

## Louisiana Recipes

### Crawfish Cornbread

#### Ingredients:

- 2 cups yellow cornmeal
- 1 teaspoon baking powder
- 1 teaspoon salt
- ¼ teaspoon Creole seasoning
- 6 eggs
- ⅔ cup vegetable oil
- 1 yellow onion, finely diced
- 8 ounces cheddar cheese, grated
- 1 (12-ounce) bag frozen corn, thawed
- 1 pound crawfish tail meat, finely chopped
- 1 (4-ounce) can diced jalapenos



#### Directions:

Preheat oven to 350° F. Grease a 9" x 13" baking dish. Stir the cornmeal, baking powder, salt, creole seasoning together in a large bowl. Stir in the eggs and oil and mix thoroughly. Add the onion, cheese, corn, crawfish, and jalapenos and stir until everything is completely mixed.

Spread the cornbread into the prepared pan. Bake for 45-50 minutes until golden and firm. Let rest for about 10 minutes before slicing.

## New Orleans Dirty Rice

### Ingredients:

1 pound pork breakfast sausage  
1 pound chicken livers  
1 pound ground beef  
1 tablespoon Worcestershire sauce  
1 green bell pepper, diced  
1 medium onion, diced  
2 celery stalks, chopped  
1 cup converted long grain rice  
1 bunch green onions, sliced thin  
3 cloves garlic  
Salt and pepper to taste  
1 can beef broth  
1 can chicken broth  
1 teaspoon Cajun/Creole seasoning  
½ teaspoon sage  
2-3 bay leaves  
1 cup chopped parsley



### Directions:

In a large Dutch oven, over medium-high heat, sauté the sausage, beef, and livers until no pink remains. Drain all but 3 tablespoons from the pan.

Add the bell pepper, onions, and celery. Season with salt and pepper. Cook for 5-7 minutes until the veggies begin to soften and brown. Add the rice, green onions, and garlic; continue to stir for 1-2 minutes until the rice begins to turn brown.

Add the Worcestershire sauce, beef and chicken stock, creole seasoning, sage, and bay leaves. Mix well, turn the heat to low, cover and simmer for 20 minutes. Cook until the rice is fully tender, and the broth has been absorbed. Stir well and remove from heat, then stir in the chopped parsley.

# Creole Bread Pudding

## Ingredients:

### Bread Pudding:

3 cups brown sugar, packed  
2 teaspoons cinnamon  
½ teaspoon nutmeg  
5 eggs, lightly beaten  
4 cups milk  
2 cups whipping cream  
5 teaspoons vanilla extract  
14 bread slices, 1" thick  
1 cup raisins  
1 ½ cups pecan pieces



### Whiskey Sauce:

1 cup whipping cream  
9 tablespoons granulated sugar  
1 ½ tablespoons cornstarch  
2 tablespoons cold water  
2 egg yolks  
¼ cup whiskey

### Directions:

Preheat the oven to 300° F. In a large bowl, blend the sugar, cinnamon, and nutmeg. Whisk in the eggs, milk, cream, and vanilla. Tear the bread slices into big, bite-sized pieces and place in a lightly buttered 9" x 13" pan. Pour the custard mixture over the bread and allow to soak about 1 hour. Stir the raisins into the pudding and top with the nuts. Bake uncovered 1 ½ hours. Scoop the bread pudding into individual bowls and top with the whiskey sauce.

**To prepare the whiskey sauce:** Heat the cream and sugar in a heavy-bottomed medium saucepan over medium-high heat until mixture begins to boil. Mix the cornstarch and cold water in a small bowl until smooth; slowly whisk into simmering cream. Simmer 2-3 minutes. Put the yolks into a stainless-steel bowl and whisk. Temper the yolks by slowly whisking 1 cup hot, thickened cream mixture into yolks. Return the yolk mixture to hot cream mixture, whisking in slowly.

After the mixture is whisked together, cook over medium-low heat until mixture reaches 140° F. Remove from heat and pour through a fine mesh strainer. Add the whiskey, adjusting to taste.

## Prejean's Sweet Louisiana Pralines

### Ingredients:

½ cup butter  
1 ¾ cups granulated sugar  
½ pound light brown sugar  
2 cups heavy cream  
1 tablespoon vanilla  
1 pound pecans



### Directions:

In a heavy 2-quart saucepan, heat butter until melted. Blend in both sugars. Cook and stir until sugar dissolves. Stir in cream until blended. Bring mixture to a rolling boil, stirring continuously. Reduce heat to medium high and stir continuously until mixture becomes foamy and frothy, darkens in color, and reaches soft-crack stage. To test for soft-crack stage, between 270° and 290° on a candy thermometer, drop a small amount into ice water: the drop should form hard but pliable threads.

