to this dish as well. Another thing is to use a hand blender to mash up part of the beans when they are almost ready to serve. This thickens them and gives them more of a refried beans texture. The original recipe calls for canned chipotle chilies which I have never been able to find. I use dried chipotle chili powder that I order from Penzey's. It's a little hot, but is very flavorful.

## Fried Okra

Source: *Southern Living* [50]

Serves: 4

### Ingredients:

- 1 pound fresh okra
- 2 cups buttermilk
- 1 cup self-rising flour
- 1 cup self-rising corn meal
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon ground red pepper
- vegetable oil
- $\frac{1}{4}$  cup bacon drippings

Cut off and discard tip and stem ends from okra; cut okra into  $\frac{1}{2}$ -inch thick slices. Stir into buttermilk; cover and chill for 45 minutes. Combine cornmeal, flour, salt and pepper in a bowl. Remove okra from buttermilk with a slotted spoon, and discard buttermilk. Dredge okra, in batches, in the flour-cornmeal mixture.

Pour oil to depth of 2 inches into a heavy skillet or Dutch oven; add bacon drippings and heat to 375 °F. Fry okra, in batches, 4 minutes or until golden brown; drain on paper towels and serve.

*Note:* To make flour or corn meal 'self-rising' add  $1\frac{1}{2}$  teaspoons of baking powder and  $\frac{1}{2}$  teaspoon of salt per cup.

# Breads

## Dill and Onion Bread

Source: Jeff Smith [48]

Makes: 2 French style loaves

### Ingredients:

- 2 packages quick rise yeast
- $\frac{1}{2}$  cup warm water (105°F)
- 4 tablespoons sugar
- 2 cups cottage cheese (small curd)
- 2 tablespoons dried minced onion
- 2 tablespoons dried dill
- $\frac{1}{2}$  teaspoon baking soda
- 2 teaspoons salt
- 2 eggs
- $4\frac{1}{2}$  to 5 cups all-purpose, unbleached flour

Dissolve yeast in warm water. Combine yeast mixture and all other ingredients except flour and mix well with the K beater. Add 2 cups flour, blend well. Change to dough hook and add 2 cups flour. Add rest of flour until dough is right consistency, about 10 minutes.

Let rise until double in size, about 1 hour. Punch down and let rise again. Knead and shape and let rise (double in size). Paint top of loaves with diluted egg yolk. Bake at 350°F for 45 to 50 minutes.



## Pizza Dough

Source: Jeff Smith [49]

Makes: 3 14-inch pies

### Ingredients:

- 1 packages quick rise yeast
- $\frac{1}{4}$  cup warm water (110°F)
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon olive oil
- 1 pound 4 ounces unbleached flour  
(about  $3\frac{1}{4}$  cup )
- $\frac{1}{4}$  cup cornmeal

Place the water in a bowl. Dissolve the yeast and salt in the water. Add the oil,  $1\frac{1}{2}$  cups of the flour, and the cornmeal. Beat together for 5 or 10 minutes to form a sticky batter (sponge). Knead in the remaining flour until you have a smooth dough. Place on a clean counter and cover with a bowl. Allow it to rise, doubling in bulk (about 1 hour). Punch down and divide into 3 parts.

The dough is now ready to form into pies. For best results, try not to use a rolling pin, hand shaping if possible. Top with your favorite stuff. As for baking, preheat oven to 450°F and cook for 10 to 12 minutes. Use a pizza stone for best results.

## Puerto Rican Bread

Source: *America's Bread Book* [26]

Makes: 2 French style loaves

This bread is easy, fast, and amazingly good. The shortening gives it a smooth texture. Sometimes I'll mix butter and shortening to make the  $\frac{1}{4}$  cup of required fats. Either way, speed makes this a good bread a *great* product.

### Ingredients:

- 3 cups warm water (105°– 110°F)
- 2 packages of active dry yeast
- 2 tablespoons sugar
- 2 teaspoons salt
- $\frac{1}{4}$  cup melted vegetable shortening or lard
- $7\frac{1}{2}$  cups unbleached all-purpose flour, approximately

In a large mixing bowl combine the water and yeast, stirring until dissolved. Blend in the sugar, salt, and lard. Beat in 3 cups of flour to make a smooth batter. Gradually add sufficient flour to make a workable dough. Blend well, turn out on a floured surface, and knead just enough to pull the dough together. Form into 2 baguette loaves and place on a baking sheet brushed with melted shortening. Cover and let rise for 20 minutes.

Preheat oven to 400°F. Bake loaves 25–30 minutes, or until golden brown and crunchy.

## Cuban Bread

Source: *America's Bread Book* [26]

Makes: 2 French style loaves

Like the Puerto Rican Bread, this is also easy, fast, and amazingly good. It's kneaded a lot longer and tends to be a little more like traditional French bread. This is a good bread for the Cuban Sandwiches (page 135).

