

IN THE KITCHEN

Holiday Recipes

4WWL 
WUPL54

**CAJUN
COUNTRY.[®]
RICE**

Holiday Recipes

86 CAJUN COUNTRY RICE

87 CHICKEN ARTICHOKE & RICE CASSEROLE

89 RED BEANS & RICE WITH A TWIST

90 CHEESY BROCCOLI RICE CASSEROLE

93 MUSHROOM RISOTTO

94 SHRIMP BOWL

95 THE HISTORY OF RICE

96 SUSHI ROLLS

97 OUR RICE MILLING PROCESS

98 THE BOY ON THE BAG

99 FALCON PRODUCTS

11

WHAT IS SOFAB?

23

CREOLE TOMATOES

29

SICILIAN STUFFED VEGETABLES

35

OYSTERS

43

TRINITY

55

AFRICAN CONNECTIONS:
OKRA & GUMBO

85

RICE IN LOUISIANA

©2019 WWL-TV. All rights reserved.

Recipes on pages 12-82 appear with permission of WWL-TV, the Frank Davis family, and Kevin Belton. Recipes on pages 81-96 appear with permission of Cajun Country Rice and recipe authors. Cajun Country Rice Logo and MeeMaw appear with permission of Cajun Country Rice. Southern Food and Beverage Museum Logo and National Food & Beverage Foundation Culinary Heritage Register Logo appear with permission of Southern Food and Beverage Museum.





12 SAUSAGE BITES	26 SHRIMP & CRAB STUFFED BELL PEPPERS
24 CANDIED YAMS	30 FRANK'S OYSTER DRESSING
32 OYSTER PATTIES	36 NATURALLY NOEL: VEGETABLES & RICE
38 MAC & CHEESE	40 FRANKSGIVING PAST: DIRTY RICE
44 CABBAGE & SAUSAGE CASSEROLE	46 BLACK-EYED PEAS
50 STUFFED MIRLITON	48 WHITE BEANS & SHRIMP
52 OKRA GUMBO	56 FRANK'S TURKEY ANDOUILLE GUMBO
62 HAM WITH CANE SYRUP GLAZE	58 POTATO, SHRIMP & CHEDDAR SOUP
72 NEW YEAR'S RECIPE: PANEEED PORK LOIN	60 SPINACH SALAD
74 BREAD PUDDING SAUCE	64 NATURALLY NOEL: CHRISTMAS GOOSE
74 EGGNOG BREAD PUDDING	66 FRANKSGIVING N'AWLINS SLOW-ROASTED TURKEY
78 RASPBERRY ICEBOX PIE	68 GOURMET FRENCH-FRIED TURKEY
	70 FRANK'S CHRISTMAS BRISKET WITH HOLIDAY BROASTED YAMS
14 SWEET TATER CASSEROLE	76 SECRET RECIPE THANKSGIVING APPLE CRISP
16 MAYFLOWER-STYLE CREAMED SPINACH	80 FRANK'S CREOLE RICE PUDDING
18 SAUSAGE STUFFING WITH TURKEY-OYSTER SAUCE	82 SPOON-LICKIN' LEMON SAUCE
20 FRANKSGIVING: SMOTHERED OKRA & TOMATOES	





Chef Kevin Belton

Chef Kevin Belton is a gumbo of English, French, Native American and African ancestry. His mother's family has roots in the French-Caribbean island of Martinique and his French-speaking father's family came from the Bayou Lafourche area of South Louisiana, near Thibodaux.

The self-trained chef began cooking under the watchful eye of his mother and grandmother in the uptown New Orleans home where he grew up. From these talented home cooks Belton learned to prepare the venerable dishes of the city and in his new series he'll share family recipes and personal tips for making seafood gumbo, pralines, shrimp remoulade, chicken Clemenceau and many other New Orleans specialties.

Cooking instruction is second nature for Belton, who has spent almost 30 years teaching the foundation of Louisiana cooking to appreciative audiences. In addition to the almost 7,000 lessons he has led, Belton has also offered classes and cooking demonstrations throughout the U.S. and Canada. He has been a featured chef and guest on numerous food programs including Emeril Live; Ready Set Cook; Life, Love, and Lunch; Food Fighters; and Taste of America.

In 1999, he was co-host and chef on the BBC series Big Kevin, Little Kevin, which also featured British celebrity chef Kevin Woodford. The series, taped in the United Kingdom and the U.S., aired in

Europe, Australia, New Zealand and Asia. A companion cookbook co-authored by Belton, "Big Kevin, Little Kevin-Over 120 Recipes from around Britain and America by TV's Odd Couple," was published by Ebury Press. In 2014, he became the resident chef for the CBS affiliate WWL's morning show.

Belton has long been associated with WYES-TV as the host of several popular cooking marathons. He is also a past recipient of the WYES President's Award, which is given annually to individuals, organizations or businesses that have demonstrated exemplary support of public television in the metropolitan area.

In 2014, he was recognized as one of the top twenty Louisiana chefs by the American Culinary Federation.

In his public television show Belton pulls back the curtain and shows viewers what really makes the legendary cuisine of New Orleans so delicious. "Everybody says you make it look so easy," he says. "I tell them, no, it is easy." Taped in the studios of WYES-TV, NEW ORLEANS COOKING WITH KEVIN BELTON is a chance for viewers to meet a new host whose big personality is a perfect match for his 6' 9" frame. Kevin is also in the process of filming his second series with WYES, KEVIN BELTON'S NEW ORLEANS KITCHEN as well as writing the companion book.



Frank Davis

Franks Davis was – to borrow his trademark phrase - as Naturally N’Awlins as they come. For more than three decades, viewers across South Louisiana and Mississippi knew and loved him as WWL-TV’s resident chef, outdoors expert and feature reporter.

Frank, who died in 2013, always considered himself blessed that he was able to combine his three loves – cooking, fishing and people — and get paid for it.

The oldest of three children, Frank was first assigned kitchen duty when he was seven. “I was the first one home from school in the afternoon, and my dad asked me to help fix supper one evening,” he once said. After dabbling in other careers, he found success at WWL Radio, hosting a weekend talk show and contributing fishing and hunting features, then parlaying that into a job at WWL-TV. The cooking segments that followed his first outdoor reports were a natural. Superstar chef Paul Prudhomme once called him the “number-one authority on cooking and eating the fresh fish and game of Louisiana.”

“I had been fishing since I was five and always cooked whatever I caught,” Frank explained. “In discussing where and how to catch a certain fish, I would sprinkle in cooking tips about how to prepare that type of fish and got great listener response.”

As the resident chef on WWL-TV’s Eyewitness Morning News for more than 25 years, Frank appeared in thousands of cooking segments, teaching viewers how to prepare his versions of some classic New Orleans and south Louisiana dishes.

He also authored five successful cookbooks for Pelican Publishing Company and produced and marketed a complete line of spices and seasonings.

After Frank retired from WWL-TV in 2011, he donated his papers, including thousands of recipes, to the Southern Food and Beverage Museum Culinary Library and Archives, where they are accessible to chefs, culinary students and food lovers from all across the country.

“New Orleans is the country’s capital of cuisine,” Davis once said. “People love what this city cooks.”



**WATCH THE EYEWITNESS MORNING NEWS
WEEKDAYS 4:30-9AM 4WWL WUPL54**



What is SoFab?



We are always talking about food in New Orleans and Louisiana. When we are eating lunch, we are discussing our plans for eating dinner. On the bus we join other people's conversations about where to get the best snoball. In 2008, the Southern Food & Beverage Museum opened at the Riverwalk Marketplace, where it continued to grow from its beginnings as a small upstart museum. At the time that it opened SoFAB was one of the few institutions dedicated to exhibitions reflecting the intersection of food and drink culture. In 2014, the museum moved and reopened at its current location on Oretha C. Haley Blvd. SoFAB is the flagship division of the National Food & Beverage Foundation. We are celebrating our tenth anniversary in 2018 along with other important anniversaries during that year.

In 2013, the John & Bonnie Boyd Hospitality & Culinary Library opened. It serves as the Culinary Branch of the New Orleans Public Library. It has the pleasure of housing the WWL-TV Frank Davis Collection in the Paul Prudhomme Archive at the Boyd Library. So the library is celebrating its fifth anniversary in 2018.

The National Food & Beverage Foundation is a nonprofit educational and cultural organization dedicated to the discovery, understanding and celebration of food, drink and its related culture and folklife in America and the world.

Because everyone eats, all aspects of food and drink—culture and geography, anthropology and history, economics and politics, law and policy, media and the arts, science and technology—reveal the state of the world. NatFAB continues to grow into the nation's most comprehensive cultural institution studying food and drink.

You can participate in SoFAB by visiting, by becoming a member, by donating artifacts or books. We welcome your participation as a volunteer. It is you who have made the food culture of New Orleans and Louisiana that we celebrate in the museum.



Sausage Bites

“My mom entertained often and of course there were all types of sweet as well as savory treats to look forward to. My mother cooked to relax and was ingenious to take a traditional local ingredient and give it a delicious new twist. This encouraged my culinary juices to soar and to create little bites of goodness in this case.”

- 1.** Heat oven to 375 degrees. Line a sheet pan with parchment paper.
- 2.** In large bowl, mix sausage, cheese, green onion and herb of your choice. Mix well.
- 3.** Open puff pastry onto a work surface. Coat each side of dough with 1 tablespoon flour. Cut puff pastry into about ¼-inch pieces. Add puff pastry pieces to the bowl of sausage mixture in small amounts until combined.
- 4.** Shape mixture into approximately 1-inch balls. Place in the prepared sheet pan. Bake 15 to 20 minutes or until golden brown.

1 LB	SAUSAGE, UNCASSED (SUCH AS ITALIAN, HOT OR TURKEY)
2 CUPS	CHEDDAR CHEESE, SHREDDED
½ CUP	GREEN ONION, FINELY CHOPPED
1 TSP	DRIED HERB OR SEASONING OF YOUR CHOICE
1 SHEET	PUFF PASTRY
2 TBSP	ALL-PURPOSE FLOUR





Sweet Tater Casserole

1. Heat oven to 350 degrees.
2. Then start the preparation by taking the bowl of potatoes and mashing them well (a table fork will do the job, but a regular potato masher works even better).
3. When the taters are smooth and creamy, pour the apple juice into the mixture and blend everything well. Note: Do not be alarmed if the mixture is runny. It's supposed to be!
4. Next, add to the potatoes the granulated sugar, vanilla extract, whole beaten eggs, evaporated milk, and softened butter. Then, taking your time, patiently fold all of the ingredients together until they are uniformly combined.
5. At this point, it's time to transfer the mixture to a butter-greased 9x13 non-stick baking dish.
6. In a separate bowl, evenly combine the cinnamon, brown sugar, walnuts, flour and melted butter. This will become your crunchy, crispy casserole topping, so you will need to do this step meticulously.
7. When the 'topping' is ready, sprinkle it evenly over the casserole and bake the dish at 350 degrees for a full 45 minutes (or until the potatoes turn rich and bubbly and toasty!).
8. Now while you may think of this recipe as a dessert (it's that good!) it really is a vegetable side dish. My suggestion is that you serve it up warm, right from the oven, alongside your game hens and oyster dressing puffs. Oh – you should be aware that there is a good possibility there will be nothing but the scrapings left after the meal is over!

6	MEDIUM FRESH-BAKED SWEET POTATOES, PEELED
½ CUPS	APPLE JUICE
1 CUP	GRANULATED WHITE SUGAR
1 TSP	PURE VANILLA EXTRACT
4	WHOLE EGGS, BEATEN WELL
1 CUP	EVAPORATED MILK
¾ CUP	UNSALTED BUTTER, SOFTENED
1	HEAVY DASH CINNAMON
2 CUPS	DARK BROWN SUGAR
¾ CUPS	CHOPPED WALNUTS
1 CUP	ALL-PURPOSE FLOUR
¾ CUP	MELTED BUTTER

“To bake fresh sweet potatoes, bake them on a cookie sheet in a 400-degree oven until they turn completely soft (about an hour and a half). Depending upon your preference, you can either wrap them individually in aluminum foil or do them totally unwrapped au naturel. Allow them to cool to room temperature before peeling them and placing them into a large mixing bowl.”





Mayflower-Style Creamed Spinach

1. Take a large saucepan and sauté the garlic and onion together in extra virgin olive oil.

2. Add a pinch of salt to the mixture to bring out the flavor in the garlic and onion.

3. Then when it's all cooked down perfectly, stir in the two cans of tomato sauce and let the sauce simmer over a medium-low heat for about 15 minutes, stirring every now and then.

4. Next, chop up the cooked spinach and drop it into the saucepan.

5. NOTE: The heat should still be on medium-low. Now, let the spinach cook for about 15 minutes in the tomato sauce.

6. Then add in the heavy cream and combine everything well.

7. At this point, let all the ingredients cook together until some of the liquid evaporates and the mixture thickens significantly.

