

IN THE KITCHEN

Honoring the Past.
300
Shaping the Future. **4**

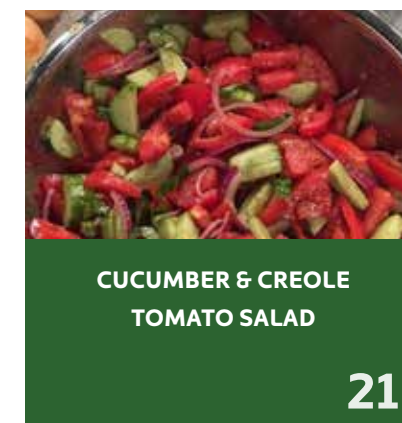
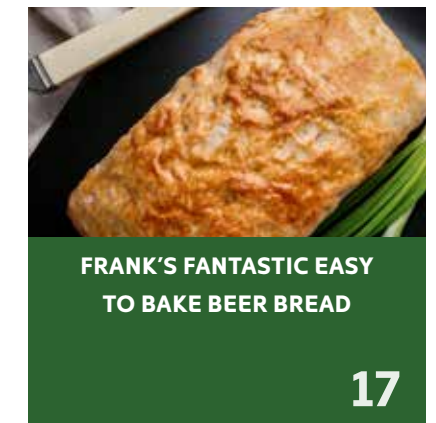
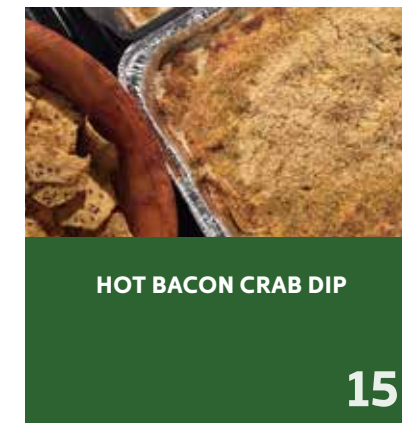
Family Favorites



CAJUN
COUNTRY.
RICE



TABLE OF CONTENTS



©2018 WWL-TV. All rights reserved.

All recipes appear with permission of WWL-TV, the Frank Davis family, and Kevin Belton, except for photos and recipes on pages 58-68 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. Photos on pages 14, 18, 20, 22, 24, 26, 32, 34, 36, 38, 44, and 52 appear courtesy of Monica Pazmino.

TABLE OF CONTENTS










 <p>BAKED CHICKEN TAQUITOS</p> <p>25</p>	 <p>CROQUE MONSIEUR</p> <p>27</p>	 <p>LOUISIANA SEAFOOD OKRA GUMBO CLASSIQUE</p> <p>29</p>
 <p>CHICKEN-N-DUMPLINGS</p> <p>31</p>	 <p>FIVE INGREDIENT POTATO SOUP</p> <p>33</p>	 <p>FIVE INGREDIENT CHICKEN TORTILLA SOUP</p> <p>35</p>
 <p>PUMPKIN LENTIL SOUP</p> <p>37</p>	 <p>SHRIMP WITH ZUCCHINI NOODLES LEMON GARLIC & FETA CHEESE</p> <p>39</p>	 <p>FRANK'S CRISPY FRIED CATFISH NUGGETS</p> <p>41</p>

TABLE OF CONTENTS











 <p>FRANK'S CAJUN SKILLET SHRIMP</p> <p>43</p>	 <p>FIVE INGREDIENT BACON WRAPPED PESTO CHICKEN</p> <p>45</p>	 <p>FRANK'S OLD-FASHIONED NEW ORLEANS SOUL-FRIED CHICKEN</p> <p>47</p>
 <p>COQ AU VIN</p> <p>49</p>	 <p>BAGGED TURKEY BREAST</p> <p>51</p>	 <p>PECAN CRUSTED PORK CHOPS WITH BEER SAUCE</p> <p>53</p>
 <p>FRANK'S PORK CROWN ROAST</p> <p>55</p>	 <p>BLUEBERRY CRUMBLE DESSERT</p> <p>57</p>	 <p>CAJUN COUNTRY RICE</p> <p>58</p>