### Ingredients:

- $2\frac{2}{3}$  cups warm water (105°–110°F)
- 2 packages of active dry yeast
- 1 tablespoon sugar
- 1 tablespoon salt
- 3 cups bread flour
- 3 cups unbleached all-purpose flour

In a large mixing bowl combine the water and yeast, stirring until dissolved. Blend in the sugar and salt. Add the bread flour, beating until batter is smooth. Gradually add the all-purpose flour to form a soft, workable dough that pulls away from the side of the bowl. Turn dough out onto a floured surface and knead for 10–15 minutes. Round into a ball and place the dough into a warm buttered bowl, turning to coat the top. Cover loosely with plastic wrap and a towel and let rise until doubled.

Punch down the dough, turn out on floured surface, and divide in half. Knead each half, cover and let rest for 10 minutes. Form into baguette loaves and place on a heavy baking sheet sprinkled with cornmeal. Slash the tops with a razor (as in French bread) and let rest for 5 minutes. Brush with melted butter. Place in a cold oven. Turn the temperature to 400°F and bake for 40–45 minutes, or until golden brown and has a good crust.

## Northern Cornbread

Source: *Judy Monroe* [19]

Serves: 9

Northern cornbread is sweeter, lighter, and taller than Southern (see page 131) style breads. This is achieved by using a combination of cornmeal and flour and by using buttermilk and whole milk. The result is wonderful and this recipe makes a great *looking* cornbread.

### Ingredients:

- 1 cup yellow or white stone-ground cornmeal
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon baking soda
- 4 teaspoons sugar
- $\frac{1}{2}$  teaspoon salt
- 2 large eggs
- $\frac{2}{3}$  cup buttermilk
- $\frac{2}{3}$  cup milk
- 2 tablespoons unsalted butter, melted, plus a little extra to grease the pan

Adjust oven rack to center position and preheat the oven to 425°. Grease a 9 inch square metal pan. (I have successfully used a 9 inch round one, as well). Stir cornmeal, flour, baking powder, baking soda, sugar, and salt in a large bowl. Push the ingredients up the side to make a well. Crack the eggs into the well and stir them lightly with a wooden spoon. Add the milk and buttermilk. Lightly mix the wet and dry ingredients. Add the melted butter and stir until the ingredients are just combined. Pour the batter into the greased pan and bake until the top is lightly browned and the edges have begun to pull away from the sides of the pan (about 25 minutes). Remove the pan from the oven and allow to cool for 5 or 10 minutes on a wire rack.

## Hamburger Buns

Source: *America's Bread Book* [26]

Makes: 8–12 hamburger buns

### Ingredients:

- 4 tablespoons butter
- 1 cup milk
- 1 teaspoon salt
- 2 tablespoons honey
- 2 packages active dry yeast
- $\frac{1}{2}$  cup warm water (105°–110°F)
- 1 cup whole wheat flour
- $2\frac{1}{2}$  cups all-purpose flour, approximately

Melt the butter over low heat in a small saucepan. Add the milk, salt, and honey and heat mixture to 100°–110°F. Remove from burner. Combine yeast and water in a mixing bowl, stirring until dissolved. Add the milk mixture. Stir in the whole wheat flour and 1 cup of white flour and beat until batter is smooth.

Gradually add enough white flour to make a soft, workable dough. Turn out on a lightly floured surface and knead until smooth and elastic, about 5 minutes. Round into a ball and place the dough in a warm buttered bowl, turning to coat the top. Cover loosely with plastic wrap and a towel. Place the bowl in a pan of warm water, about 98°F, and let proof 15 minutes.

Butter 2 large baking sheets. Punch down the dough and divide into 12–16 portions. Cup each in your hand and rotate quickly to make a smooth bun. Place on baking sheets 1 inch apart and flatten each bun slightly. Cover and let rise 15 minutes.

Preheat oven to 375°F. Bake the buns 15–20 minutes, or until golden brown.

## Buttermilk Cornbread

Source: *Mary Gubser* [27]

Serves: 9

One Saturday I made both the Northern (page 129) and Buttermilk cornbread recipes to see if I could “scientifically” determine which is better. Kathy, Jason, and I were the tasters. I made the breads in identical pans (9 inch round, dark metal cake pans) and used stone-ground white cornmeal. The northern bread was lighter, taller, prettier, and milder in flavor. The buttermilk bread heavier, sweeter, and flatter. Both were a bit on the eggy side and the texture of the buttermilk bread was coarser. Which one tasted the best? Split decision: Bunny liked the buttermilk bread, I liked the northern one, Jason, hedged (though I think he probably agreed with Bunny and hated to admit it.) At any rate, the breads are different and both are very good. Enjoy!