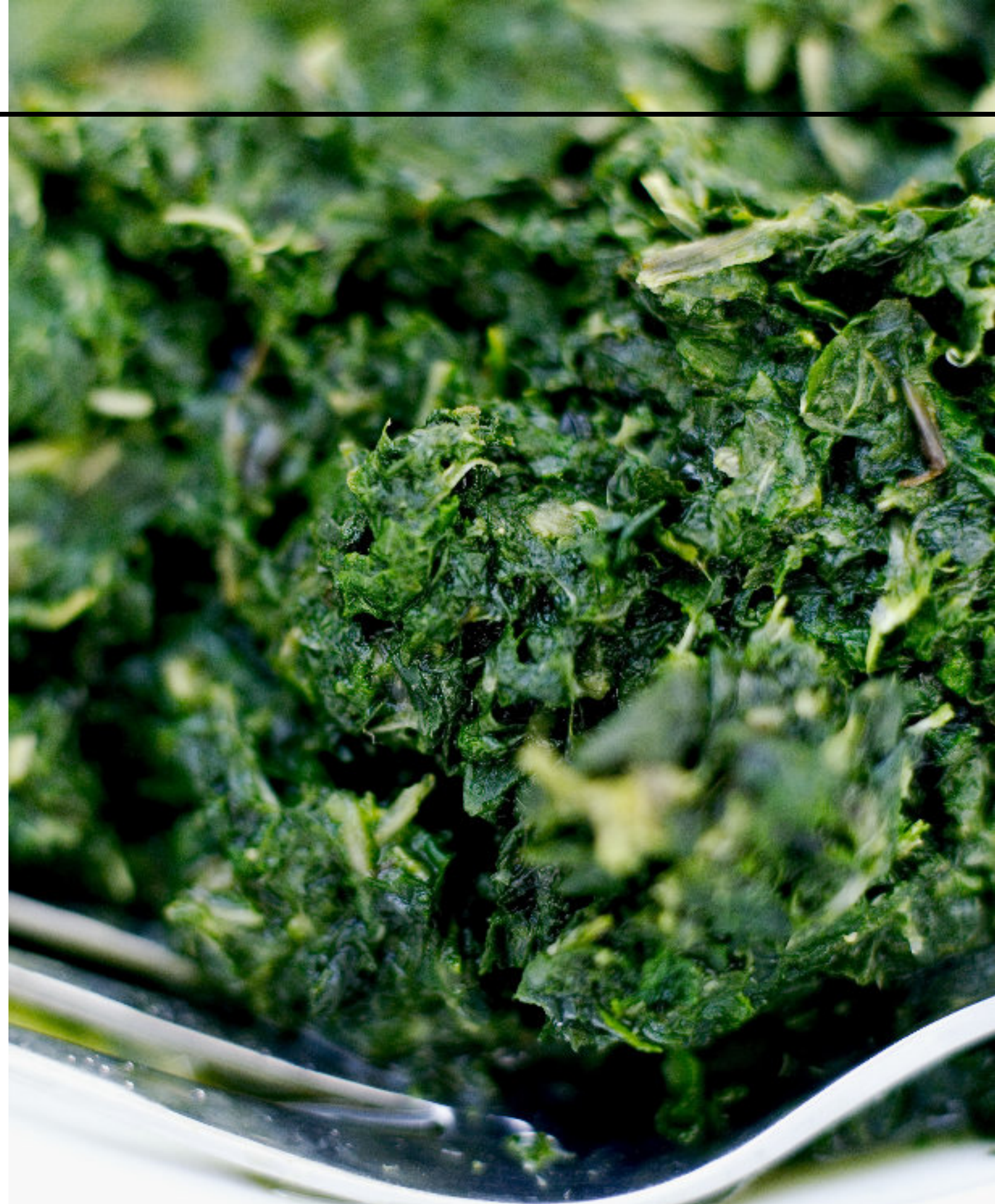
8. Then gently stir in the vegetable seasoning to your taste.

9. Finally, transfer the spinach to a serving dish and serve piping hot.

10. Or, you can make this into a main-dish casserole by pouring the mixture into a Pyrex baking pan, sprinkling a heaping handful of cheddar cheese on the top, and crowning it with a layer of crushed, buttered breadcrumbs.

11. All that's left is to bake it in the oven at about 325 degrees until the cheese is melted and the breadcrumbs turn a toasty, golden brown.

4 TBSP	EXTRA VIRGIN OLIVE OIL
A PINCH	KOSHER OR SEA SALT
4-6	CLOVES OF GARLIC, CHOPPED
1	MEDIUM ONION, CHOPPED
2 CANS	TOMATO SAUCE
6 CUPS	PRE-COOKED SPINACH
1-2 TSP	FRANK DAVIS VEGETABLE SEASONING OR OTHER VEGETABLE SEASONING (OR SALT AND PEPPER TO TASTE)
½ CUP	HEAVY CREAM





Sausage Stuffing with Turkey-Oyster Sauce

1. First, you remove the crusts from the bread slices. Then, cut the bread into small cubes.

In the meantime, cook the pork sausage in a heavy 12-inch skillet, stirring until the meat crumbles and is no longer pink. At that point, fold in the onions, celery, bell pepper, garlic and parsley and cook everything together until soft and tender. Then, remove the skillet from the heat and stir in the bread, the broth, the diced apple and the seasonings.

2. Now, it's time to focus on making the turkey-oyster sauce.

3. Very simply, start by melting the butter in a three-quart saucepan over a medium-high heat. Then drop in the mushrooms, onions, the green onions, the parsley, and the garlic and sauté everything for about six to seven minutes or until the mushrooms become soft and tender. All that's left to do, then, is to whisk in the salt, the poultry seasoning, the white wine, and the succulent, flavor-rich pan drippings you rendered out of the turkey roll. Give it 10 minutes over low heat and it's ready to ladle over the sausage stuffing and the sliced turkey roll.

SAUSAGE STUFFING

- 6** MEDIUM FRESH-BAKED SWEET POTATOES, PEELED
- ½ CUPS** APPLE JUICE
- 1 CUP** GRANULATED WHITE SUGAR
- 1 TSP** PURE VANILLA EXTRACT
- 4** WHOLE EGGS, BEATEN WELL
- 1 CUP** EVAPORATED MILK
- ¾ CUP** UNSALTED BUTTER, SOFTENED
- 1** HEAVY DASH CINNAMON
- 2 CUPS** DARK BROWN SUGAR
- ¾ CUPS** CHOPPED WALNUTS
- 1 CUP** ALL-PURPOSE FLOUR
- ¾ CUP** MELTED BUTTER

TURKEY-OYSTER SAUCE

- ½ CUP** BUTTER
- ½ LB** SLICED FRESH MUSHROOM
- 1** MEDIUM ONION, FINELY CHOPPED
- 1 BUNCH** GREEN ONIONS, FINELY CHOPPED
- ½ CUP** FRESH PARSLEY, FINELY CHOPPED
- 3 TSP** GARLIC, MINCED
- ½ TSP** SALT
- ¾ TSP** FRANK DAVIS POULTRY SEASONING OR OTHER POULTRY SEASONING
- 1 ½ CUPS** WHITE WINE
- ½ -1 CUP** RESERVED PAN DRIPPINGS FROM TURKEY ROLL
- ½ CUP** CHICKEN BROTH, IF NEEDED





Franksgiving: Smothered Okra & Tomatoes

Now this is the epitome of a Franksgiving side dish for native New Orleanians, regardless of what the entree is and whether they claim to be Cajun or Creole (or something in between). With all the other food, you're going to put on the holiday table this year, don't be surprised if this is the dish that disappears first.

- 1.** In a large non-stick or anodized skillet, combine the butter and the olive oil, heat it to sizzling, and sauté the garlic over a medium flame until it releases its oils and browns slightly.
- 2.** Then toss in the okra, reduce the heat to low, and cook uncovered for about 15 to 20 minutes, stirring occasionally.
- 3.** Then when the rope (okra slime) begins to break down and disappear,
- 4.** Drop in the tomatoes and stir in the onions, sugar, pepper, thyme, rosemary, and vegetable seasoning. At this point, continue cooking and stirring lightly for about 5 minutes or so.
- 5.** Finally, remove the skillet from the heat and fold in the Romano just before serving.

2 TBSP	UNSALTED BUTTER
2 TBSP	EXTRA VIRGIN OLIVE OIL
2 TBSP	CRUSHED GARLIC
4 CUPS	CHOPPED FRESH OR FROZEN OKRA
3 CUPS	FRESHLY DICED TOMATOES, SKINNED AND SEEDED
1 CUP	COARSELY CHOPPED YELLOW OR SWEET ONIONS
1 TSP	GRANULATED SUGAR
½ TSP	FRESH GROUND BLACK PEPPER
½ TSP	DRIED THYME
½ TSP	DRIED ROSEMARY
1-3 TSP	FRANK DAVIS VEGETABLE SEASONING OR OTHER VEGETABLE SEASONING AS DESIRED
½ CUP	SHREDDED PECORINO ROMANO CHEESE

“According to most dieticians, this recipe makes 6 servings. But obviously, those folks were never told just how much New Orleanians loooooove their smothered okra!”





Creole Tomatoes

LIZ WILLIAMS

Director, Southern Food & Beverage Museum

One of the examples of terroir in Louisiana agriculture is that wonderful mineral taste that all of south Louisiana looks forward to every summer in the Creole tomato. It is often misshapen and split, but no one cares, because the Creole tomato is a taste of Louisiana packed into a red package. Grown in the mineral rich soil of Plaquemines and St. Bernard parishes, it is the soil, the rain, and the temperature that make the tomatoes so distinctive. It is not the variety that makes a Creole tomato, it is the place. We are fortunate to be able to enjoy these beauties every year. They are worth of the festival which celebrates them each year in the French Market of New Orleans.



Candied Yams

“I have tried countless times to recreate the candied yams on my mother’s holiday table. My mom’s candied yams were the equivalent to a stained-glass work of yumminess. They were not only beautiful to look at, they were delicious. Who thought works of art would taste so good.”

1. Preheat the oven to 350°F.

2. Wash the yams.

3. Peel, then chop the yams (make sure that they are about 1/2 inch thick.)

4. Place the yams into a 9x13 bake dish.

5. Place the butter into a medium sized pot, then melt it over medium heat.

6. Once the butter is melted, sprinkle in the white & brown sugar, ground cinnamon, ground nutmeg, ground ginger, and ground clove.

7. Turn the stove off, mix the ingredients, then add in the vanilla extract and lemon juice.

8. Pour the candied mixture over the yams, and try to coat all the yams with the candied mixture.

9. Next, cover the bake dish with foil, then bake the yams in the oven for 30 minutes.

10. Remove the yams from the oven, and baste them with the candied mixture.

11. Cover the yams, and bake them for another 15-20 minutes.

12. Remove the yams from the oven, and let them sit for about 10 minutes before serving.

5	MEDIUM SIZED YAMS
8 TBSP	SALTED BUTTER
1 TSP	GROUND CINNAMON
½ TSP	GROUND NUTMEG
½ TSP	GROUND CLOVE
1 TBSP	GROUND GINGER
1 CUP	GRANULATED SUGAR
¼ CUP	BROWN SUGAR
1TBSP	PURE VANILLA EXTRACT
1	LEMON JUICE





Shrimp & Crab Stuffed Bell Peppers

- 1.** First thing you do is pre-heat the oven to 350°F.
- 2.** Then take the peppers and prep them for par boiling. The way you do that is you cut off the tops and remove the seeds and membranes from inside the pepper globes. Then submerge the globes in rapidly boiling, lightly salted water and boil them for 4 minutes. When the peppers are tender, remove them from the pot with a slotted spoon and refresh them in a bowl of ice-cold water.
- 3.** In a large skillet (actually, I prefer a 5-quart cast iron Dutch oven), melt the butter over medium heat and sauté the onions, bell pepper, green onions, and garlic until they wilt and become tender.
- 4.** At this point, coarsely chop the shrimp into segmented pieces and rapidly stir them into the seasoning mixture for about 3 minutes (or until they just turn pink). Then stir in the celery, parsley, thyme, rosemary, salt, black pepper, and red pepper and blend everything thoroughly.
- 5.** Now just as you take the mixture off the heat, quickly whip in the beaten egg (you got to do this super-fast or the egg will scramble on you!). At this stage, begin folding in the softened bread and the crabmeat a little at a time at all costs you don't want to break up the crabmeat! Then when you have the bread and the crabmeat combined in the mix, add the Parmesan cheese and gently turn it into the bread until it melts.
- 6.** Suggestion: If the mix is too dry, and it should be rather pasty (not wet or crumbly), add a few tablespoons of whole milk to moisten the stuffing. But do not add too much or your stuffing will become too runny if you do.
- 7.** Finally, fully stuff the peppers so that the mixture mounds up on top. Then cap them with a generous sprinkling of buttered cracker crumbs. Place them into 2 large oblong casserole dishes, pour a scant amount of water and olive oil around the peppers in the bottom of the dishes, and bake them uncovered for about 40-45 minutes or until the crumbs turn a toasty brown.
- 8.** Serve them steaming hot right from the oven or at room temperature right out of the refrigerator. With a cold crisp salad, tossed with poppy seed dressing, they're fabulous either way.