Remove from heat. Stir in vanilla and pecans. Continue to stir for 5 minutes or until mixture begins to stiffen. Spoon individual circles of mixture onto waxed paper. Allow pralines to cool completely before removing from waxed paper.

## Louisiana Crunch Cake

### Ingredients:

3 cups cake flour  
1 teaspoon salt  
1 teaspoon baking powder  
½ teaspoon baking soda  
2 cups granulated sugar  
1 cup butter, softened  
4 large eggs, at room temperature  
¼ cup sour cream  
1 cup buttermilk  
1 teaspoon pure vanilla extract  
¼ cup granulated sugar  
¼ cup sweetened flaked coconut



### Directions:

Preheat oven to 350° F. Sift together cake flour, salt, baking powder, and soda. Set aside. In a large separate bowl, beat butter until fluffy and add 2 cups of sugar.

Continue to beat until light and fluffy. Beat in eggs, one at a time, making sure that each egg is thoroughly blended before adding the next egg. Mix in sour cream and vanilla extract.

Add flour mixture and sour cream mixture alternately, beginning and ending with the dry ingredients. Beat until batter is well blended and uniform.

Grease and flour a Bundt cake pan. Add in ¼ cup of sugar to the bottom of pan and about 3" up the sides, tapping the pan to ensure even distribution. Leave excess sugar in pan. Sprinkle coconut flakes to the bottom of the pan. Scrape batter into the Bundt pan and spread evenly.

Bake for about 50 minutes to an hour, or until a wooden toothpick inserted comes out clean. Let cake cool for about 10 minutes and carefully remove from pan. Drizzle glaze over the crunchy top portion of cake. Top with toasted coconut.

## Maque Choux

### Ingredients:

4 slices thick bacon  
1 tablespoon bacon drippings  
1 tablespoon butter  
1 cup chopped onion  
¾ cup chopped celery  
1 red bell pepper, diced  
1 teaspoon dried thyme  
½ tsp. ground black pepper  
½ teaspoon Cajun seasoning  
Salt, only if needed  
3 cloves garlic, minced  
½ cup beef broth  
1 (16-ounce) package frozen corn kernels  
¼ cup minced fresh cilantro



### Directions:

Cook bacon in a large skillet over medium heat until crisp. Remove to a paper-towel lined plate; cool and crumble. Discard all but 1 tablespoon bacon grease.

Add 1 tablespoon butter to the same pan with the reserved bacon grease. Add the onion, celery and bell pepper and sauté for a few minutes. Add the thyme, black pepper, and Cajun seasoning. Add the garlic and sauté for 30 seconds. Stir in the beef broth and frozen corn.

Bring to a boil; cover and simmer until vegetables are tender and broth has nearly evaporated; about 15 minutes. Stir in chopped cilantro and crumbled bacon pieces. Taste and season with salt, if needed.

# Chicken and Andouille Gumbo

## Ingredients:

- 1 cup butter
- 1 cup all-purpose flour
- 4 medium yellow onions, chopped
- 3 green bell peppers, chopped
- 2 stalks of celery, chopped
- 6 cloves of garlic, minced
- 12 to 14 cups chicken stock
- 2 teaspoons kosher salt
- ½ teaspoon cayenne pepper
- 2 bay leaves
- 1 ½ pounds Andouille sausage, de-greased in skillet, then cut length-wise and sliced
- Meat from 2 whole chickens, de-boned
- 1 cup green onions, chopped
- ½ cup parsley, chopped
- Tabasco to taste
- 1 to 2 cups of long-grain white rice, prepared according to package directions



## Directions:

Heat skillet over medium-high heat. Add butter and heat until it begins to sizzle. Add flour and whisk to incorporate. Continue whisking until the roux reaches the color of dark chocolate. Be careful not to burn the roux.

Once the roux has reached the desired color, add the onions, bell peppers, celery and garlic. Stir well and allow to cook down for about 5 minutes or so.

Add the stock, bay leaves, Andouille sausage, salt, and cayenne pepper. Stir well and bring to a simmer. Allow the gumbo to simmer for about 20 minutes. Add the chicken.

Reduce the heat to medium low, continuing to allow the gumbo to simmer for about 40 minutes. Serve in bowls over rice.

## Muffuletta Sandwich

### Ingredients:

10" round Italian bread

Olive oil

Thinly sliced capicola, salami, and mortadella

Thinly sliced mozzarella and smoked provolone

Olive salad



### Directions:

Slice loaf of bread in half lengthwise. Drizzle both halves of the bread with oil.

Place 1 layer each of the meats and cheeses on one half of the bread.

Generously top with olive spread. Place the other half of bread on top. Wrap the sandwich in plastic wrap and refrigerate for at least one hour.

Cut sandwich into quarters and serve.