### Ingredients:

- $\frac{3}{4}$  cup yellow or white stone-ground cornmeal
- $\frac{3}{4}$  cup all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon baking soda
- 3 tablespoons sugar
- $\frac{3}{4}$  teaspoon salt
- 2 large eggs
- $1\frac{1}{2}$  cup buttermilk
- $\frac{1}{4}$  cup unsalted butter, melted, plus a little extra to grease the pan

Adjust oven rack to center position and preheat the oven to 425°. Grease a 8 inch square metal pan. (I have successfully used a 9 inch round one, as well). Stir cornmeal, flour, baking powder, baking soda, sugar, and salt in a large bowl. Push the ingredients up the side to make a well. Crack the eggs into the well and stir them lightly with a wooden spoon. Add the buttermilk. Lightly mix the wet and dry ingredients. Add the melted butter and stir until the ingredients are just combined. Pour the batter into the greased pan and bake until the top is lightly browned and the edges have begun to pull away from the sides of the pan (about 25 to 30 minutes). Remove the pan from the oven and allow to cool for 5 or 10 minutes on a wire rack.

## Buttermilk Pancakes

Source: *Cook's Illustrated* [3]

Makes: 6 to 8 6-inch pancakes

There is nothing better than good pancakes. The ideal pancake is light and fluffy. A bad pancake is tough, over-browned, bitter from using too much baking powder, or the top sticks to the bottom when you cut it with a fork. With all the things that can go wrong, it's a wonder that you can ever get it right. Well, Pam Anderson's recipe from *Cook's Illustrated* makes the pancake virtually foolproof.

### Ingredients:

- 1 cup all-purpose flour
- 2 teaspoon sugar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{3}{4}$  cup buttermilk
- $\frac{1}{4}$  cup milk
- 1 large egg, separated
- 2 tablespoons unsalted butter, melted

Mix the dry ingredients in a medium bowl.

Pour milk and buttermilk into a 2-cup measure. Whisk in the egg white.

Mix yolk with melted butter; then add to the buttermilk mixture. Dump in the wet and dry ingredients all at once and whisk until just mixed. You may want to add a little more milk at this point if the batter appears to be too thick.

Preheat an electric skillet or griddle to 350°F. Pour  $\frac{1}{4}$  cup of batter onto lightly greased griddle and cook until brown on bottom, flip, and brown the other side.

## Buttermilk Waffles

Source: *Joy of Cooking* [42]

Makes: 12 6-inch waffles

The authors of *The Joy of Cooking* give you 3 options for preparing these simple waffles. Use 4 tablespoons butter for a reduced fat version, 8 tablespoons for a light and fluffy waffle, and a whopping 16 tablespoons (yes, that says 2 *sticks* of butter!) for the sinful version. I usually use the 8 tablespoons version and they are marvelous.

### Ingredients:

- $1\frac{3}{4}$  cup all-purpose flour
- 1 tablespoon baking powder
- $\frac{1}{4}$  teaspoon baking soda
- 1 tablespoon sugar
- $\frac{1}{2}$  teaspoon salt
- 3 large eggs
- 4 to 16 tablespoons unsalted butter, melted
- $1\frac{1}{2}$  cup buttermilk

Mix the dry ingredients in a medium bowl.

Pour buttermilk into a 2-cup measure. Whisk in the egg whites.

Mix the egg yolks with melted butter; then add to the buttermilk mixture. Dump in the wet and dry ingredients all at once and whisk until just mixed. You may want to add a little more buttermilk at this point if the batter appears to be too thick.

Preheat the waffle iron and cook according to the manufacturer's instructions. Serve with more butter and waffle syrup, then head to the gym.



## Bread Machine Dinner Rolls

Source: The manual that came with our Oster Bread Machine

Makes: 12 rolls or 8 hamburger buns

OK. This is probably not going to work for everyone unless your sister happens to be March. If so, she gave you an Oster bread machine for Christmas and you are set. At any rate, I use this recipe to make hamburger buns. Start to finish in less than 3 hours. They are a bit sweet, but you can use less sugar if you want.

### Ingredients:

- 1 cup water
- 2 tablespoons soft butter
- 1 egg
- $3\frac{1}{4}$  cups bread flour
- $\frac{1}{4}$  cup sugar
- 1 teaspoon salt
- 3 teaspoon active dry yeast

Place all ingredients into bread pan in the order listed. Select SWEET DOUGH cycle. Grease a cookie sheet. Divide dough into desired number of pieces. Shape into a balls. If making buns, flatten them out a bit into desired sizes. Place about 2 inches apart on the cookie sheet. Cover and let rise for about 30 to 40 minutes or until doubled in size. Meanwhile, preheat oven to 375°F. After dough rises, bake 12 to 15 minutes or until golden brown.