12 MEDIUM SIZE	BELL PEPPERS
12	BELL PEPPER TOPS, CHOPPED
¼ CUP	BUTTER
2	ONIONS, CHOPPED
1 BUNCH	GREEN ONIONS, CHOPPED
3 CLOVES	WHOLE GARLIC, MINCED
3 LBS	PEELED SHRIMP, BUTTERFLIED AND COARSELY CHOPPED
2 RIBS	CELERY, CHOPPED
1 SMALL BUNCH	PARSLEY, CHOPPED
¼ TSP	THYME
¼ TSP	ROSEMARY
1 TSP	SALT
½ TSP	BLACK PEPPER
¼ TSP	RED PEPPER
1	EGG, BEATEN WELL
4 CANS	CHICKEN BROTH, AS NEEDED
	FRESH WHITE BREADCRUMBS CHRISTENED IN BROTH
3 LBS	WHITE CRABMEAT
1 CUPS	PARMESAN CHEESE, GRATED
¼ CUP	WHOLE MILK, IF NEEDED
	BUTTERED CRACKER CRUMBS



Sicilian Stuffed Vegetables

LIZ WILLIAMS

Director, Southern Food & Beverage Museum

At the end of the 19th century and the beginning of the 20th century thousands of Sicilians came to settle in New Orleans and south Louisiana. Their numbers and their strong food culture made an impact on the cuisine of New Orleans. They have given us the muffuletta, red gravy, snoballs, and bread crumbs. Both the incoming Sicilians and the people of New Orleans had a frugal streak which made them loathe to waste food. That meant that even stale bread was saved. Creoles made pain perdue and bread pudding. Sicilians used breadcrumbs made from stale bread to stuff vegetables. Not only things like stuffed artichokes, were influenced by the Sicilians. Stuffed mirliton, stuffed eggplant, stuffed tomatoes, and stuffed bell peppers in and around New Orleans are made with bread crumbs and not rice, thanks to those frugal Sicilians.



Frank's Oyster Dressing

- 1.** In a large black cast iron Dutch oven, melt the butter over medium heat and sauté the onions, celery, parsley, bell pepper, garlic, and green- onion tops until all of them are tender. The one thing to remember is to keep the butter hot but don't let it burn. Keep stirring the mixture to cook it uniformly.
- 2.** Next, gradually stir in the chopped oysters. Notice I said 'gradually stir in.' The reason for this is that you do not want to reduce the heat lowering the heat will cause excessive water to be released from the oysters and you'll have to add too much bread to the finished dish. Cook the oysters gently for about 4 minutes, stirring all the while.
- 3.** When the ingredients are well mixed, stir in the poultry seasoning, basil, pepper, thyme, and salt. About the salt check your oysters to see if they are naturally salty before adding the prescribed amount. You may have to reduce the salt if nature has provided her own. At this point, you should begin tasting the dressing and make whatever adjustments are necessary.
- 4.** Now cover the pot, lower the heat, and simmer about five minutes to allow time for the flavors to thoroughly blend. This is one of the secrets to making a really good oyster dressing.
- 5.** After the simmering process is done, remove the pot from the fire and begin stirring in the bread a little at a time. Note that you do not have to add all of it or you may need a little more of it. It depends on how juicy your oysters are. If you want your dressing moist, stop adding bread when you get to the texture you desire. If you want a drier stuffing, put it all in even more if your taste and needs dictate.
- 6.** When in your estimation the stuffing is just right, go ahead and rapidly stir in the egg to tie everything together.
- 7.** Then cover it for a few minutes to let it 'set up.' This is where the body comes in it's how the final blending brings out full flavor. And you can make adjustments at this point by moistening the dish with the oyster liquor...that's why you saved it.
- 8.** The only thing you still have to decide is how you plan to use the dressing. It can be stuffed directly into your slow-roasted turkey after it's cooked, or it can be baked separately and used as a side-dish stuffing. To do either of these, bake the dressing in a casserole first.
- 9.** Just spoon it out of the Dutch oven into a buttered casserole dish. And for a little extra 'crowning touch,' be sure you mix some of the turkey drippings into the stuffing. Ummm! Then lightly sprinkle the top with a handful of bread crumbs, top with butter, and bake uncovered about 30 minutes in a 350°F oven.



½ CUP	REAL SWEET CREAM BUTTER
2 CUPS	FINELY CHOPPED ONIONS
1 CUP	FINELY CHOPPED CELERY
2 TBSP	FINELY CHOPPED PARSLEY
¾ CUP	FINELY CHOPPED BELL PEPPER
1 TBSP	FINELY CHOPPED GARLIC
⅓ CUP	THINLY SLICED GREEN-ONION TOPS
4-6 DOZEN	CHOPPED OYSTERS PLUS LIQUOR
1 TSP	FRANK DAVIS POULTRY SEASONING OR OTHER POULTRY SEASONING
2 TSP	DRIED BASIL
1 TSP	BLACK PEPPER
A PINCH	THYME
1 WHOLE	EGG (LIGHTLY BEATEN)
1½ TSP	SALT (IF NEEDED)
3-4 CUPS	BROKEN COARSE STALE FRENCH BREAD



Oyster Patties

“When my Aunt Dorothy had anyone over, you could guarantee she would make one of her favorite appetizers, oyster patties. McKenzie’s was the go-to spot to get your patty shells. When the calendar flipped to November that was a sign for many cooks to call and order their shells for Thanksgiving and Christmas. To this day, this is my cousin Lorna’s staple appetizer to make which is simply a heavenly morsel.”

1. Preheat oven to 350°F.

2. Strain oysters over a bowl to remove grit and separate them from the liquor; reserve liquor. Chop oysters and set aside.

3. In a large skillet over medium heat, melt butter. Add green onions and garlic; cook until tender, 3-5 minutes. Add flour; cook, stirring constantly, until bubbly. Add oysters, cream, reserved oyster liquor, parsley, thyme and cayenne pepper; cook an additional 10 minutes.

4. Remove mixture from heat; add bread crumbs and salt and pepper to taste. The consistency should be creamy but not runny.

5. Place patty shells on a large baking sheet. Spoon mixture evenly into patty shells and bake until golden brown and bubbly, 10-12 minutes.

6. Cool slightly before serving.

1 PINT	OYSTERS (RESERVE OYSTER LIQUOR)
1½ STICKS	BUTTER
2 BUNCHES	GREEN ONIONS, THINLY SLICED
1	GARLIC CLOVE, MINCED
3 TBSP	FLOUR
2 TBSP	HEAVY CREAM
½ CUP	RESERVED OYSTER LIQUOR (OR PART OYSTER LIQUOR AND PART WATER)
2 TBSP	CHOPPED FRESH PARSLEY
½ TSP	DRIED THYME LEAVES
½ TSP	CAYENNE PEPPER
¼ CUP	ITALIAN BREAD CRUMBS
	SALT AND BLACK PEPPER TO TASTE
3 DOZEN	MINIATURE PATTY SHELLS (PUFF PASTRY SHELLS)





Oysters

LIZ WILLIAMS

Director, Southern Food & Beverage Museum

Louisianians have eaten and enjoyed the oyster for centuries. Native Americans cooked them in hot coals, which made opening them easy. Until the 2010 BP oil spill Louisiana produced more oysters than anyone else in the country, and now the industry is recovering. The plump mild oysters are available year-round now that refrigeration on vessels has been perfected. But before that the old saw of not eating oysters in those months without an “r” made people welcome the return of oyster season during the holidays, making oyster stew, oyster dressing, and adding oysters to the holiday gumbo. These delicious dishes have become part of our holiday tables even today.



Naturally Noel: Vegetables & Rice

1. In a large bowl, mix tomato paste with vegetable stock until smooth.

Then set the mixture aside for a while. Meanwhile, in a heavy cast iron or Magnalite Dutch oven in 2 tablespoons of unsalted butter, sauté the onion, garlic, celery and green pepper until slightly soft (about 5 minutes over medium-high heat). When that's done, add the uncooked rice and allow the rice to toast for roughly a minute or two, stirring the entire time. When that's done add in the tomato stock mixture, reduce heat, cover the pot, and simmer very slowly for about 10 minutes, stirring occasionally.

2. Meanwhile, in the remaining butter in a heavy 12-inch skillet, sauté the tomatoes, the zucchini, the okra, the mirliton, the eggplant, the yellow squash, and the snow peas just until everything is barely cooked, about 3-5 minutes.

3. After the rice has cooked about 10 minutes, add the sautéed veggies, the Sicilian seasoning, the miscellaneous spices, and the Rotel, thoroughly folding everything over on itself. Then, finally sprinkle in the parsley and the vegetable seasoning and mix everything uniformly.

4. All that's left to do now is once again cover the pot tightly and let the dish simmer 10-15 minutes more, tossing the ingredients in the pot occasionally, until the veggies are fully cooked and the rice is fluffy and seasoned to perfection.

5. Serve with Christmas Goose and be sure to drizzle some of the goose gravy over the top of it.



1 CAN	TOMATO PASTE 6 OZ.
5 CUPS	VEGETABLE STOCK, UNSALTED PREFERRED
4 TBSP	UNSALTED BUTTER
1	MEDIUM ONION, FINELY DICED
3 CLOVES	GARLIC, MINCED
2 RIBS	CELERY, FINELY CHOPPED
1 SMALL	GREEN BELL PEPPER, SEEDED AND CHOPPED
1½ CUPS	UNCOOKED LONG GRAIN RICE
4	FRESH ROMA TOMATOES, DICED
2	SMALL, YOUNG ZUCCHINI, QUARTERED AND DICED
1 CAN	SLICED OKRA
1 CUP	MIRLITON, PEELED, DICED, AND POACHED TILL TENDER
1 CUP	JERUSALEM EGGPLANT, PEELED AND DICED
1 SM PKG	FROZEN YELLOW SQUASH
½ PKG	FROZEN SNOW PEAS
2 TSP	FRANK DAVIS SICILIAN SEASONING OR OTHER ITALIAN SEASONING
½ TSP	PAPRIKA
½ TSP	CAYENNE
½ TSP	BLACK PEPPER
1 CAN	ROTEL TOMATOES WITH CHILIES (WITH LIQUID)
¼ CUP	FRESH PARSLEY, MINCED
3 TBSP	FRANK DAVIS VEGETABLE SEASONING OR OTHER VEGETABLE SEASONING



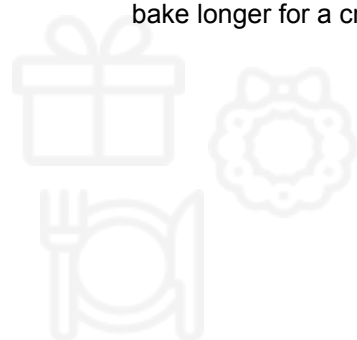


Mac & Cheese

“Every household in my family cooked and cooked well. The dishes were always as different from each other as the street addresses on the houses. Everyone had their own version of mac and cheese with varying amounts and types of cheeses, pastas and ingredients. It is well worth the time to come up with your family’s version.”

- 1.** In a big skillet, melt the butter over medium-high heat.
- 2.** Whisk the flour in gradually until the mixture is smooth. Cook and whisk continually for 2 minutes.
- 3.** Add in salt, pepper, cayenne, creole seasoning and garlic; stir to combine.
- 4.** Gradually whisk in half-and-half and milk.
- 5.** Cook and whisk continually for 8-10 minutes or until mixture is thickened. Add in half of the sharp cheddar cheese; stir. Add in all of the extra-sharp cheddar cheese; stir until smooth.
- 6.** Take skillet off stove burner and mix together the cooked macaroni and cheese mixture; transfer to a greased 13x9 inch casserole dish. Sprinkle with the remaining sharp cheddar cheese.
- 7.** Bake in a 350°F oven for 20 minutes (may need to bake longer for a crispy top).

½ CUP	BUTTER
½ CUP	ALL-PURPOSE FLOUR
½ TSP	SALT
½ TSP	PEPPER, TO TASTE
¼ TSP	CAYENNE PEPPER, TO TASTE
½ TSP	CREOLE SEASONING
¼ TSP	GARLIC
2 CUPS	HALF-AND-HALF
2 CUPS	MILK
2 (10 OZ) PACKAGE	SHARP CHEDDAR CHEESE, SHREDDED AND DIVIDED
1 (10 OZ) PACKAGE	EXTRA-SHARP CHEDDAR CHEESE, SHREDDED
1 (16 OZ) PACKAGE	ELBOW MACARONI, COOKED





Franksgiving Past: Dirty Rice

- 1.** Start off by taking a 4-quart, heavy aluminum, Dutch oven, pouring in the vegetable oil-butter mixture, and heating it over a medium-high flame until hot.
- 2.** Then drop the gizzards into the pot and cook them for about 5 minutes, turning them occasionally to evenly brown them.
- 3.** Then drop the chopped livers into the mixture and sauté them until they 'just brown.'
- 4.** Note: Some moisture will probably seep out of the livers as they cook, and they won't brown up as nicely as the gizzards, but that's okay.
- 5.** Then as soon as the livers aren't red or pink anymore, add the beef and the pork and cook them into the mix for about 4 minutes or so until no more pink is evident.
- 6.** Now add the onions to the meats and sauté them, stirring all the while, for another couple of minutes until they just start to wilt and clear.
- 7.** Next fold in the celery, the red and green bell peppers, and the garlic and cook everything together for another 5 minutes or so, again stirring, this time continuously.
- 8.** At this point it's time to pour the rice into the pot of ingredients and stir the entire mixture well.
- 9.** Once the rice is in, pour in the chicken stock.
- 10.** Then season the pot with the black pepper, cayenne pepper, and sprinkling spice.
- 11.** Now bring the stock to a full boil. . .but immediately cover the Dutch oven tightly and reduce the fire to low, just enough to keep the mixture simmering. It will take about 20 minutes or so for the rice to fully cook.
- 12.** When it does (and you can test a few grains before you take the pot off the stove), remove your dirty rice from the heat.
- 13.** All that's left is to fluff the rice, give it a quick, gentle stir to uniformly combine everything for the last time, and then cover it again for 10 more minutes to give all the flavors time to marry.