TABLE OF CONTENTS



RICE DRESSING

59



CABBAGE ROLLS

60



CRAWFISH ÉTOUFFÉE

61



SEAFOOD MAQUE CHOUX

62



SHRIMP STEW

63



PORK JAMBALAYA

64



LOUISIANA GROWN

65



RICE MILLING PRODUCTS

66



CAJUN COUNTRY

FALCON PRODUCTS

67

TABLE OF CONTENTS



THE BOY ON THE BAG

68



THE NATIONAL CULINARY HERITAGE REGISTER

70



NEW ORLEANS PANTRY STOCK LIST

71





Over the course of its 300-year history, New Orleans' cuisine has been one of its greatest gifts to the world. Now, as we celebrate the city's 300th birthday and WWL-TV's 60th anniversary, consider this our gift to you.

This final edition of our 360 cookbook series honors another one of New Orleans' greatest gifts – its people and its families. We call this cookbook "Family Favorites" and it features recipes for dishes perfect for the New Orleans family table. That includes new favorites like Chef Kevin Belton's Chicken Tortilla Soup (made with just five ingredients) and Baked Chicken Taquitos to classics from Frank Davis such as Seafood Okra Gumbo, Old-Fashioned New Orleans Soul-Fried Chicken and Blueberry Crumble. In a city where extended families often live within blocks of each other, gathering around the family table hopefully means dinner with your mama and 'em. That can mean eating with brothers, sisters and cousins, Maw-Maw, Paw-Paw, your Parrain and Nanan (that's your godfather and godmother, for the uninitiated). No matter who has a seat at the table, family dinner is about making memories and passing down recipes from a cuisine like none other.

This cookbook is part of a series celebrating New Orleans' culinary past and present, to coincide with the city's tricentennial. What better way to commemorate 300 years of life in the city we love than by celebrating the thing that truly unites us all: food.

For 60 years, Channel 4 has been privileged to celebrate and share many of those recipes with viewers across south Louisiana and Mississippi. Before there were cable TV networks and websites dedicated to food and recipes, the Eyewitness Morning News was the place to watch Frank Davis make the perfect gumbo during the breakfast hour. Many local chefs who are now superstars in their fields made some of their first TV appearances on Channel 4. Our current cooking star, the larger than life Kevin Belton, continues the tradition, starting his work in the WWL-TV kitchen before the sun comes up. Kevin has helped put together this series, and many of his recipes are featured here, along with classics from the one and only Frank Davis. Visit wwltv.com/food to find more cookbooks in our series that have been unveiled throughout 2018.

Our partner, Cajun Country Rice, knows a little something about Family Favorites. The Falcon family has owned and run Cajun Country Rice for over 75 years. As a 100% Louisiana product, Cajun Country Rice supports local agriculture and keeps Louisiana farmers at the heart of their operation. The Falcon family has also shared some of their family recipes in this cookbook.





CHEF KEVIN BELTON



FRANK DAVIS

PHOTO: MIKE SANDERS/VISIONS PHOTOGRAPHY

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 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. It is 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. 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**, or 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.

HOT BACON CRAB DIP

COURTESY OF CHEF KEVIN BELTON

- 8 oz** cream cheese
- 8 oz** crabmeat
- 1 tbsp** Creole seasoning
- 1 cup** bacon, cooked and crumbled
- ½ cup** mayonnaise
- ½ cup** green onions, chopped
- 1** lemon, juiced
- 1-2 cups** seasoned breadcrumbs

- Mix cream cheese, crabmeat, and Creole seasoning.
- Add bacon, mayonnaise, green onions, and lemon juice.
- Spread in a baking dish and top with breadcrumbs.
- Bake at 350 degrees until bubbly, about 30 minutes.
- Serve with crackers, chips or baked pita chips.



HOT BACON CRAB DIP

FRANK'S FANTASTIC EASY-TO-BAKE BEER BREAD

COURTESY OF FRANK DAVIS

3 cups self-rising flour

3 tbsp granulated sugar

1 12-oz can warm beer

2 tbsp butter

Very simply, mix everything (except the butter) together in a large bowl. Then grease and flour a 9x6 loaf pan (you can use Baker's Joy or any of the other baking release sprays).