# Other Stuff

## Cuban Sandwiches

Source: *Memories of a Cuban Kitchen* [40]

Makes: 2 very large sandwiches

### Ingredients:

- 1 loaf of Cuban (page 128) or Italian bread
- 2 slices of Swiss cheese
- 2 tablespoons mayonnaise
- 4 ounces of sliced pork
- dill pickles, thinly sliced lengthwise
- 4 ounces of sliced boiled or baked ham
- 1 tablespoon melted butter

Preheat oven to 350°F. Trim the ends off the loaf and slice the bread in half lengthwise. Spread both cut surfaces with mayonnaise, layer one half with pickle slices, cheese, pork, and ham. Cover with the second slice of bread, and cut down the middle into two sandwiches.

Place the sandwiches on a lightly oiled baking sheet and brush the tops with butter. Place a heavy cast-iron skillet over both sandwiches to weight them down. Bake until crisp and hot, about 20 minutes.

## Miami Sandwich

In this variation of the Cuban sandwich, toast the bread, assemble as if making a Cuban sandwich, and add 4 slices of bacon, 2 large lettuce leaves, and 4 tomato slices, before cutting in two. Do not bake the sandwich.

## Layered Bean Dip

Source: Old El Paso Can

Serves: 6–8

### Ingredients:

- 2 16-ounce cans of refried beans
- 1 4-ounce can of chopped green chilies
- 1 tablespoon Emeril's Southwest Seasoning Mix (page 2)
- 2 ripe avocados
- 2 tablespoons lemon juice
- 16 oz. picante sauce
- 1½ cup sour cream
- 3 cups shredded lettuce
- black olive slices
- tortilla chips

In a medium bowl mix refrieds, chilies, and seasoning mix. Spread on a 12-inch round serving platter. Blend avocado, lemon juice, and ½ cup of picante sauce until smooth. Spread on top of bean mixture. Layer on sour cream. Top with shredded lettuce, cheese, picante sauce, and olive slices. Serve with tortilla chips.

## Tin Can Margaritas

Source: *Emeril's New New Orleans Cooking* [34]

### Ingredients:

- 1 can frozen limeade
- 1 limeade can filled with tequila (preferably Quervo Gold)
- ½ limeade can filled with triple sec
- ice

Mix the limeade, tequila, and triple sec in the container of a blender. Mix. Pour half of the liquid out of the blender and into a large cup. Store this in the freezer for future consumption. Blend the remaining half with ice until smooth.

## Buffalo Chicken Wings

Source: *Chef Paul Prudhomme's Seasoned America* [39]

Serves: 6–8

These chicken wings are really good. They will not be on the next *Weight Watchers* menu, however. Marinated in butter, fried in oil, dipped in more butter. Whoa! But the taste is exquisite. Great football food.

### Seasoning Mix

- 2 teaspoons salt
- 2 teaspoons paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- $\frac{3}{4}$  teaspoon white pepper

### Chicken Wings

- $1\frac{1}{4}$  sticks unsalted butter
- 1 tablespoon plus 1 teaspoon Tabasco
- 24 chicken wings, room temperature
- 2 cups vegetable oil
- Blue Cheese dipping sauce (page 9)
- assorted veggies for dipping

Combine seasoning mix in a small bowl. Melt 5 tablespoons butter and 2 teaspoon Tabasco in a small saucepan over low heat. Pour into small bowl and set aside to cool slightly.

Remove the tips of the chicken wings and cut each wing at the joint into two pieces. Place the chicken wings in a large bowl, sprinkle with 2 tablespoons of the seasoning mix, and add the butter/Tabasco mixture. Work the seasonings into the wings with your hands. Note: if the wings are chilled, the mixture will congeal, causing the coating to be uneven; this is not good. Set chicken aside while you heat the oil.

Heat the oil in a large skillet or wok over high heat. Once the oil reaches 350°F, add as many wings as will easily fit in the skillet. Fry until crisp and golden brown, about 8 to 12 minutes. Remove to wire rack over jelly-roll pan until all of the wings are cooked. Repeat with remaining wings.

Make a finishing sauce by melting the remaining butter (5 tablespoons), 2 teaspoon Tabasco, and the remaining seasoning mix in a small saucepan. Dip the cooked wings into the finishing sauce and place on a serving platter. Serve with Blue Cheese (page 9) dipping sauce and assorted vegetables if desired.

## Piri Piri Beef Sandwiches

Source: *Emeril's New New Orleans Cooking* [34]

Serves: 4

### Ingredients:

- $\frac{1}{2}$  cup Piri Piri (page 6)
- $\frac{1}{2}$  cup chopped fresh cilantro
- 1 tablespoon Kosher salt
- 2 pounds sirloin or other lean, tender beef, trimmed and cut into 2-inch cubes
- 1 loaf of crusty bread, (like the Cuban bread on page 128)

Combine the Piri Piri with the cilantro and kosher salt in a bowl, and marinate the meat in this mixture for 3 or 4 hours in the refrigerator. About half an hour before removing the marinade from the refrigerator, prepare the grill. Thread the meat on skewers, using about 5 cubes of meat per skewer. Grill the skewers until done to your liking, basting occasionally with the marinade. To serve, push the meat from the skewers onto the bread and eat sandwich style.