2 TBSP	VEGETABLE OIL + 2 TSP BUTTER
¼ LB	CHICKEN GIZZARDS, CHOPPED INTO SMALL PIECES
½ LB	CHICKEN LIVERS, CHOPPED INTO SMALL PIECES
¼ LB	LEAN GROUND BEEF
¼ LB	LEAN GROUND PORK
¼ LB	WHOLE MEDIUM ONION, FINELY CHOPPED
2	CELERY RIBS, FINELY CHOPPED
1	RED BELL PEPPER, FINELY CHOPPED
½ CUPS	SMALL GREEN BELL PEPPER, FINELY CHOPPED
4	CLOVES GARLIC, MINCED
2 CUPS	UNCOOKED, LONG-GRAIN RICE
4 CUPS	LOW-SODIUM CHICKEN STOCK



Trinity

LIZ WILLIAMS

Director, Southern Food & Beverage Museum

Every cuisine has its flavor base and the food of Louisiana and New Orleans is no exception. The flavor base is established by a combination of aromatic vegetables. Our Creole mirepoix is made up of 2 parts chopped onions, 1 part of chopped celery, and 1 part of bell pepper. No one knows who first made up the reference to this special trio as the trinity or sometimes the holy trinity, but Paul Prudhomme, the great Cajun chef who gave us blackened redfish, is credited with popularizing the phrase. It reflects the region's Catholic heritage, as well as the important place that food holds in our culture. And that is why sometimes, we call the garlic that we may add to a dish, the pope.



Cabbage & Sausage Casserole

“I’m not sure of the origins of or who was the first person to decide that black eyes peas and cabbage should be eaten on the first day of the New Year but many years later, the tradition is still embraced here in New Orleans. My version just shakes things up a little.”

1. Preheat oven to 350°F degrees.

2. In a large skillet over medium heat, melt butter. Add onion and sauté until translucent about 5 minutes. Add celery and green pepper and continue to sauté until vegetables are tender, about 8 minutes. Add Creole seasoning and sausage. Thoroughly mix and continue to heat for 3 minutes. Remove from heat and cool.

3. In a large mixing bowl, crumble cornbread. Add vegetable mixture and combine. Add stock to moisten, being careful not to make it too soupy. Set aside.

4. Blanch cabbage in salty water for 10 minutes. Strain off liquid and cool by shocking in an ice-water bath.

5. Blanch cabbage in salty water for 10 minutes. Strain off liquid and cool by shocking in an ice-water bath.

6. In a 9x13 inch baking pan, layer cabbage and dressing mixture starting with a layer of cabbage on the bottom about ½ inch deep. Finish layering with a layer of cabbage on top. Cover tightly with aluminum foil and bake for about 30 minutes. Remove foil and brown for 7 minutes. Remove from oven.

4 TBSP	BUTTER
2 CUPS	YELLOW ONION, CHOPPED
1 CUP	CELERY, CHOPPED
1 CUP	GREEN BELL PEPPER, CHOPPED
¼ CUP	CREOLE SEASONING
¼ CUP	CREOLE MUSTARD
½ CUP	SMOKED SAUSAGE
1	(9X13 INCH) PAN SWEET CORNBREAD
1	HEAD OF CABBAGE, ROUGHLY CHOPPED
2½ CUPS	CHICKEN STOCK





Black-Eyed Peas

- 1.** First, rinse the peas well under cold running water in a colander and set them aside momentarily to drain.
- 2.** Next, take a 5-quart heavy aluminum Dutch oven (one that has a tight-fitting lid) and bring the chicken stock to a rapid boil. Then drop into the stock the chopped bacon.
- 3.** Now bring the stock to a slow boil.
- 4.** Then add and stir in the onions, celery, garlic, thyme, sweet basil, and bay leaves, cover the pot tightly, and over medium-low heat continue to cook until the vegetables soften, which should take about 15 minutes.
- 5.** At this point, drop in the black eye peas and the bacon drippings and stir the pot well, making sure the mixture is uniformly blended.
- 6.** Then bring the peas to a boil, but immediately reduce them to a simmer, cover the pot once again, and cook the peas until they become tender and full flavored (this should take about an hour or so on a very low fire).
- 7.** Be sure to stir the pot occasionally to keep the peas from sticking to the bottom.
- 8.** Finally, just before you're ready to eat, sprinkle in the vegetable seasoning and the salt and pepper and season the peas to taste.
- 9.** Remember you already have salt in the chicken stock, the minced bacon, and the bacon drippings, so you may not need to add much more if any.
- 10.** Then, when your pork loin and your cabbage casserole are ready, serve the peas directly from the pot, piping hot, over a short pile of steamed rice and accompanied by a hearty chunk of hot buttered corn bread.
- 11.** There couldn't be a more 'Naturally N'Awlins' way to start a brand-new year!

If after the peas 'set' for a while, they may need additional liquid. This may be especially true if you cook them one day and serve them the next. If this happens and you need to thin them out slightly, simply add a little more chicken stock and stir it in as you reheat.



1 LB	DRIED BLACK EYE PEAS
4-6 CUPS	CHICKEN STOCK
½ LB	SAUTÉED BACON, DICED
1 CUP	DICED YELLOW ONIONS
½ CUP	DICED CELERY
3	CLOVES GARLIC, MINCED
½ TSP	GROUND THYME
1 TBSP	DRIED SWEET BASIL
2	BAY LEAVES
3 TBSP	BACON DRIPPINGS
2 TSP	FRANK DAVIS VEGETABLE SEASONING OR OTHER VEGETABLE SEASONING
	SEA SALT AND COARSE-GROUND BLACK PEPPER TO TASTE, IF NEEDED

Because they have tender hulls, it is not necessary to soak black-eyed peas. In fact, if you soak them overnight or cook them too harshly, they will practically disintegrate before they finish cooking.



White Beans & Shrimp

- 1.** First, rinse the shrimp well under cold running water.
- 2.** Then peel, de-vein, and butterfly them and set them aside.
- 3.** Next, take the shrimp heads and shells, place them on a pizza pan, drizzle on the butter, and bake them until they turn toasty (about 15 minutes) in a preheated 450°F oven.
- 4.** When done, transfer the heads and shells (plus whatever juices accumulate in the bottom of the pan) to a stock pot containing 10 cups of water.
- 5.** Bring the mixture to a rapid boil, then reduce the heat to 'simmer' and cook gently for about an hour until you have approximately 8 cups of stock left.
- 6.** Now strain out the heads and shells but save the liquid.
- 7.** Meanwhile, take a 6-quart heavy aluminum or stainless-steel Dutch oven and put it on the fire. Sauté the bacon, onion, and celery together until the vegetables turn a toasty brown.
- 8.** Next, toss in the beans, garlic, thyme, sweet basil, and bay leaves and mix everything thoroughly.
- 9.** (Incidentally, the fire is on 'high' during this entire cooking process). At this point, pour in the shrimp stock, sprinkle on the seafood boil, and stir the pot well, making sure the mixture is uniformly blended.
- 10.** Then bring the beans to a full boil...but immediately reduce them to a simmer, cover the pot, and cook them until rich and creamy (which should take about three hours). Oh, yeah you should stir the pot occasionally to keep the beans from sticking to the bottom.
- 11.** Finally, about 20 minutes before you're ready to eat, stir the butterflied shrimp into the beans, season to taste with salt and pepper, cover the pot again, and simmer some more until the shrimp turn pink and tender. Caution: Do not overcook the shrimp or they will turn rubbery and mealy.
- 12.** These beans are best when served piping hot over steamed rice, accompanied by a crisp tossed salad and a big pan of buttery homemade corn bread.



3 LBS	FRESH SHRIMP, 25-30 COUNT SIZE
4 TBSP	BUTTER, MELTED
8	STRIPS LEAN BACON
2 CUPS	ONIONS, DICED
1 CUP	CELERY, DICED
1 LB	NAVY OR GREAT NORTHERN WHITE BEANS
3	CLOVES FRESH GARLIC, MINCED
1 TSP	GROUND THYME (OR 1 SPRIG FRESH THYME)
1 TBSP	SWEET BASIL (OR 4 LEAVES FRESH BASIL, CHIFFONADE CUT)
4	BAY LEAVES
8 CUPS	SHRIMP STOCK FROM HEADS AND SHELLS
2 TSP	SEAFOOD BOIL SEASONING
	SALT AND COARSE GROUND BLACK PEPPER TO TASTE

“This recipe also works well with lentils and lima beans, but the cooking time is much shorter. And instead of the salt and pepper, you can also season the pot with Frank Davis Sprinkling Spice.

**Will brown rice work too?
Absolutely!”**



Stuffed Mirliton

“The first time I saw these green orbs boiling in a pot on the stove, I wondered what my mom was cooking with pears. I soon learned the wonder of the mirliton. From an inconspicuous veggie that many have never experienced to a mainstay on every New Orleans holiday table.”

1. Parboil the mirlitons until tender, about 45 minutes, then cool. Cut mirlitons in half, scoop out the pulp into a bowl leaving the shells intact. Mash pulp.

2. In a large skillet melt butter, add onions and sauté for 5 minutes. Add ham, garlic, Creole seasoning, thyme, bay leaves, and shrimp cooking for 3 minutes. Add mirliton, and parsley stirring until well mixed. Remove from heat and stir in 1 cup of bread crumbs, mix well.

3. Preheat oven to 375°F. Fill the shells with the mirliton stuffing, and top with remaining bread crumbs. Place on a baking sheet, and bake in oven for 30 minutes.

4	MIRLITONS
8 TBSP	BUTTER
1	ONION, DICED
1 CUP	HAM, CHOPPED
2	CLOVES GARLIC, MINCED
2 TBSP	CREOLE SEASONING
1 TBSP	THYME
2	BAY LEAVES
1 LB	SHRIMP, CHOPPED
1 TBSP	PARSLEY
1½ CUPS	BREAD CRUMBS





Okra Gumbo

“New Orleanians eat gumbo all year long, but it seems that some choose to only cook it during the holidays. They bide their time waiting for those last two months to create their bubbly pot of glorious gumbo. Family members wait months for this year end reward.”

- 1.** Place water into a pot, add shrimp and bring to a boil over medium heat until shrimp are cooked.
- 2.** Remove shrimp and let cool before peeling. Reserve the water for stock.
- 3.** In a skillet heat oil and add flour cooking the roux to a chocolate color. When achieved, stir in half of the trinity (onion, celery and green pepper) to stop the roux from cooking.
- 4.** In your gumbo pot, add a little oil and sauté andouille for 5 minutes, add onion, celery, bell pepper, garlic, and okra cooking for 3 minutes.
- 5.** Add roux mixture, thyme, bay leaves, and creole seasoning stirring well.
- 6.** Stir in stock and simmer for 30 minutes.
- 7.** Add crab meat, shrimp, and parsley cook another 5 minutes and serve.

2 LBS	SHRIMP
12 CUPS	WATER
1½ CUPS	VEGETABLE OIL
1½ CUPS	FLOUR
½ LB	ANDOUILLE
4 CUPS	ONION CHOPPED
2 CUPS	CELERY CHOPPED
1 CUP	BELL PEPPER CHOPPED
2	CLOVES GARLIC MINCED
1 LB	OKRA CHOPPED
1 TSP	THYME
2	BAY LEAVES
2 TBSP	CREOLE SEASONING
1 LB	CRAB MEAT
¼ CUP	PARSLEY CHOPPED





African Connections: Okra & Gumbo

LIZ WILLIAMS

Director, Southern Food & Beverage Museum

Enslaved Africans and their descendants carried the load of cooking for themselves and their owners during their enslavement. Thus they held great influence over the developing cuisine of New Orleans and Louisiana. One of the most important contributions was okra. A stew made with okra became ubiquitous. It was named from a variation of the word “gombo.” Gombo was a corruption of the West African word for okra. In the French language today, gombo is still used to mean okra. The dish was referenced as early as the mid-18th century. Other thickeners, like filé and roux, could be used when okra wasn’t available. But gumbo is a mainstay of our cuisine because of the influence of Africans.



Frank's Turkey Andouille Gumbo

1. Start off by taking an 8-quart stockpot and simmering the turkey carcass in the water and chicken stock with salt, black pepper, and cayenne pepper until the turkey meat begins to fall off the bones, which should take about 2 hours total. If necessary, add more chicken stock to the pot as needed to compensate for any liquid that evaporates.

2. When simmering time is done, remove the carcass from the pot, let it cool slightly, and pick the remaining meat from the bones. In the meantime, though, while you're picking the meat, continue to simmer the stock until you reduce its volume by about one-fourth (this serves to concentrate the flavors of the finished gumbo).

3. Meanwhile, in a 12-inch non-stick skillet, begin sautéing the diced sausage, stirring occasionally to render out its excess fats. Then when the sausage is thoroughly browned, remove it from the skillet and set it aside. But immediately combine the bacon drippings with the sausage drippings and begin whisking in the flour to make a roux (one the color of peanut butter will do nicely). When the roux is ready, to stop it from browning further drop in the onions, celery, bell pepper, parsley, and garlic and fold the ingredients into the flour well. Then remove the skillet from the fire and set the mixture aside to cool.

4. At this point, add the tomatoes to the turkey stock, along with the picked turkey meat, the chopped andouille, the bay leaves, the basil, and the thyme, and simmer everything together on low fire for about 15 minutes, stirring frequently. Then begin adding the roux a little at a time, briskly whisking it into the stock as you go. (Mike is quick to recommend that you dissolve the roux in small amounts of the hot stock in a separate measuring cup to keep it from 'lumping' in the gumbo the process is called 'tempering').