Now put the dough you just made in loaf pan and evenly pour the butter over it. At this point, cover the loaf pan with plastic wrap and let the dough stand for 5 minutes to rise.

All that's left to do then, is to bake the bread for 45 to 50 minutes on the center rack of a preheated 375-degree oven until the loaf turns all brown and crusty.

While it can be sliced, buttered, and toasted under the broiler at almost any time, it is absolutely at its best when served piping hot right out of the oven.



**FRANK'S
FANTASTIC
EASY-TO-
BAKE BEER
BREAD**

CREOLE CAPRESE SALAD WITH A BALSAMIC REDUCTION

COURTESY OF CHEF KEVIN BELTON



CREOLE CAPRESE SALAD WITH A BALSAMIC REDUCTION

4-5 hothouse tomatoes,
sliced ½-inch thick

2 (16 oz) logs of fresh mozzarella
cheese, sliced ½-inch thick

generous bunch of fresh basil leaves

extra-virgin olive oil

Creole seasoning

2 cups balsamic vinegar

In a small casserole dish, arrange slices of tomatoes, mozzarella, and basil in an alternating pattern until you have created two rows.

Drizzle olive oil over the top of the salad, followed by drizzle of balsamic reduction. Sprinkle with Creole seasoning. Serve immediately.


BALSAMIC REDUCTION:

In a small saucepan, bring balsamic vinegar to a boil over medium-low heat. Cook 20-30 minutes partially covered until balsamic vinegar has reduced to a thicker glaze.

Cool and store covered in the refrigerator. Bring to room temperature before use.

CUCUMBER & CREOLE TOMATO SALAD

COURTESY OF CHEF KEVIN BELTON



CUCUMBER & CREOLE TOMATO SALAD

- 2 avocados, diced
- 1 English cucumber, sliced
- 3 Creole tomatoes, diced
- ¼ cup red onion, sliced
- ½ cup small mozzarella cheese balls
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp Italian Seasoning
- Creole seasoning

In a large bowl, combine avocado, cucumber, tomatoes, red onion, and mozzarella cheese balls. Gently toss.

In a small bowl, whisk the olive oil, lemon juice, and Italian seasoning. Add to the veggies and toss.

Creole seasoning to taste.



**CREOLE
TOMATO
FLATBREAD**

CREOLE TOMATO FLATBREAD

COURTESY OF CHEF KEVIN BELTON

- 6 slices** bacon (retain drippings)
- 1/3 cup** green bell pepper, chopped
- 1/3 cup** onion, chopped
- 4** Creole tomatoes, sliced and cut in half
- 1 tsp** dried basil
- 2 tbsp** olive oil
- roasted garlic, sliced
- 1** pizza crust dough
- 3/4 cup** shredded Parmesan cheese

Preheat oven 375 degrees. Place bacon in a large skillet over medium heat. Fry bacon until crisp. Drain on paper towels.

Crumble bacon into a medium-size mixing bowl. Mix in bell pepper, tomatoes, and basil. In a separate small bowl, combine bacon drippings, olive oil, and garlic.

Roll dough into a rustic oval baking sheet. Spread the oil mixture evenly over the crust. Sprinkle the bacon mixture over the crust and top with cheese.

Bake 18 to 20 minutes or until the top is bubbly and the crust is golden brown. Cool, cut, and serve.

I also like to use pancetta, olives, red onions, with feta, or sharp cheddar cheese. Another interesting variation is instead of using pizza dough, try it with puff pastry for a light, flaky and flavorful alternative (just bake at 400 degrees for 20-25 minutes). Use flavor and ingredient combinations that you like. Enjoy.

BAKED CHICKEN TAQUITOS

COURTESY OF CHEF KEVIN BELTON

BAKED CHICKEN TAQUITOS

FOR THE CHICKEN:

1 lb boneless chicken breast
or thighs

1 tbsp olive oil

1 tbsp Creole seasoning

1/2 tsp chili powder

1/2 tsp cumin

1/2 tsp garlic powder

1/2 tsp kosher or sea salt

FOR THE TAQUITOS:

12 corn tortillas

1 lb shredded chicken

1 cup Mexican cheese blend,
shredded

1 cup refried pinto beans
about 1-15 oz can

Olive oil

CHICKEN:

Preheat oven to 350 degrees. Place chicken in a bowl, and drizzle with olive oil stirring to coat.