## Murphy's Mexican Bean Dip

Source: Kevin Murphy

Makes: 5-6 cups

### Ingredients:

- 2 cans pinto beans with jalapeño peppers
- 1 medium onion, finely chopped
- 4-6 chili peppers, seeded and finely chopped
- $\frac{1}{2}$  green bell pepper, finely chopped
- 1 cup medium salsa
- $1\frac{1}{2}$  pounds Velveeta cheese, cut into  $\frac{1}{2}$  inch cubes
- chili powder, to taste

Purée beans in the food processor. Sauté onion, chilies, green pepper over medium heat until soft, not brown. Add the sautéed vegetables, salsa, and chili powder to the beans. Process again until smooth.

In a cast iron skillet heat a small amount of oil and heat over medium-low heat. Add the bean mixture and cover. Simmer for at least 30 minutes. Add the cheese, cover, and let melt. Stir, adjust seasoning to taste, and serve warm with your favorite tortilla chips!

## Lee's Cheese Grits

Source: Lee

Serves: 3 or 4

### Ingredients:

- 2 cups water
- $\frac{1}{2}$  cup quick grits
- 1 tablespoon butter
- dash Worcestershire Sauce
- dash Tabasco Sauce
- 4 ounces grated Monterey Jack or other white cheese
- 1 egg, beaten
- salt and pepper to taste

Bring the water to boil in a small, nonstick saucepan. Add the butter, grits, Worcestershire, and Tabasco. Reduce heat to medium-low and let simmer for 5 or 6 minutes. Stir. Add cheese and mix thoroughly. Reduce heat to low and continue cooking until mixture thickens and grits are done. Remove from heat and whisk in the egg, being careful not to let the egg 'scramble'. Add salt and pepper to taste.

## Duck Liver Crostini with Cucumber Salad

Source: Mario Batali

Serves: 4

### Ingredients:

- 4 tablespoons virgin olive oil
- 1 medium red onion, thinly sliced
- 1 pound duck or chicken livers
- 2 tablespoons capers, rinsed and drained
- 2 anchovy filets, rinsed and patted dry
- 1 teaspoon crushed red pepper flakes
- 1 cup dry red wine
- salt and freshly ground black pepper to taste

- 1 large English cucumber
- 2 ounces extra virgin olive oil
- 1 ounce red wine vinegar
- $\frac{1}{2}$  teaspoon sugar
- salt and pepper to taste
- 12 slices crusty bread, cut  $\frac{3}{4}$ -inch thick

In a 12 inch skillet, heat oil slowly over medium heat. Add onion and cook slowly until soft but not brown, about 10 minutes. Add livers, capers, anchovies, and red pepper, cooking until lightly browned, about 10 minutes. Add wine and cook until only 3 to 4 tablespoons of liquid remain.

Pour liver mixture into bowl of a food processor and blend intermittently, leaving lumpy—not smooth. Season with salt and pepper to taste and remove to a small bowl.

Peel cucumber and remove seeds. Slice into  $\frac{1}{8}$ -inch half moons and dress with oil, vinegar, sugar and season with salt and pepper.

Grill or toast bread on both sides and spread 1 tablespoon duck liver mixture over each. Divide among 4 plates and place 2 tablespoons of cucumber mixture on each plate. Serve immediately.

# Desserts

## Shortbread

If you are really good, Jason will make you some for your birthday!

Source: Jeanne Adkins

Serves: 8

If you don't have one, you ought to get a ceramic shortbread pan. Mom gave us one and we love it.

### Ingredients:

- $\frac{1}{2}$  cup butter at room temperature
- $\frac{1}{2}$  cup powdered sugar, unsifted
- $\frac{1}{4}$  teaspoon vanilla
- 1 cup all-purpose flour, unsifted

Cream the butter until light. Cream in the powdered sugar, then the vanilla. Now work in the flour. Knead the dough on an unfloured board until nice and smooth. Spray the shortbread pan very lightly with non-stick vegetable oil spray. Firmly press the dough into the shortbread pan. Prick the entire surface with a fork, and bake in a 325°F oven for about 30-35 minutes, or until lightly brown.

Let the shortbread cool in its pan for about 10 minutes before you loosen the edges with a knife. Then flip the pan over onto a wooden cutting board. Cut the shortbread into serving pieces while it is still warm.



## Peanut Butter Pie

Source: *Emeril's New New Orleans Cooking* [34]

Makes: 1 9-inch pie

As Emeril would say, “Oh yea, baby!”