5. Finally, when everything is blended and the gumbo is thickened to your liking, stir in the poultry seasoning, reduce the fire under the pot once again to low, and simmer the gumbo for another 30 minutes or so, stirring occasionally. If you decide to include the oysters in your recipe, drop them in (along with the oyster water) about 10 minutes before serving. The idea is to get the oysters to 'just curl,' not to overcook.

6. When you're ready to eat, liberally ladle the gumbo, piping hot, over a big bowl of steaming hot rice and generously sprinkle with fresh Cajun file'. A couple of toasty Fresh bread pistolettes right out of the oven makes a nice accompaniment.



1	TURKEY CARCASS
4 QUARTS	WATER
1 CUP	CHICKEN STOCK
	SALT, BLACK PEPPER, AND CAYENNE PEPPER TO TASTE
1 LB	ANDOUILLE SAUSAGE, COARSELY DICED
3 TBSP	BACON DRIPPINGS OR VEGETABLE OIL
¼ CUP	ALL-PURPOSE FLOUR
1	LARGE ONION, MEDIUM DICED
2	RIBS CELERY, MEDIUM DICED
1	BELL PEPPER, COARSELY CHOPPED
2 TBSP	PARSLEY, FINELY MINCED
3	CLOVES GARLIC, FINELY MINCED
2 CANS	DICED ROTEL TOMATOES, (10-1/2-OUNCE SIZE)
3	WHOLE BAY LEAVES
1 TSP	BASIL
2 TSP	GROUND THYME
1 PINT	FRESH-SHUCKED LOUISIANA OYSTERS, WITH WATER (OPTIONAL)
1 TSP	FRANK DAVIS POULTRY SEASONING OR OTHER POULTRY SEASONING
6 CUPS	COOKED LONG GRAIN OR BROWN RICE



Potato, Shrimp & Cheddar Soup

1. First, take a medium size stockpot (6-quart size will do nicely), combine the chicken broth and water, and bring the mixture to a rolling boil. Then very carefully, so that you don't get splashed and burned, add the potatoes, reduce the heat to medium-low, and cook them until they become tender. When they're done, remove the potatoes to a colander to drain and cool, but reserve 1 cup of the poaching liquid.

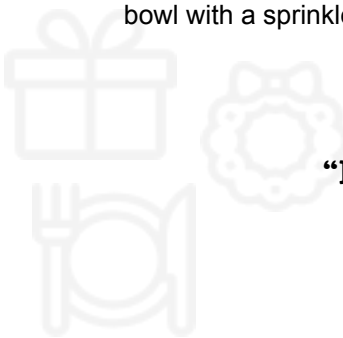
2. Next, once again place the stockpot back on the burner and turn the flame up to medium-high. Then, taking your time, stir together the butter and onion until the onion wilts and softens. Then immediately whisk in the flour until all the lumps are gone.

3. Now, one ingredient at a time, stir in milk, potatoes, chopped shrimp, reserved liquid, cheese, and Canadian bacon and season the mixture to taste with the seafood seasoning.

4. All that's left is to gently simmer the soup for 30 minutes, stirring it frequently so that it doesn't stick to the bottom of the pot. When you're ready to eat, serve it piping hot in deep bowls. Garnish each bowl with a sprinkle of parsley.

2 CUPS	CHICKEN BROTH
½ CUP	BOTTLED WATER
2 CUPS	PEELED AND CUBED RED POTATOES
¼ STICK	MELTED BUTTER
¾ CUP	ONION, DICED
3 TBSP	ALL-PURPOSE FLOUR
2 CUPS	WHOLE MILK
1 LB	PEELED SHRIMP, CHOPPED
1 CUP	MILD CHEDDAR CHEESE, SHREDDED
¾ CUP	CANADIAN BACON, SMALL DICE
2 TSP	FRANK DAVIS SEAFOOD SEASONING*
3 TBSP	ITALIAN PARSLEY, MINCED

“If you don't have any of my seafood seasoning on hand, salt and pepper will suffice if added to your taste.”





Spinach Salad

1. In a quart-size canning jar with a tight-fitting lid, add all the ingredients except the spinach and cheese.

2. Then, with the lid screwed in place, briskly and rapidly shake the jar until you feel the ingredients are uniformly and thoroughly mixed. And at that point, shake it again for the same amount of time to completely emulsify the mixture.

3. Now chill the dressing for at least an hour.

4. When you're ready to eat, take the 6 cups of cold spinach from the refrigerator and set it inside of a large mixing bowl. Then just when you're ready to serve the salad, drizzle as much vinaigrette as you deem necessary over the spinach, toss the leaves completely with two dinner forks, and serve immediately on chilled salad plates.

5. Liberally sprinkle on the Parmesan to taste to complete the salad.

2/3 CUP	EXTRA VIRGIN OLIVE OIL
¼ CUP	RICE WINE VINEGAR
2 TBSP	DIJON MUSTARD
½ TSP	KOSHER OR SEA SALT
½ TSP	FRESH GROUND BLACK PEPPER
½ TSP	FRANK DAVIS VEGETABLE SEASONING OR OTHER VEGETABLE SEASONING
½ TSP	SUGAR
6 CUPS	FRESH BABY SPINACH
1 CUP	FRESHLY GRATED PARMIGIANO REGGIANO CHEESE

“The temptation is there to substitute regular vegetable oil for the olive oil. Resist the temptation. This vinaigrette demands real extra virgin olive oil. I recommend you use rice wine vinegar instead of white vinegar, red wine vinegar, or apple cider vinegar.”

The rice wine vinegar is milder and sweeter than its other vinegar cousins. In this salad recipe, I use baby spinach leaves. But you can use any fresh spinach you prefer. Whatever dressing you don't use on this salad can be stored in the bottom of the refrigerator and used for the next salad.”





Ham with Cane Syrup Glaze

“Our house was where everyone gathered for holidays celebrations. Between my mother and grandmother, every known and unknown food group was covered. Turkey is usually the star in most homes but in ours it co-starred with a wonderful ham.”

- 1.** Place the ham, fat side up, on a rack in a foil-lined roasting pan; score fat and stud with cloves, if desired.
- 2.** Cook in a preheated 325 F oven for about 18 minutes per pound, until meat thermometer or instant-read thermometer, registers 148 F. If your ham is labeled "Ready to Cook," follow packaging directions.
- 3.** Combine cane syrup, brown sugar, cola, mustard, ginger, and cinnamon in saucepan; bring to a simmer and continue cooking over low heat for about 2 minutes.
- 4.** About 20 minutes before the ham is done, spoon about half of the glaze over top of ham, then about 10 minutes before done, spread remaining glaze over ham.

4-5 LB	FRESH OR SMOKED HAM
	WHOLE CLOVES, OPTIONAL
½ CUP	PURE STEEN'S CAE SYRUP
½ CUP	BROWN SUGAR
½ CUP	COLA
1 TBSP	CREOLE OR DIJON MUSTARD
¼ TSP	GROUND GINGER
¼ TSP	GROUND CINNAMON





Naturally Noel: Christmas Goose

- 1.** First, remove the goose from the marinade solution and wash it thoroughly with cold running water. Then drain it well, pat it extremely dry, and season it inside and out with the kosher salt, cayenne pepper, and poultry seasoning.
- 2.** Next, place the whole turnip inside the bird.
- 3.** Then in a heavy oval roaster, brown the flour in the olive oil slowly over a low fire.
- 4.** When this has been successfully completed, add in the onions, the garlic, and the parsley and gently cook the mixture for about 3 to 5 minutes.
- 5.** It's at this point that you add the 3 cups of water, the 3 cups of Sauterne, the mushroom soup, the lemon juice, the Worcestershire, and the bay leaves.
- 6.** All that's left to do now is place the goose on a rack and set the rack into the roaster.
- 7.** Then baste the goose heavily with the roaster 'gravy,' tightly cover the roaster, slide it onto the bottom oven rack, and continue to baste the bird frequently as it cooks (like every 15 minutes or so).
- 8.** It might be necessary to add water (or chicken stock) if the basting gravy level becomes too concentrated and too low.
- 9.** The goose should roast at 400 degrees for about 1-1/2 to 3 hours or until a meat thermometer reaches 180 degrees in the breast.
- 10.** Remove the bird from the oven when it's done, take the lid off the roaster pan, allow the goose to 'rest' for about 15 minutes so that the juices redistribute before carving it.

“Remember that a goose can be a greasy form of poultry if not cooked properly. That’s why it is essential that your Christmas goose be cooked on a rack inside the roaster to keep the meat from bubbling in the excess fats that render from the bird as it roasts.

Just as Ebenezer Scrooge surprised the Cratchit family with a goose for Christmas, you can surprise your family with this Christmas goose creation. All you got to do is follow this recipe to the letter and it’ll be almost like walking back into snowy old England in the days of Dickens!”



- 1** DOMESTIC FROZEN GOOSE, COMPLETELY THAWED
 - 3 TSP** KOSHER OR SEA SALT
 - 1 TSP** CAYENNE PEPPER
 - 2 TBSP** FRANK DAVIS POULTRY SEASONING OR OTHER POULTRY SEASONING
 - 1** LARGE TURNIP, WHOLE BUT PEELED
 - 1 CUP** ALL-PURPOSE FLOUR
 - ¾ CUP** EXTRA VIRGIN OLIVE OIL
 - 2** LARGE ONIONS, CHOPPED
 - 4** CLOVES GARLIC, MINCED
 - ½ CUP** FRESH PARSLEY, MINCED, SHREDDED AND DIVIDED
 - 3 CUPS** BOTTLED WATER
 - 3 CUPS** QUALITY SAUTERNE WINE
 - 1 CAN** CREAM OF MUSHROOM SOUP, UNDILUTED
 - 1** LEMON, JUICED
 - 1 TBSP** WORCESTERSHIRE SAUCE
 - 2** BAY LEAVES
- GOOSE MARINADE
- (SEE CHEF’S NOTES FOR MARINADE INSTRUCTIONS)



Franksgiving N'Awlins Slow-Roasted Turkey

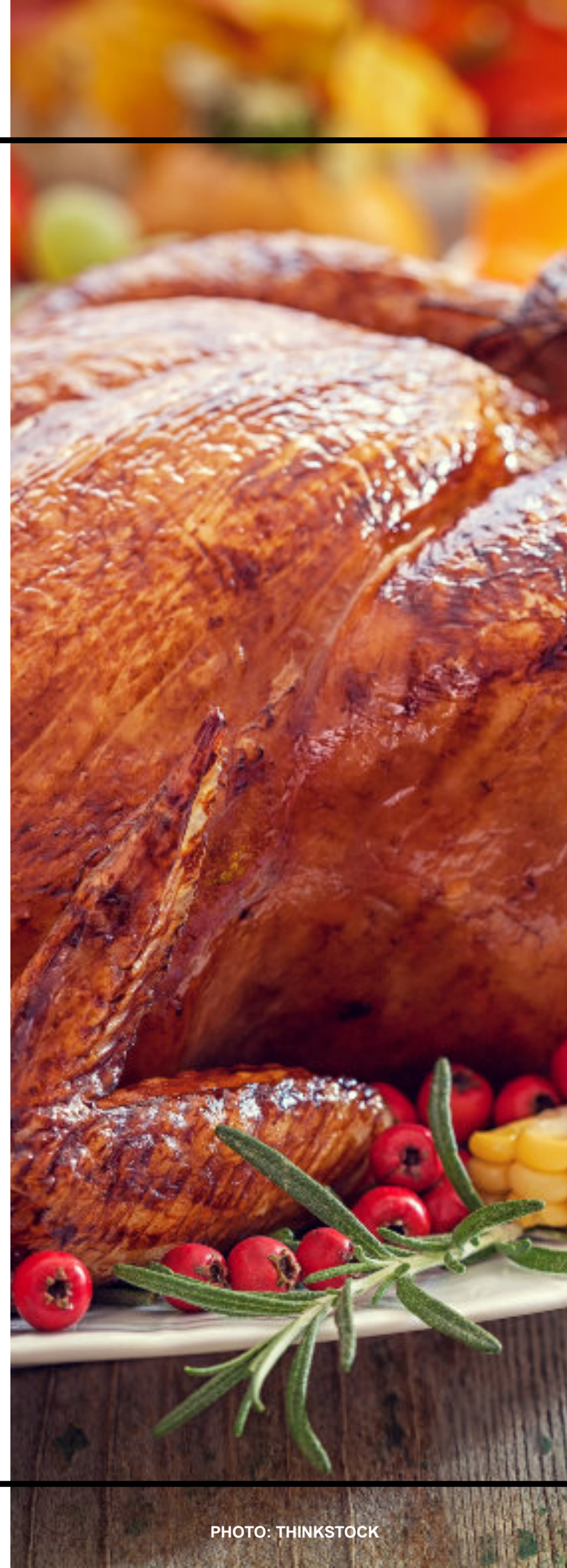
- 1.** First, put the turkey in the sink under cold running water and wash it thoroughly; making sure to remove all the debris from the internal cavity.
- 2.** Then, with paper towels, pat the bird dry inside and out and place it onto a sheet of waxed or parchment paper on the countertop.
- 3.** At this point, you also want to pre-heat your oven to 500 degrees.
- 4.** Next, season the turkey front and back, inside and out, with the poultry seasoning, salt, and pepper. And I don't mean just sprinkle it on rub those seasonings into the bird hard!
- 5.** Then, with the real butter (not margarine), massage the bird liberally again both inside and out until the butter coats the skin completely. And be sure you put butter up under the skin too!
- 6.** Now place the turkey breast-side up into a high-sided baking pan large enough to hold the bird plus whatever juices will be rendered out (and you will get juices!).
- 7.** Then tightly wrap the ends of the wing tips and drumsticks with a 4x4 square of aluminum foil this keeps the tips from burning. Do not wrap the bird in foil, do not tent it, and do not put it into a baking bag! Cook it completely uncovered!