In a small bowl, mix together chili powder, cumin, onion powder, garlic powder and sea salt.

Sprinkle seasoning on chicken, place on baking sheet, and bake for 25 to 30 minutes until fully cooked.

Shred with a fork. Season with more salt if needed.

TAQUITOS:

Preheat oven to 350 degrees. Spray large baking sheet with non-stick spray. Heat the corn tortillas on a hot griddle until soft and pliable.

Spoon about a tablespoon or so of beans and shredded cheese in the middle of the tortilla.

Top with about 2 tbsp of shredded chicken and roll tightly. Secure taquito with a toothpick and place on a baking sheet seam side down.

Brush tops of taquitos with olive oil.

Repeat process until all tortillas are filled, rolled, secured and placed on the baking sheet. brush lightly with olive oil. Sprinkle with some sea salt.

Bake in oven for 15 to 20 minutes, until edges of the taquitos are browned.

Serve topped with chopped greens, cheese, sour cream, and your favorite salsa or dipping sauce.

Chef's Notes: A vegetarian version can be made with grilled veggies including red peppers, green peppers and red onion, refried beans and cheese and not including the baked chicken.

CROQUE MONSIEUR

COURTESY OF CHEF KEVIN BELTON

CROQUE MONSIEUR

5 tbsp butter

1 tbsp flour

2/3 cup milk

1 tsp Dijon mustard

Creole seasoning

Sea salt

Freshly grated nutmeg

4 1/2-inch-thick slices country bread
(not sourdough or whole wheat)


4 thin slices Canadian Bacon

2 thin slices Gruyere cheese

Preheat oven to 300 degrees and preheat a cast-iron skillet on top of the stove for about 5 minutes. Prepare a béchamel sauce in a small saucepan over medium heat, melt 1 tablespoon butter. When bubbles have subsided, add flour and whisk vigorously for 1 minute. Slowly whisk in milk until smooth. Add Dijon, bring to a boil, and cook until thick. Remove from heat, and season to taste with Creole seasoning, salt and nutmeg.

Spread two slices of bread generously with sauce. Lay two slices of Canadian bacon on top of each, and top each with a slice of cheese; Canadian bacon and cheese should slightly overlap edges of bread. Top each with a slice of bread.

In a small saucepan, melt remaining the 4 tablespoons butter. Brush the sandwiches on both sides with butter, making sure that the edges are well covered. Place sandwiches cheese side down and cook on stove top until well browned, then turn and brown again. Transfer skillet to oven, and bake until heated through and cheese is bubbling. Serve hot.



LOUISIANA SEAFOOD OKRA GUMBO CLASSIQUE

LOUISIANA SEAFOOD OKRA GUMBO CLASSIQUE

COURTESY OF FRANK DAVIS

8 #303 cans okra
(or 10-oz package frozen okra)

8 1¹/₄oz package sun-dried shrimp
(optional)

1 dozen raw crabs,
cleaned and quartered

1 lb smoked sausage, diced

12 tbsp Crisco oil

8 qt water

2 sticks corn-oil margarine

6 tbsp flour

3 large onions, finely chopped

3 tsp garlic powder

2 tbsp liquid crab boil

3 tsp thyme

2 lbs raw shrimp, cut small

1 lb picked crabmeat

8 bay leaves

1 cup parsley, finely chopped

1 16-oz can tomato sauce

2 tbsp salt

3 lbs whole raw shrimp

4 cups steamed rice

Experience has taught me that this gumbo comes together best when everything is prepared in advance. For instance, you should drain the okra in colander, unpackage the dried shrimp, clean and wash the crabs, and cut up the sausage before you ever put skillet on the stove top. Once you are ready, then select the right size pot. It should be nothing less than 10 quarts in capacity.