### Ingredients:

- 1 baked graham cracker crust (recipe follows)
- 8 ounces cream cheese, at room temperature
- $\frac{3}{4}$  cup confectioners' sugar
- $\frac{1}{2}$  cup smooth peanut butter
- 2 tablespoons milk
- 2 tablespoons chopped roasted peanuts
- 4 cups heavy cream, whipped until thick
- $\frac{1}{2}$  cup chopped salted peanuts
- $\frac{1}{2}$  cup chocolate shavings and curls

Prepare graham cracker crust and allow it to cool completely.

Using an electric mixer, beat the cream cheese with the sugar until creamy. Add the peanut butter, milk and the peanuts and beat well.

Fold half the whipped cream into the peanut butter mixture and spoon this into the piecrust, smoothing out the top. Refrigerate for at least 1 hour until set.

To serve, spoon some of the remaining whipped cream over each wedge of pie, and top with 1 tablespoon of peanuts and 1 tablespoon chocolate curls.

### Graham Cracker Crust

- $1\frac{1}{2}$  cups graham cracker crumbs
- 4 tablespoons ( $\frac{1}{2}$  stick) unsalted butter, melted
- $\frac{1}{4}$  cup smooth peanut butter

Preheat oven to 350°F. In a bowl combine the ingredients thoroughly, and press mixture into a 9-inch pie pan. Bake until golden and crisp, for about 6 to 8 minutes. Remove from oven and allow to cool completely before filling.

## Oatmeal Bars

Source: Barbara Beverage

Makes: a bunch

### Ingredients:

- 2 cups scant boiling water
- $1\frac{1}{2}$  cups oatmeal
- $1\frac{1}{2}$  cups brown sugar
- $1\frac{1}{2}$  cups sugar
- $1\frac{3}{4}$  cups butter
- $1\frac{1}{2}$  teaspoons vanilla
- 3 eggs
- $2\frac{1}{4}$  cups flour
- $1\frac{1}{2}$  teaspoons baking soda
- $\frac{3}{4}$  teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon nutmeg

Cook the oatmeal in the boiling water and set aside to cool. Cream the brown sugar, sugar, and butter. Add the vanilla. In a large mixing bowl mix the eggs, flour, soda, salt, cinnamon, and nutmeg. Add the cream mixture and the cooled oatmeal. Mix and pour into a lightly greased large jelly-roll pan.

### Frosting

- $1\frac{1}{8}$  cup brown sugar
- $1\frac{1}{4}$  cups milk
- $1\frac{3}{4}$  cups butter
- $2\frac{1}{4}$  cups sifted powdered sugar

Mix the milk, butter and brown sugar in a small saucepan and bring to a boil. Remove from heat and set aside. Place the cooled mixture in a medium sized bowl and stir in the sifted powdered sugar.

## German Chocolate Cheesecake

Source: March Taylor

Makes: 1 9-inch cheesecake

### Ingredients:

- 1 8½ ounce package chocolate wafers
- ¼ cup plus 2 tablespoons margarine, melted
- 1¼ cups sugar
- 3 tablespoons cake flour
- ¼ salt
- 4 eggs
- 1 4-ounce package sweet baking chocolate, melted
- ¼ cup evaporated milk
- 1 teaspoon vanilla extract
- Cheesecake Topping (recipe follows)

Combine wafer crumbs and butter. Press into the bottom of a 9-inch cheesecake pan. The mixture should extend about 1 ¾ inches up the sides of the pan. Beat cream cheese at medium speed of an electric mixer until light and fluffy. Add sugar, flour, and salt, mixing well. Add eggs one at a time. Add chocolate, milk, and vanilla. Spoon into pan and bake in a preheated oven at 325°F for 1 hour. Remove from oven, cool for 15 minutes, and loosen sides of the pan with a spatula. Cool another 30 minutes before removing sides of the pan.

### Cheesecake Topping

This is the recipe for the optional German Cheesecake topping.

- 2 teaspoons cornstarch
- ¼ cup margarine or butter, melted
- 1¼ cups sugar
- ⅔ cup evaporated milk
- 1 ¾ cups chopped pecans
- 1 ¾ cups flaked coconut
- 1 teaspoon vanilla extract

Combine cornstarch and sugar in a saucepan. Gradually add milk and butter. Cook over medium heat, stirring constantly, until mixture thickens and comes to a boil. Boil 1 minute, stirring constantly. Remove from heat; stir in pecans, coconut, and vanilla. Cool.

## Chocolate Mousse Cheesecake

Source: *The Louisiana New Garde* [44]

Makes: 1 9-inch cheesecake

### Crust

- 15 vanilla wafers
- 2 tablespoons sugar
- 1 tablespoon unsweetened powdered cocoa
- 2 tablespoons unsalted butter, softened

Preheat oven to 350°F. Grind all of the ingredients in a food processor until fine. Oil a 10-inch cheesecake pan. Press crust onto the bottom of the pan.