- 8.** When your thermostat indicates that the oven is at 500 degrees, slide the turkey in but watch it closely. It should brown to a honey color in about 20 minutes or less. And that's all you want it to do just turn a honey brown.
- 9.** Now, as soon as it reaches the right color (which actually seals the skin and holds in natural moisture) reduce the temperature to 225 degrees.
- 10.** Then slow-roast the turkey until it is tender and juicy. It should take you about 40 minutes to the pound, depending upon the insulation of your oven.
- 11.** When it's almost done, remove the turkey from the oven, use a ladle, and dip out as much of the drippings as possible from the baking pan (but save them for your gravy).
- 12.** Now turn the oven temperature up to 350 degrees, slide the bird back into the oven, and continue to bake basting occasionally with the reserved drippings until the turkey is glazed to a rich toasty color.
- 13.** After it's cooked, you might take a sheet of heavy-duty aluminum foil and cover the turkey to keep it warm and to prevent it from drying out.
- 14.** When you're ready to eat, place the bird onto a serving platter, move it to the table, and carve it fresh for your family and dinner guests. The extra gravy made from the pan drippings can be used as a topping.

- | | |
|---------------|--|
| 1 | FRESH OR FROZEN TURKEY, 10-12 LB. AVERAGE* |
| 4 TBSP | FRANK DAVIS POULTRY SEASONING OR OTHER POULTRY SEASONING |
| 2 TBSP | KOSHER OR SEA SALT |
| 2 TBSP | BLACK PEPPER |
| 1 | STICK SWEET CREAM BUTTER, SOFTENED |

“You can prepare either a fresh or frozen turkey this way. But if you use a frozen turkey, it must be thoroughly thawed out before you attempt to cook it. And I recommend that you thaw it in the refrigerator (it takes about three days). Just remember, to prevent contamination, never, never, never, thaw on the countertop, or in the sink, or at room temperature! I also recommend that to cook the turkey to perfection you use a meat thermometer just place it into the breast so that it doesn't touch any bone and bake until the temperature gauge reaches 180 degrees.

A good Franksgiving gravy can be made using the drippings and whisking small amounts of cornstarch into it as it heats and thickens on the stove.”





Gourmet French-Fried Turkey

1. Unlike deep-frying a whole turkey, pan frying is similar to sautéing, except that a little more oil is used, the turkey pieces are larger and thicker, and the cooking process requires a longer time

You'll need to use high heat initially to sear the turkey pieces, to get them to brown, and to seal in all of the natural juices. This procedure is then followed by a longer cooking period over lower heat (I recommend medium to medium-high depending on the thickness of the meat) in order to cook the turkey to perfection.

The skillet you use should have a heavy bottom that will conduct the heat more evenly.

A large well-seasoned, cast iron skillet, either uncoated or fused with porcelain, works well.

A heavy non-stick pan can also work for you.

Just make sure the pan has a lot of room so that the turkey has room to brown. If the pan is crowded, the turkey won't sear and brown it will steam. And you don't want that.

Unlike frying chicken pieces in this manner, because of the size of the turkey parts like the breast or leg need to be cut down into small pieces to make them easier to handle and to allow them to cook faster.

Smaller pieces such as the wing parts can be fried whole.

By the way, the turkey pieces should be patted dry with paper towels to remove excess moisture

2. To get started, heat the pan containing the peanut oil to 'almost a sizzle.'

3. The pieces are then gently placed into the oil and should start to 'actively fry' the minute the meat hits the pan. If the turkey doesn't begin to fry immediately, that means that the pan and oil were not hot enough. Remove the turkey and try again once the temperature rises.

4. Do not go poking the pieces with a fork to turn them because piercing the turkey allows their juices to escape. A pair of tongs is the best utensil to use.



1	YOUNG HEN TURKEY, 8-10-POUND AVERAGE, CUT INTO SERVING PORTIONS
1 BOTTLE	FRANK DAVIS POULTRY SEASONING OR OTHER POULTRY SEASONING
1 BOTTLE	PEANUT OIL (64-OUNCE SIZE)
1 BOTTLE	FRANK DAVIS SPRINKLING SPICE OR OTHER CAJUN SEASONING

“Note that leaving the meat in one position in the pan for too long will cause the outside of the meat to burn and overcook long before the inside is cooked through and through.

Incidentally, it is important that you cook your pan-fried turkey to an internal temperature of 170 degrees minimum to ensure that you destroy any harmful bacteria.

I wholeheartedly recommend a quick-read, digital, meat thermometer for this. If you don't have one, it's a worthwhile (and inexpensive) investment.”



Frank's Christmas Brisket with Holiday Broasted Yams

1. Soak the prunes for about 20 minutes in 3 cups of boiling water until they are softened (but reserve the water).

2. Meanwhile, generously sprinkle the brisket with the beef seasoning and the sea salt. When the meat is uniformly coated, cut it into 6 to 8 pieces and brown them on all sides in a large skillet in the hot oil. When fully seared, remove them to a large roasting pan.

3. At this point, over medium-high heat, caramelize the onions in the same skillet you used to brown the brisket and then drop them into the roasting pan atop the meat. This is the stage where you also grind on the black pepper.

4. Now add to the roasting pan the sweet potatoes, honey, cloves, cinnamon, and drained prunes, plus just enough of the reserved prune water to lightly cover the meat. It's time to put the lid on the pan and broast everything in a 350-degree oven for at least 3 hours or until the brisket is 'fall apart tender.'

5. When you're ready to eat, remove the meat from the pan, cut it into serving-size slices, and cover the slices with the sauce from the roasting pan, alongside several chunks of the side-lined succulent sweet potatoes.

This recipe should provide a Christmas dinner plus seconds for a family of say six.

1 LB	PITTED PRUNES
3 CUPS	BOILING WATER
4 LB	BEEF BRISKET
3-4 TSP	FRANK DAVIS BEEF SEASONING OR OTHER MEAT SEASONING
2 TSP	SEA SALT
4 TBSP	VEGETABLE OIL
2	YELLOW ONIONS, COARSELY DICED
2 TSP	FRESH GROUND BLACK PEPPER
4-6	LOUISIANA YAMS, PEELED AND QUARTERED
½ CUP	CLOVER HONEY
3-4	WHOLE CLOVES
½ TSP	GROUND CINNAMON

“Broasting’ is a variation of roasting and baking in a flavored liquid.”





New Year's Recipe: Paneed Pork Loin

1. First, preheat your oven to 425 degrees.

2. Then in a large mixing bowl, toss together and fully combine the breadcrumbs, olive oil, garlic, thyme, basil, rosemary, and pork seasoning. Make sure the moisture content is sufficient enough so that the bread mix easily sticks to the meat when pressed on. If it doesn't toss in a little more olive oil.

3. Now place the pork loin in a shallow-sided cooking sheet atop a sheet of parchment paper and press on the crumb mixture (on all the sides) until there is no longer any 'pink color' showing on the loin. Ideally, you want to try to end up with the bread coating about a quarter-inch thick all over.

4. All there is to do now is to bake the loin for about 40 minutes (or until a meat thermometer reads 155 degrees (it will continue to cook upwards to 160+after it is removed from the oven). Before slicing, however, allow the roast to 'rest' on the countertop for about 10-15 minutes so that the juices can re-distribute.

5. When you're ready to eat, serve up a couple of 1/2-inch slices with each plate of cabbage, rice, black-eye peas, double-baked cornbread, and gravy.

6¾ CUPS	ITALIAN SEASONED BREAD CRUMBS
1¾ CUPS	EXTRA VIRGIN OLIVE OIL
6¾ CUPS	PORK LOIN, LIGHTLY TRIMMED
10	FRESH GARLIC CLOVES, MASHED
2 TSP	DRIED THYME
2 TBSP	SWEET BASIL
1 TBSP	ROSEMARY
3 TBSP	FRANK DAVIS PORK SEASONING OR OTHER PORK SEASONING
¾ CUP	IMPORTED PARMESAN CHEESE, GRATED
1 PAN	CRISPY BUTTERED CORNBREAD
1 ENVELOPE	PORK GRAVY MIX
1-2 CUPS	CANNED LOW-SODIUM CHICKEN STOCK

“To make a great pork gravy, simply buy a pork gravy packet from the grocery store and whisk it into the pan drippings and an appropriate amount of chicken stock. Then heat in a 2-quart saucepan until hot and bubbly.”





Eggnog Bread Pudding

1. Break up French bread in a large bowl.
2. Add eggnog and let sit for 2 minutes.
3. Start mixing and add eggs. Stir until well mixed.
4. Stir in sugar and all spice. The mixture at this point should be moist and milk can be added to attain the texture of oatmeal.
5. Melt butter on a low fire and add raisins to the butter once it has melted.
6. Leave the butter and the raisins on the heat for 2 minutes until the raisins are plump and add the butter and raisins to the bowl.
7. Bake in a greased baking pan at 350 degrees for 1 hour to 1 hour and 15 minutes until golden brown and has a firm texture.

1 10 OZ LOAF	FRENCH BREAD (DRY)
3 CUPS	EGGNOG
½ - 1 CUP	MILK
4	EGGS
2 CUPS	SUGAR
1 TSP	ALLSPICE
½ LB	BUTTER
1 CUP	GOLDEN RAISINS

Bread Pudding Sauce

1. Melt butter and remove from heat.
2. Spread sugar on top of the butter and place yolks on top of the sugar.
3. Whisk together until smooth.

You can add about a ¼ to a ½ cup of your favorite liquor, juice or hard liquor.

1 10 OZ LOAF	BUTTER
3 CUPS	POWDERED SUGAR
½ - 1 CUP	EGG YOLKS





Secret Recipe Thanksgiving Apple Crisp

- 1.** Start off by placing the flour, the brown sugar, the granulated sugar, the cinnamon, the nutmeg, and the salt in the food processor work bowl fitted with the steel blade. Then drop in the chilled butter and pulse the mixture until its consistency changes from a dry, sand-like texture with large lumps of butter in it to a coarse cornmeal texture. You can accomplish this with the food processor by using about three 4 second bursts. Then drop in the pecans and pulse the mixture again until its texture changes to resemble crumbly sand this should take about five 1 second bursts.
- 2.** It is important to remember, however, not to over pulse the mixture, otherwise it will take on a smooth cookie dough like texture. This you don't want to happen! It will make the topping tough after it bakes. At this point, refrigerate the tipping mix for at least 15 minutes while you prepare the fruit. Here's how you do it:
- 3.** First, adjust the oven rack to the lower-middle position and preheat the oven to 375 degrees. Then toss together the cut fruit, the sugar, the lemon juice, and the lemon zest in a medium bowl. When the mixture is uniformly blended, take a rubber spatula and transfer it to an 8 inch square baking pan or a 9 inch round deep dish pie plate.
- 4.** Next, remove the chilled topping from the refrigerator, distribute it evenly over the fruit, slide it into the oven, and bake it uncovered for about 40 minutes. That's all there is to it!
- 5.** Just one little hint here: to guarantee an extra crispy topping, increase the oven temperature at the end of the baking period to 400 degrees and let the crisp go for an additional 5 minutes until the fruit is bubbling and the topping is a deep golden brown.
- 6.** Because this recipe produces a true 'crispy crisp' that won't turn soggy when it cools, you can serve it either warm or right out of the oven or later at room temperature.

“The test kitchens at Cook’s Illustrated make this dessert with virtually every kind of apple ever to fall off a tree. But they say that by far the best results are obtained consistently when you combine quantities of both Granny Smith and McIntosh apples 1 1/2 pounds of each, peeled, cored, and cut into 1-inch chunks. Don’t substitute any other kinds of apples!”



The Topping

- 2 CUPS** ALL-PURPOSE FLOUR
- 1/3 CUP** LIGHT BROWN SUGAR, PACKED
- 1/4 CUP** GRANULATED SUGAR
- 1/4 TSP** GROUND NUTMEG
- 1/4 TSP** SALT
- 5 TBSP** COLD UNSALTED BUTTER, CUT INTO 1/2-INCH PIECES
- 3/4 CUP** PECANS, CHOPPED SEMI-COURSE

THE FRUIT

- 3 LBS** APPLES, PEELED, CORED AND CUT INTO 1-INCH CHUNKS
- 1/4 CUP** GRANULATED SUGAR
- 1 1/2 TBSP** LEMON JUICE
- 1/2 TSP** GRATED LEMON ZEST

“To make a larger crisp that serves 10, double all the ingredients, use a 13x9 inch baking pan, and bake for 55 minutes at 375 degrees without increasing the oven temperature.”



Raspberry Icebox Pie

“Desserts play a huge part of holiday dining. Everyone loved their family’s favorites. When I saw a bucket of raspberries, I let my culinary creative juices flow and decided to make a version of my mom’s delicious pies with these juicy plump berries.”

1. Preheat oven to 350 degrees.

2. In a bowl, combine graham cracker crumbs, sugar and melted butter.

In a 9" pie plate, press crust into the bottom of the pan and up its sides. Bake for 15 minutes. Let cool completely.