Put the pot on high fire, add 6 tbsp of cooking oil, and toss in the smoked sausage. Fry this really well. It's the base for browning the okra. Next, without removing the sausage, add all the okra and fry it well, too. Canned okra doesn't have nearly as much "rope" (the sticky stuff) as fresh okra, so it should cook well in about 20 minutes. But note: When you add the okra, reduce the heat to medium so the vegetable won't burn. When the okra is cooked, pour in 1 quart of water and let the contents simmer on low heat. Cover the pot!

At this point take a small saucepan, put in the extra 6 tablespoons of oil, the 2 sticks of margarine, and the 6 tablespoons of flour and cook the flour into roux (you want it to brown well without burning). When it's brown, add the onions, garlic powder, crab boil, and thyme and stir the mix around briskly until the onions get tender. Keep close eye on the heat—don't let the roux burn. When it has cooked enough (about 4 minutes), pour it into the okra in the big pot and blend everything together well. Now add the remainder of the water and simmer on low heat, stirring constantly, for about 10 minutes.

Add in the sun-dried shrimp, the cut shrimp, the quartered crabs, the crabmeat, the bay leaves, the parsley, the tomato sauce, and the salt. Stir well; you want all the ingredients in the pot to blend together. At this point the gumbo liquid should be brownish with a reddish tinge, and the okra should be broken up and suspended in the solution. Now cover the pot and simmer on low heat for about 25 to 30 minutes. During this period stir the liquid about 3 times to keep the contents uniformly mixed. After the cooking time has lapsed, uncover the pot and toss in the 3 pounds of whole shrimp, it's important to turn the heat up to high when the shrimp are added because you want them to cook quickly so they won't turn soft. And keep stirring! It's gonna take about 5 minutes for the whole shrimp to cook through.

When the shrimp are done, take the pot off the fire and set it aside, but leave the cover on for 20 more minutes. This will allow the seasonings to blend fully; the gumbo won't taste "creole" unless you let it "set." Finally, after the gumbo has cooled slightly, toss in the steamed rice and stir it in well. Once again, cover the pot and let the rice "swell" for at least 30 minutes to pick up the flavors. Then reheat ... and eat!

CHICKEN -N- DUMPLINGS

CHICKEN-N-DUMPLINGS

COURTESY OF FRANK DAVIS

2 qts chicken stock to cover the whole chickens

1 large onion, diced

2 ribs celery, diced

1 large carrot, finely diced

2 bay leaves

8 cloves garlic diced

1 tsp poultry seasoning

Salt and pepper to taste

1 whole chicken or 4-6 chicken breasts

1 can Cream of Chicken Soup

½ lb shitake mushrooms (optional)

2 Pillsbury Pie Crusts

1 cup all-purpose flour

4 hard-boiled eggs, coarsely chopped

1 stick margarine

½ cup green onions, thinly sliced

½ cup parsley, minced

Use a 4 or 5 quart stockpot. Set it on the stove and pour in the chicken broth, bring the fire up to medium high, and drop in the onion, celery, carrot, bay leaves, garlic, and poultry seasoning, along with a touch of salt and pepper to taste. Then bring the broth and all of the ingredients you've just put into it to a gentle boil and cook everything together until the vegetables fully soften and release their individual flavors into the stock.

As the broth is mellowing, thoroughly wash the chicken inside and out, being careful to discard any large clumps of fat and all the internal debris. Then when the chicken is clean, ease it down into the bubbling broth (you want to make sure it is completely submerged) and cook it at a "slow boil" for about an hour or until the meat begins to fall off the bone.

At this point, two things need to happen" (1) You need to remove the chicken from the broth and set it on a platter to cool; and (2) You need to chill down the broth so that the excess fat congeals. Granted this dish has been made countless times without the broth being de-fatted, but the end quality you get with the fat removed is so much more superb it is worth the extra effort.

When the pot of broth has been de-fatted, place it back on the fire, stir in the can of Cream of Chicken Soup, drop in the chopped mushrooms, and bring the mixture back to a slow boil. Pick the chicken meat from the bones and set it aside momentarily. Then take the two pie crusts, unroll them from the packaging onto a floured surface, dust them liberally with the all-purpose flour, and then cut them into "dumplings" about 2" x 4" squares.