### Filling

- 6 ounces semisweet chocolate
- 4 tablespoons butter
- 20 ounces cream cheese at room temperature
- 2 eggs
- 3 egg yolks
- 1 cup sugar
- 1 teaspoon vanilla extract

Slowly melt the chocolate and butter over low heat in a double boiler, stirring until smooth. Mix the chocolate mixture with all of the remaining ingredients in a food processor until well blended. Pour over the crust and bake for 35 minutes or until set. Let cool completely.

### Chocolate Mousse Topping

- 6 ounces semisweet chocolate
- 1 tablespoon rum
- $2\frac{1}{3}$  cups heavy cream
- $\frac{1}{2}$  cup sugar

Slowly melt the chocolate with the rum and  $\frac{1}{3}$  cup of cream over low heat in a double boiler, stirring until smooth. Set aside to cool. In a deep bowl, whip the remaining 2 cups of cream until stiff. Fold in the sugar and the chocolate mixture. Cover and chill. Pipe the mousse onto the cheesecake with a pastry bag. Chill for 2 hours and serve.

## Easy Rum Cake

Source: Jeanne Adkins

Serves: 12

### Ingredients:

- 1 cup chopped pecans
- 1 18½ ounce yellow cake mix
- 1 small package Jello instant pudding
- 4 eggs
- ½ cup cold water
- ½ cup vegetable oil
- ½ cup dark rum

Grease and flour a 10-inch tube or bundt pan. Sprinkle the chopped nuts in the bottom of the pan. Mix cake batter using the remaining ingredients and pour over the nuts. Bake in a preheated 325°F oven for 1 hour or until the cake is done.

### Glaze

- 1 stick unsalted butter
- 1 cup sugar
- ¼ cup water
- ½ cup dark rum

To prepare the glaze, melt butter and stir in the sugar and water; boil mixture for 5 minutes. Add the rum. After cake is removed from oven and while it is still warm, pour on the glaze.

## Coconut Cream Cake

Source: Jeanne Adkins

Serves: 12

### Ingredients:

- 1 package white cake mix (not pudding type)
- 1 3½ ounce can flaked coconut
- 1⅓ cups water
- 2 egg whites
- 1 12-ounce can cream of coconut
- 1 12-ounce package Cool Whip

Preheat oven to 350°F. Lightly grease a 13x9-inch cake pan, then dust lightly with all-purpose flour.

Combine cake mix, 1 cup of coconut, water and egg whites. Beat batter for 2 minutes at high speed with an electric mixer. Reduce speed and beat 1 minute. Pour batter into pan. Bake at 350°F for 25 minutes. Remove cake from oven and let it cool slightly, about 10 minutes.

Using a meat fork, poke holes into the cake and pour the cream of coconut over the warm cake. Let the cake cool completely and spread Cool Whip Topping over the cake. Sprinkle with remaining coconut. cover and chill for at least 4 hours before serving.

## German Chocolate Pie

Source: Jeanne Adkins

Serves: 8

This is Lee's traditional birthday treat!

### Ingredients:

- 4 ounces German chocolate
- $\frac{1}{4}$  cup butter
- $1\frac{1}{3}$  cups evaporated milk
- $1\frac{1}{2}$  cups sugar
- 3 tablespoons corn starch
- $\frac{1}{8}$  teaspoon salt
- 2 eggs
- 1 teaspoon vanilla
- 1 9-inch pie shell, unbaked
- $1\frac{1}{3}$  cup flaked coconut
- $\frac{1}{2}$  cup pecans

Preheat oven to 375°F.

Melt the butter and chocolate over low heat. Stir until blended and remove from heat. Gradually blend in the evaporated milk.

In a medium bowl, mix salt, corn starch, and sugar. Beat in the eggs and vanilla. Gradually blend in the chocolate mixture. Pour into pie shell.

Mix the coconut and pecans in a small bowl. Sprinkle over the filled pie shell. Bake at 375°F until puffed and brown, about 45 to 50 minutes. Let cool and serve.

## Dishpan Cookies

Source: Karena Britton

Makes: 7 dozen

They don't call 'em "Dishpan" because they taste like they're made from old murky dish-water ... they call them that because you'll need a tub to mix 'em in!

### Ingredients:

- 2 cups sugar
- 2 cups brown sugar
- 2 cups vegetable oil
- 4 large eggs
- 2 teaspoons vanilla
- 4 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons salt
- $\frac{1}{2}$  cup oatmeal
- 4 cups corn flakes

Mix all of the ingredients together to form the dough. Using a soup spoon, place small amounts of the dough onto a lightly greased, heavy, flat baking sheet; space the dough blobs at least 1 inch apart. As always, try to make the cookies the same size and fill the baking sheet if possible. Bake each batch for about 14 minutes at 325°F.