3. In a bowl, place raspberries, ¼ cup sugar, ¼ cup lime juice, stir and refrigerate for at least 1 hour. Strain juice from raspberries into a bowl and add remaining lime juice, pear juice. Mix well and add cornstarch, whisking to dissolve. Add egg yolks and remaining sugar and whisk to combine.

4. Pour mixture into saucepan. Bring to a simmer over medium heat stirring constantly until mixture thickens, about 5-6 minutes. Remove from heat and add butter and raspberries. Stir to combine and let cool for 15 minutes, stirring often.

5. Pour into prepared crust and refrigerate for at least 4 hours.

CRUST	
2 CUPS	CHOCOLATE GRAHAM CRACKER CRUMBS
½ CUP	SUGAR
¼ CUP	BUTTER
FILLING	
2 CUPS	FROZEN RASPBERRIES
1 CUP	SUGAR
½ CUP	FRESH LIME JUICE
¾ CUP	PEAR JUICE
¼ CUP	CORNSTARCH
3	EGG YOLKS
2 TBSP	BUTTER





Frank's Creole Rice Pudding

1. You start off by preheating your oven to 350 degrees.

2. This is most critical because the pudding just won't come out right if the oven isn't at the correct temperature when the mixture goes in.

Then, in a large mixing bowl whisk together the eggs, the sugar, the whipping cream, and the Half-N-Half.

3. Take a little extra time to do this using a piano-wire whisk this is the step that forms the basic custard, which will hold the rice together. Then when the mixture is rich and creamy, stir in the vanilla, the butter, the cinnamon, the nutmeg, the mace, and the salt.

Once again, whip together all of the ingredients until thoroughly combined.

4. Now, ever so gently, fold in the cooked rice, the raisins, the nuts, the lemon zest and the orange juice. This step, too, is critical because it is at this point that each grain of rice becomes 'seasoned' with the spices. Then when the blend is right, transfer the mixture to a buttered two- quart casserole dish.

5. Then place the dish into a larger pan filled with water to create a water bath (bain-marie). Baking in this manner tempers the custard, helping to keep it light and preventing it from burning and scorching.

All that's left, then, is to bake the pudding uncovered on the center rack in the oven for approximately one hour or until the pudding is set and a toothpick inserted into the center comes out clean.

3	EGGS, SLIGHTLY BEATEN
¾ CUP	LIGHT BROWN SUGAR
1 CUP	HEAVY WHIPPING CREAM
1 CUP	HALF-N-HALF
2 TBSP	PURE VANILLA
4 TBSP	BUTTER, MELTED
1 TSP	GROUND CINNAMON
¼ TBSP	GROUND NUTMEG
¼ TBSP	GROUND MACE
¼ TBSP	KOSHER OR SEA SALT
2 CUPS	COOKED LONG-GRAIN RICE
1 CUP	GOLDEN RAISINS
½ CUP	CHOPPED NUTS (PECAN/ ALMOND MIXTURE)
½ TSP	GRATED LEMON RIND (ZEST)
2 TSP	FRESH-SQUEEZED ORANGE JUICE
2 TSP	GRANULATED SUGAR FOR FROSTING





Spoon-Lickin' Lemon Sauce

1. In a 2½ quart saucepan thoroughly combine the granulated sugar, cornstarch, and salt.

2. Then, a little at a time over medium-high heat, pour in the boiling water and cook the ingredients, stirring constantly, until the mixture becomes thick and clear.

3. Now, stir in the lemon zest, orange zest, lemon juice, orange juice, and butter.

4. Combine only until fully blended.

5. Then serve generously by drizzling it while still warm over the pudding and dusting the pudding top with confectioner's sugar.

By the way, this recipe makes about 2 cups of this spoon-lickin' sauce.

¾ CUPS	GRANULATED SUGAR
5 TSP	CORNSTARCH
½ TSP	SALT
1½ CUPS	BOILING WATER
1 TBSP	LEMON ZEST
3 TBSP	FRESH-SQUEEZED LEMON JUICE
1 TBSP	BUTTER
4 TBSP	MELTED BUTTER
	JUICE AND ZEST OF 2 ORANGES
1 CUP	POWDERED SUGAR





Rice in Louisiana

LIZ WILLIAMS

Director, Southern Food & Beverage Museum

Rice is one of the mainstays of Louisiana cuisine. Red beans and rice. Jambalaya. Gumbo. Shrimp Creole. Rice is key. While rice production in America got its start in the Carolinas, rice was a farm crop in Louisiana in the 18th century.

The seeds were sowed and whatever grew was harvested. But with improvements in technology, such as steam powered pumps which allowed fields along the Mississippi to be flooded, rice growing grew. By the middle of the 19th century Louisiana was a major rice producing state and New Orleans a rice hub. After a break in production during and after the Civil War, rice production resumed. In the late 19th century Louisiana was the major rice producing state. The cuisine of Louisiana adopted rice as its main starch, and rice had remained central on our tables.



Chicken Artichoke & Rice Casserole

For the past eight years, the third generation of the Falcon family of Crowley, Louisiana, has run the Falcon Rice Mill. Always looking forward, the family has taken steps to share Louisiana's quality rice in the Texas and Mississippi markets. With exciting opportunities to continue expansion already on the horizon, the family couldn't be more thrilled.

Siblings Robert Trahan and Christine Fulton, along with their spouses, continually evaluate the market to ensure that the company thrives over the next 75 years and beyond. "This is a family business, and we want it to stay that way. We always strive to provide a quality product and great customer service. These values will enable us to pass this business onto our children and have a fourth-generation be a part of our success," says Robert Trahan.

Today, the Falcon family enjoys getting together and sharing a great meal — and rice is always on the menu. In Christine Fulton's words, "This cookbook lets us pass on some of the amazing recipes that have been staples in our family for generations. We want to inspire other families to spend time together and enjoy meals made with love."

From the Falcon Rice Mill family to yours, we hope you enjoy sharing these recipes with your loved ones this holiday season. As we believe the best memories are made over a home-cooked meal, please share your stories and experiences with us. We are proud to provide the superior quality found in each bag of Cajun Country Rice — and look forward to the next 75 years of working together.

1 CUP
CAJUN COUNTRY RICE, MEDIUM GRAIN

1 1/2 CUPS
WHOLE MILK

3/4 CUPS
GRATED PARMESAN

8 OZ
CREAM CHEESE, CUBED

2 TBSP
OLIVE OIL

4 CLOVES
GARLIC, MINCED

1 TBSP
CRUSHED RED PEPPER FLAKES

KOSHER SALT TO TASTE

**YOUR FAVORITE BRAND OF SEASONING,
TO TASTE**

FRESHLY GROUND BLACK PEPPER, TO TASTE

1 1/2 LBS
CHICKEN BREAST OR TENDERS

2 CUPS
FRESH SPINACH, TIGHTLY PACKED

1 (14 OZ)
QUARTERED ARTICHOKE HEARTS, DRAINED

2 CUPS (16 OZ)
SHREDDED MOZZARELLA, DIVIDED

ONE. Preheat oven to 350 degrees.

TWO. Prepare rice according to instructions.

THREE. Season chicken with season all and pan fry in olive oil till cooked. Shred chicken once cooked.

FOUR. In a saucepan over medium heat, combine whole milk and parmesan.

FIVE. When cheese is melted, add cream cheese, garlic and red pepper flakes, and season with salt and pepper. Cook until cream cheese is melted and mixture is slightly thickened, about 4 minutes.

SIX. In a large bowl, stir together cooked rice, chicken, spinach, artichoke hearts, 1 cup (8 oz) mozzarella and cream cheese mixture, and transfer to a 9"x13" baking dish, sprayed with non-stick spray. Top with remaining cheese and bake until cheese is melted and golden, 20-30 minutes.

C'est What?

GRIS-GRIS

(Gree-Gree)

To put a
"curse" on
someone
(playfully)



Red Beans & Rice with a Twist

- 1**
ONION, CHOPPED
- 1**
BELL PEPPER, CHOPPED
- 1 LB**
GROUND BEEF
- 1 LB**
PACKAGE OF RED KIDNEY BEANS
- 1 PACKAGE**
SMOKED MIXED SAUSAGE (3 LINKS), SLICED
- 2 CUPS**
CAJUN COUNTRY RICE (MEDIUM OR LONG GRAIN), COOKED ACCORDING TO PACKAGE
- SALT, TO TASTE
- ALL SEASONING, TO TASTE
- 4 TBSP**
CHILI POWDER, DIVIDED

- ONE.** Soak red beans in water overnight.
- TWO.** When ready to cook, drain red beans and put into pot and cover with water about 1" over beans on high heat. Bring to a boil and boil for 10 minutes.
- THREE.** Brown ground beef with chopped onion and bell pepper.
- FOUR.** Once ground beef is browned, add 1 tbsp of chili powder and salt to taste
- FIVE.** After the 10 minutes of boiling the red beans, drain the beans, add more water to cover the beans about 1" over and put back on medium high heat. Then stir regularly, cooking for about an hour until tender.
- SIX.** Smash some of the beans to thicken the mixture, then add the ground beef and sausage.
- SEVEN.** Add 3 tbsp of chili powder, all seasoning, and salt to taste. Continue to cook on medium for another 15 minutes, adding water to your desired thickness.
- EIGHT.** Serve over Cajun Country Rice.



Cheesy Broccoli Rice Casserole

2 TBSP
OLIVE OIL

1
SMALL YELLOW ONION, CHOPPED

4 CLOVES
GARLIC, MINCED

1½ LBS
BONELESS, SKINLESS CHICKEN
BREAST OR TENDERS, CUT INTO 1" PIECES

SALT TO TASTE

BLACK PEPPER TO TASTE

YOUR FAVORITE BRAND OF
SEASONING, TO TASTE

1 CUP
CAJUN COUNTRY RICE, MEDIUM
GRAIN

1½ CUPS
HEAVY WHIPPING CREAM

1⅔ CUPS
CHICKEN BROTH, DIVIDED AS NOTED

2 CUPS
BROCCOLI FLORETS

14 OZ
SHREDDED CHEDDAR CHEESE

½ CUP
PANKO BREADCRUMBS

ONE. Preheat oven to 350 degrees.

TWO. Season chicken with your preferred brand of seasoning.

THREE. In a large oven-safe skillet over medium-high heat, heat oil. Add onion and cook, stirring until soft, approximately 5 minutes.

FOUR. Add garlic and cook until fragrant, 1 minute more.

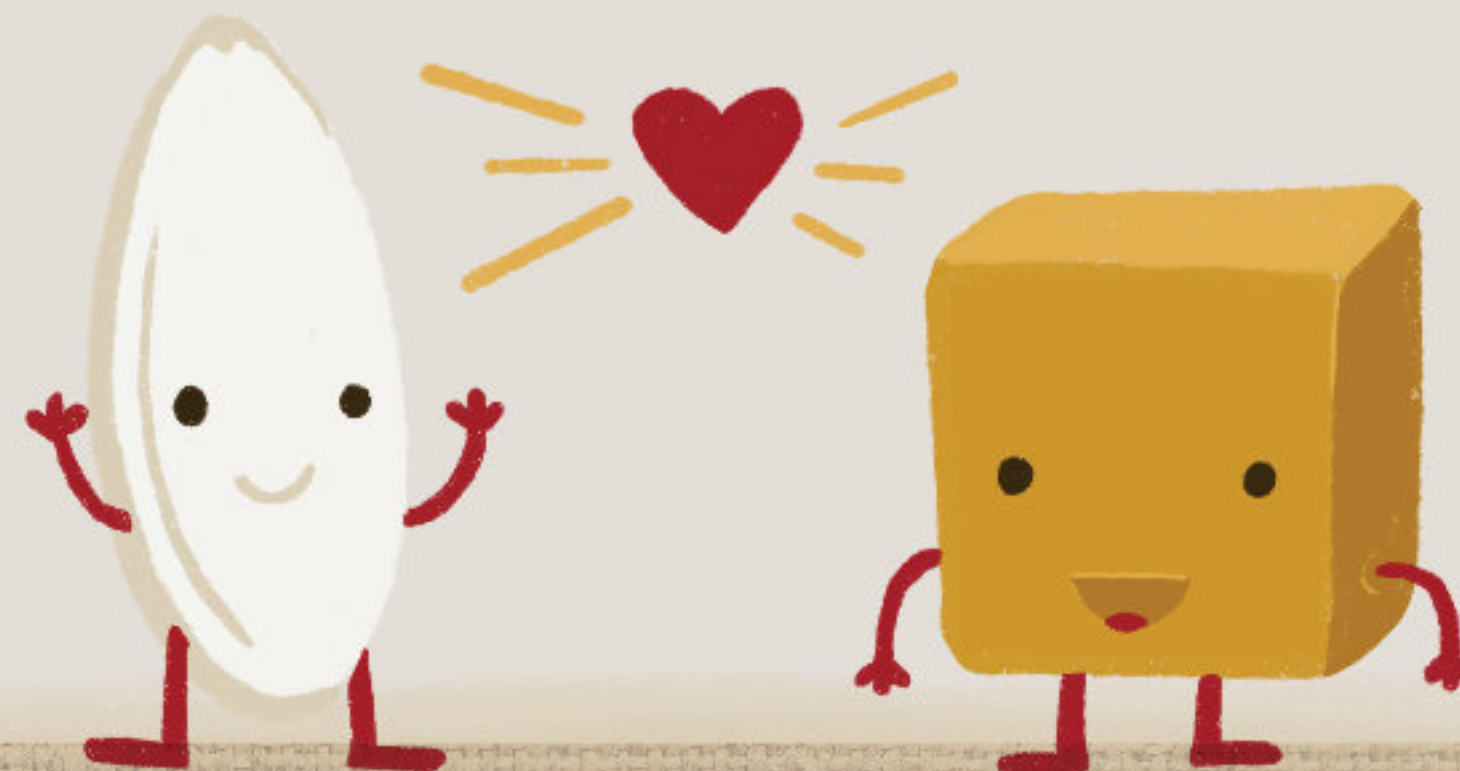
FIVE. Add chicken and season with salt and pepper.