But here's the critical part-first, make certain you have at least a full quart or so of the broth remaining in the pot (a lot of it seems to evaporate during cooking); then drop the dumplings, a few at a time, into the boiling broth and cook them all together for about 10 minutes until they are done.

Finally, when the dumplings are plump and tender, turn up the fire slightly, add the chunked chicken to the pot, along with the chopped eggs, the green onions, and the parsley, and reheat to piping hot (which should take about 10 minutes or so). Then just before you serve the dish, quickly stir into the broth the quarter stick of margarine (or butter, if you prefer!).



**FIVE
INGREDIENT
POTATO
SOUP**

FIVE INGREDIENT POTATO SOUP

COURTESY OF CHEF KEVIN BELTON

- 8** bacon strips, sliced thin
- 6 medium** all-purpose potatoes, peeled and cut into chunks
- 8 cups** chicken stock
- ½ cup** half and half
- ½ cup** cheddar cheese, shredded
- Salt, and pepper to taste
- 2 tbsp** chopped fresh parsley or chives

In a large soup pot, sauté bacon until crisp, remove from pot, draining on paper towels.

Add potatoes and optional vegetables cooking for 5 minutes.

Pour in the stock. Bring to a boil over high heat, lower the heat, cover the pan partially and simmer for 45 minutes or until the potatoes are tender.

Puree the soup in a blender or use a hand blender.

Return the pureed soup to the pan and add the cream. Return to low heat, simmer for 5 minutes, and stir in cheese. Season with salt, and pepper.

Serve garnished with parsley or chives.

Note: optional vegetables: 2 carrots, frozen peas, small bunch of spinach, 1 cup cut up broccoli

Chef's Notes: optional vegetables: 2 carrots, frozen peas, small bunch of spinach, 1 cup cut up broccoli

FIVE INGREDIENT CHICKEN TORTILLA SOUP

COURTESY OF CHEF KEVIN BELTON



**FIVE
INGREDIENT
CHICKEN
TORTILLA
SOUP**

2 cups chicken broth

2 cups cooked chicken, shredded or chunked

1 can refried beans

1 can diced tomatoes

1 can chili beans undrained

1 tsp cumin

1 tsp garlic powder

1 tsp onion powder

1 tsp chili powder

shredded cheese, tortilla chips, sour cream, avocado chunks for topping (optional)

In a large soup pot, combine all ingredients and stir together. Heat to boiling over medium-high heat. Once boiling, turn heat to low, cover with lid and let it simmer for 20 minutes.

Serve with all your favorite and optional toppings.

PUMPKIN LENTIL SOUP

COURTESY OF CHEF KEVIN BELTON

PUMPKIN LENTIL SOUP

2 tbsp oil

1 onion, chopped

1 lb sausage

6 cups chicken stock

2/3 cups dried lentils, rinsed

1 tbsp ground cumin

2 tsp dried oregano

2 cans (15oz), black beans,
rinsed and drained

1 can (15 oz) pumpkin

1/2 cup salsa

1/2 tsp salt

5 cups fresh spinach

In a 6-qt. stockpot heat oil, sauté onion until tender, add sausage and sauté until through cooked.

Add stock, lentils, cumin, oregano and bring to a boil. Cook uncovered over medium heat until lentils are tender, about 20 minutes.

Stir in beans, pumpkin, salsa and salt until combined and return to a boil.

Reduce heat, simmer uncovered for about 20 minutes and stir occasionally.

Stir in spinach and cook until wilted, about 3-5 minutes.

SHRIMP WITH ZUCCHINI NOODLES, LEMON, GARLIC & FETA CHEESE

COURTESY OF CHEF KEVIN BELTON

SHRIMP
WITH
ZUCCHINI
NOODLES,
LEMON,
GARLIC &
FETA
CHEESE

10 oz shrimp, 51 - 60 count, cooked
with tails removed

4 cups zucchini, heaping cups,
spiralized or sliced

2 tbsp lemon juice

2 tbsp olive oil

1 cup feta cheese, crumbled

1 tsp garlic, crushed

Combine ingredients in a large bowl. Season with salt and pepper to taste,
then chill for 15 - 30 minutes.