## Chocolate Sheet Cake

Source: Laura Alexander

Makes: 1 sheet cake

### Ingredients:

- 1 cup water
- 4 tablespoons cocoa
- $\frac{1}{2}$  pound butter
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- 2 cups sugar
- 2 cups sifted flour
- $\frac{1}{2}$  cup sour cream or buttermilk
- 2 eggs, beaten
- 4 teaspoons vanilla

Preheat oven to 350 °F. In a large bowl combine sugar, flour, salt and sugar. Bring water, cocoa, and butter to a boil in a small saucepan and pour over dry ingredients. Fold in the sour cream (or buttermilk), eggs, and vanilla.

Bake in a greased jelly roll pan in preheated oven for 15 to 20 minutes or until done. Frost while warm with the chocolate frosting.

### Chocolate Frosting

- 1 stick butter
- 4 tablespoons milk
- 4 tablespoons cocoa
- 1 pound of powdered sugar
- 1 teaspoon vanilla

Melt butter in a small saucepan; add milk and cocoa, mixing thoroughly. Stir in powdered sugar and vanilla, again mixing thoroughly.

### Best-Ever Cookies

Source: *Gourmet Our Way* [5]

Makes: 5 dozen

#### Ingredients:

- 1 cup butter
- 1 cup sugar
- 1 cup brown sugar
- 1 cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla
- $3\frac{1}{2}$  cups flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1 cup Rice Crispies cereal
- 1 cup oats
- 1 cup coconut
- $\frac{1}{2}$  cup pecans

Preheat oven to 350°F. In a large bowl cream butter and sugars. Add oil, eggs, and vanilla. Combine flour, salt, baking soda, and cream of tartar in a small bowl. Add to the butter and sugar mixture. Add cereal, oats, coconut, and pecans.

Make one-inch balls and flatten with a fork. Bake for 12 minutes. Remove and let cool.



## Chocolate Pecan Pie

Source: Barbara Pool Fenzl [14]

Serves: 6

This is similar in spirit to the German Chocolate Pie recipe above, but just different enough to warrant placing in this fine collection.

### Ingredients:

- 4 ounces bittersweet (or semi-sweet) chocolate, chopped
- 2 tablespoons unsalted butter
- $1\frac{1}{2}$  cups dark brown sugar
- $\frac{1}{4}$  teaspoon salt
- 3 large eggs
- $\frac{3}{4}$  cup light corn syrup
- $1\frac{1}{2}$  cups pecan pieces, lightly toasted
- 1 9-inch pie shell, unbaked

Preheat oven to 325°F.

Stir chocolate and butter in heavy small saucepan over low heat until melted. Cool slightly.

Whisk brown sugar, eggs and salt in a large bowl to blend. Whisk in the corn syrup and chocolate mixture. Sprinkle pecans over unbaked crust. Pour filling over pecans. Bake until crust is golden and filling is puffed, about 55 minutes.

Cool completely on rack before cutting and serving.

That's all folks!

# Additions, Revisions, Corrections

In this chapter, we will try to document when various recipes were added, revised, or corrected in the cookbook. We hope that it will help those of you with older additions figure out whether yours is up to date or not. Unfortunately, we didn't begin this until Halloween, 1999. Boo!

## September 1999

### Additions

1. Cauliflower (page 120), Cauliflower Gratinéed (page 120), Cauliflower Salad (page 121).
2. Bread Machine Dinner Rolls (page 134)

### Revisions

Stir-Fried Pork with Twice Cooked Noodles (page 83) was modified slightly to more accurately reflect the original from *Bon Appétit*.

### Corrections

I put the chicken into the Fiesta Chicken Salad (page 22). Lemon was omitted from the ingredient list of Pasta Florentine (page 87). White onion is added to the ingredient list of White Chili (page 106).

**October 1999****Additions**

1. Spicy Sweet Potato Wedges (page 121)
2. Lamb Patties (page 46)
3. Wild Willy's Number One-derful Rub (page 16)
4. Coach's Favorite Pork Roast (page 51)
5. Vaunted Vinegar Sauce (page 14)
6. Tanzanian Fish Curry (page 52)
7. Macaroni and Cheese (page 61)
8. Best-Ever Cookies (page 149)

**Revisions**

The Side Dish section was moved from the front of the book and now appears before the soup section. Also, the formerly named Cumin Roasted Pork with Wild Mushroom Sauce (page 44) was given the slightly abbreviated name Roasted Pork with Wild Mushroom Sauce.

**November 1999****Additions**

1. Ethiopian Collard Greens (page 122)
2. Chicken with Mung Beans (page 53)
3. Enchiladas (page 62)

**December 1999****Additions**

1. Chicken-Andouille Hash (page 54)
2. Christmas Pickled Shrimp Salad (page 29)

**June 2000****Additions**

1. Pork Chili Verde (page 55)
2. Pork Chili Verde Enchiladas (56)
3. Pinto Beans (page 123)
4. Chocolate Pecan Pie (page 150)
5. Risotto with Beets and Parmesan (page 95)
6. Pasta with Tuna and Bread Crumbs (page 94)



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