SIX. Cook while stirring occasionally for about 6 minutes more, or until chicken is golden and cooked through.

SEVEN. Stir in rice, heavy cream and 1 cup of the broth. Bring to a simmer and cook until rice is tender, about 20-30 minutes. Add remaining 1 2/3 cups broth, broccoli and 10 oz of cheddar cheese, and cook until broccoli is tender and cheese is melted, about 10 minutes.

EIGHT. Sprinkle chicken mixture with remaining cheese and bread crumbs, and season with salt and pepper. Bake for 15 minutes or until golden and crispy.

Everything's **BETTER** with a bit of **BUTTER**.



CAJUN
COUNTRY.
RICE

C'est What?



THRACA

(Thrah-Cah)

Extra fuss or commotion.



Mushroom Risotto

- 6 TBSP**
OLIVE OIL, DIVIDED
- 6 CUPS**
CHICKEN BROTH, DIVIDED
- 8 OZ**
PORTOBELLO MUSHROOMS, SLICED
- 1**
SMALL ONION, DICED
- 1½ CUPS**
CAJUN COUNTRY RICE, MEDIUM GRAIN
- ½ CUP**
DRY WHITE WINE
- SEA SALT TO TASTE
- FRESHLY GROUND PEPPER TO TASTE
- 3 TBSP**
FINELY CHOPPED CHIVES
- 4 TBSP**
BUTTER
- ½ CUP**
FRESHLY GRATED PARMESAN CHEESE

- ONE.** In a saucepan, warm the broth on a low heat.
- TWO.** Warm 3 tbsp olive oil in a large surface saucepan over medium-high heat, and stir in the mushrooms. Cook until they are soft, about 5 minutes.
- THREE.** Remove mushrooms and their liquid from the pan, and set aside.
- FOUR.** Add 3 tsp olive oil to the pan, and stir in diced onion. Cook until onion starts to become translucent, then add in the rice, stirring to coat in the oil.
- FIVE.** When rice is pale and golden, pour in the wine and stir until fully absorbed.
- SIX.** Add ½ - 1 cup heated broth and stir until absorbed.
- SEVEN.** Repeat step 6 until all broth is used.
- EIGHT.** Continue stirring until rice is al dente, about 15-20 minutes
- NINE.** Put mushrooms back into the pan with their liquid, butter, chives and parmesan



Shrimp Bowl

½ CUP
ORANGE JUICE

2 TBSP
SRIRACHA

1 TBSP
HONEY

4 TSP
SOY SAUCE, DIVIDED

½ CUP
VEGETABLE OIL

2 TBSP
OLIVE OIL

2 TBSP
LIME JUICE

1½ LBS
JUMBO OR LARGE SHRIMP,
PEELED AND DEVEINED

KOSHER SALT TO TASTE

2
LARGE ORANGES, USE 2
VARIETIES

1
LARGE GRAPEFRUIT

2
ENGLISH CUCUMBERS, DICED

4
SCALLIONS, THINLY SLICED

2 CUPS
CAJUN COUNTRY RICE, POPCORN
VARIETY OR BROWN RICE

2
AVOCADOS, SLICED

ONE. Cook rice according to package.

TWO. Whisk orange juice, sriracha, honey, soy sauce, ¼ cup oil and 1 tbsp of lime juice in a medium bowl. Set aside half of dressing in a small bowl for serving. Add shrimp to remaining sauce and toss to coat; season lightly with salt. Let sit, tossing occasionally, 15 minutes.

THREE. Meanwhile, remove peel and white pith from oranges and grapefruit, being careful not to remove too much of the flesh; discard. Slice oranges and grapefruit into ½"-thick rounds, then cut into 1" pieces. Transfer to a medium bowl and add diced cucumbers, scallions and remaining 1 tbsp lime juice; toss to combine. Season with salt.

FOUR. Heat 2 tbsp olive oil in a large skillet over high heat. Working in batches if needed, place marinated shrimp in skillet, and add in remaining 2 tsp of soy sauce. Cook until charred in spots and shrimp are pink throughout, about 3 minutes per side.

FIVE. Divide rice among bowls. Top with shrimp, citrus salad and avocado, and drizzle with reserved dressing.

100% Louisiana Rice



CAJUN COUNTRY RICE is a 100% Louisiana product, from the field to the bag. Falcon Rice Mill prides themselves on knowing that the roots of their rice run just as deep as the roots of their family.

The Falcon family takes pride in local agriculture, as Louisiana rice farmers are at the heart of their operation. **CAJUN COUNTRY RICE** has earned loyalty from their customers knowing that each grain in every bag is grown and harvested right here in Louisiana.

Rice is one of the oldest known foods consumed by humans, and there are a lot of interesting facts out there about its history, use and nutritional value. We've compiled a list of our **10 FAVORITE FACTS ABOUT RICE.**

- 1** Humans have been eating rice for over 5,000 years.
- 2** Rice farming on a wide commercial basis in Louisiana began in the late 19th century.
- 3** Rice is a symbol of life and fertility, which is why rice was once traditionally thrown during weddings.
- 4** September was established as National Rice Month in 1991 by Congress and President George H.W. Bush.
- 5** After harvest, many rice farmers flood their fields to create a prime habitat for wintering waterfowl.
- 6** Over 10,000 farmers in Arkansas, Louisiana, Mississippi, Texas and Missouri grow over 24 billion pounds of rice in the U.S. each year.
- 7** One cup of long-grain, cooked rice has 206 calories.
- 8** Rice has always been naturally gluten-free.
- 9** Rice is a great source of natural energy, supplying complex carbohydrates that fuel physical activity.
- 10** Rice fields can also be used to farm one of Louisiana's favorite delicacies—crawfish.



Sushi Rolls

ONE. Wash the rice multiple times until the water is clear to remove the starch. Add the 2 cups of water and cook rice.

TWO. Combine the rice wine vinegar, salt and sugar, and heat in microwave for about 30 seconds to dissolve salt and sugar.

THREE. Once rice is cooked, remove from pot and toss in rice wine vinegar solution, and let rice cool to room temperature.

FOUR. Place your soy or seaweed paper on the bamboo roller and cover the paper with rice, using a cup of water to dip into to keep the rice from sticking to your fingers. There should be a thin layer of rice on the entire paper.

FIVE. Begin stacking your ingredients at about 1-1.5 inches from the edge of the paper closest to you. You can use any or all of the ingredients based off of your likes or dislikes. Cucumber, asparagus, cream cheese, shrimp, tuna and avocado. You can also add additional ingredients and/or try varying combinations.

SIX. Make sure to stack the ingredients and keep them together to be able to roll the sushi.

SEVEN. Once ingredients are on the rice, roll the paper with the bamboo roller while holding the ingredients together in the first roll. Continue to roll, until you have the entire paper rolled.

EIGHT. Place the roll on a plate and cut into slices. Add your spicy mayo, eel sauce, panko breadcrumbs and Sriracha to the top.

NINE. Dip in wasabi and soy sauce mixture.

1
ENGLISH CUCUMBER,
PEELED AND SLICED

1 CAN
OF ASPARAGUS

8 OZ
PACKAGE OF CREAM
CHEESE, CUT INTO
SLICES

1 LB
SMALL SHRIMP,
PEELED AND
DEVEINED

2
JALAPENOS, SEEDED
AND CUT INTO SLICES

1
SUSHI GRADE TUNA
STEAK, RAW OR
SEARED, THINLY
SLICED

2
AVOCADOS, SLICED

2 CUPS
CAJUN COUNTRY
RICE, MEDIUM GRAIN

2 CUPS
WATER

½ CUP
RICE WINE VINEGAR

1 TSP
SALT

1 TSP
SUGAR

**PACK OF SOY OR
SEAWEED PAPER**

SOY SAUCE

SPICY MAYO

EEL SAUCE

**PANKO
BREADCRUMBS**

SRIRACHA

WASABI

BAMBOO ROLLER

Our Rice Milling Process

CAJUN
COUNTRY.
RICE

1) Grade Rough Rice



2) Store Rough Rice



3) Remove Hulls



Hulls Sold for
Horses & Cattle



4) Remove Bran



Bran Sold for
Cattle & Deer Feed



5) Color Separation



Discolored Used
for Chicken Feed



6) Sort Head & Broken

Brokens Sold as
Pet Food Ingredient



7) Head Rice Sold to Consumers

Brewers Sold
as Pet Food
and Beer
Ingredient





The Boy on the Bag

It might be the Acadian-style home in the background, the moss hanging from a cypress tree or the accordion — no matter what gives it away, it's easy to see that this boy is in Cajun Country. But what's the story behind the Cajun Country Rice logo?

Randy Falcon and his wife Connie, along with his sister Mona Trahan and her husband Charles, were the second-generation owners of Falcon Rice Mill, which further developed the Cajun Country Rice brand.

When pondering a potential logo, Randy reached out to his friend Floyd Sonnier, a popular Cajun artist.

When they met about the design, Floyd showed Randy a sketch of a boy playing a fiddle. Randy loved it, but asked if Floyd would mind making one minor tweak — swapping the fiddle for an accordion.

Cajun music has been in the Falcon family for generations. Joe Falcon and Cléoma Breaux made the first recordings of Cajun music. Like his second cousin Joe, Randy also inherited the musical gene and has been playing the accordion since he was a young boy.

Floyd made the change, and the Cajun Country Rice logo was born, capturing the true spirit of Cajun Country and the Falcon family.

Randy Falcon now builds and sells accordions and believes nothing goes together better than Cajun music, Cajun food and good company.



LONG GRAIN

Cajun Country long grain accounts for 70% of the U.S. rice crop. Long grain rice is a less sticky and starchy grain, giving way to a separated end rice result. Cajun Country long grain is a favorite when served with a piping hot bowl of gumbo.



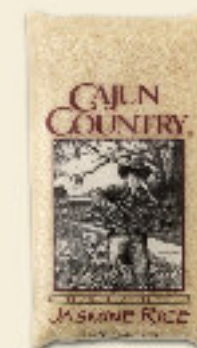
LONG GRAIN BROWN

Cajun Country brown rice is packed with vitamins, minerals and antioxidants to keep your immune system strong and healthy. Try substituting Cajun Country brown rice with your favorite recipes for an extra kick of goodness!



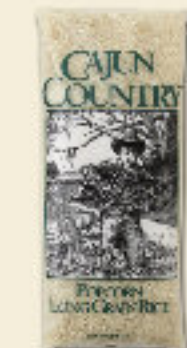
MEDIUM GRAIN

Yielding a softer and stickier grain, Cajun Country medium grain rice is the perfect companion for a variety of dishes from classic Creole and Cajun, to Italian risotto, to Asian. Like all white rice, medium rice is naturally gluten, cholesterol, and sodium free.



JASMINE

Cajun Country Jasmine rice has distinctive nutty, aromatic flavors and characteristics that chefs desire in Asian inspired cuisine. Jasmine rice is long, slender and develops a more delicate, soft, and moist kernel as it cooks.



POPCORN

Cajun Country Popcorn rice highlights rice varieties grown in Louisiana that have fragrant qualities. The rice is very popular because of its unique taste and aroma. Popcorn rice is a long grain and can be enjoyed with any recipe. We recommend trying with our red beans recipe.



The National Culinary Heritage Register is a growing database of restaurants, groceries, manufacturing plants, distilleries, farms and more that have been contributing to the cuisine of America for at least 50 years or more. This is the only database of its kind. The Register is an initiative designed to explore and preserve the complex history of food and beverage in America. Cajun Country Rice and a growing list of companies are on the register.

Food and beverage practices not only play a major role in America's cultural identity, but they also offer valuable insights into the country's past and present environment, economy, and social structures. Thus, understanding when, where, and how American food and beverage practices have developed allows for a more complete understanding of America's culture and history. Mapping the origins and development of America's complex culinary traditions is a daunting task, and as of yet, there has been no concerted effort to do so. By creating the National Culinary Heritage Register, the National Food & Beverage Foundation has begun the important process of recording America's unique foodways. For more information about the Register visit: natfab.org/national-culinary-heritage-register

New Orleans Pantry Stock List

- | | |
|---|--|
| Onion | Creole mustard |
| Garlic | Mayonnaise |
| Creole seasoning | Butter |
| Kosher salt | Cane syrup |
| White pepper | Condensed milk |
| Cayenne pepper | Sugar (white, brown) |
| Black pepper | Seasoned bread crumbs |
| Paprika | Hot sauce |
| Italian seasoning | Vegetable oil |
| Thyme | Olive oil |
| Basil | All-purpose flour |
| Bay leaves | Long grain rice |
| Tomato paste | Trinity (onions, celery, bell pepper) |
| Stock (chicken, beef, vegetable) | |
| Worcestershire | |