**FRANK'S
CRISPY
FRIED
CATFISH
NUGGETS**

FRANK'S CRISPY FRIED CATFISH NUGGETS

COURTESY OF FRANK DAVIS

8 pond-raised catfish fillets
(4 oz average)

1 pan Fish Fry

6 cups peanut oil for deep frying

Lemon wedges for garnish

First, wash the fillets under cold running water to remove any "slime" from the fish. You shouldn't have much with pond-raised fish, but there will be some. Then cut each fillet into 4 equal parts nuggets and set them so that they're submerged in pan of cold water.

When you're ready to eat, roll each nugget around in the fish fry, remembering to keep it wet, since you're using no egg wash. Then set the nuggets aside for about 2 minutes on the countertop. Again, do not dip the fillets into egg wash!

Take skillet or frypan, pour in enough peanut oil so that it comes about half-way up on the fish, and heat it between 350 and 375 degrees. To get your nuggets to come out perfect every time, I recommend you use thermometer to set the right temperature.

Drop the coated fish into the oil, waiting few seconds before adding each one. Putting too many into the oil all at once lowers the frying temperature too much and you end up with fish that soaks up the oil like sponge. Don't overcrowd your fish! Give each nugget enough room to fry. I'd say that to 10 fish pieces in 12-inch skillet is about right.

For perfectly fried catfish, I recommend you cook them for about 3 minutes, stirring them around in the oil until they turn crispy golden brown. I promise they'll come out crispy and crunchy on the outside and stay light and flaky on the inside. Once they are fried, drain them on several layers of super-absorbent paper towels and serve them right away with fresh-squeezed lemons and tartar sauce.

Chef's Notes: To get fried fish to come out perfect the oil must be set to hold constant between 350 and 375 degrees. Below 350 the fish will absorb oil because they are "boiling" not "frying."

FRANK'S CAJUN SKILLET SHRIMP

COURTESY OF FRANK DAVIS

Very similar to etouffee, this shrimp dish prepared in just one skillet is rich in flavor, buttery in consistency, spicy and tantalizing, and most of all super easy to make.

FRANK'S CAJUN SKILLET SHRIMP

2 sticks butter

2 cups onions, finely chopped

½ cup celery, finely chopped

½ cup green onions, thinly sliced

½ cup bell pepper, finely chopped

3 cloves garlic, minced

½ cup parsley, finely minced

1 cup concentrated chicken stock

2 tsp paprika

2 tsp hot sauce

1 tsp seafood seasoning

2 lbs peeled shrimp (21-25 count)

2 tbsps cornstarch
in ½ cup water cups

4 cups cooked rice

First, take 12-inch-high-sided skillet and melt 1½ sticks of butter until it begins to foam. Then toss in the onions, celery, green onions, and bell pepper and sauté them over medium heat until they turn clear (about 4-5 minutes).

Next, drop in the garlic and the parsley and continue to cook the vegetable mixture for another 2 minutes on low -- but don't let the garlic burn or the dish will taste bitter. At this point, increase the heat to high, pour in half of the chicken stock (along with the paprika, hot sauce, and seafood seasoning), and cook everything together for about 3 minutes stirring continuously to totally blend the flavors.

Now... drop in the shrimp and toss them completely with the seasoning vegetables until each one is fully coated. By the way, the heat should still be on high! The object is to cook the shrimp only until they just turn pink only and just lose the raw gray color. It won't take long, a few minutes will do it. Incidentally, if you cover the skillet for about 30 seconds at time while cooking, they'll cook whole lot faster.

When they're ready, use strainer spoon and take the shrimp from the sauce and place them temporarily in bowl. Then pour the rest of the chicken stock into the skillet, bring it to quick boil, gradually stir in the cornstarch-water mixture, and thicken the sauce as desired (this will happen almost instantly).

Finally, turn off the fire, drop in the remaining half-stick of butter, and agitate it (don't stir!) until the sauce turns smooth, creamy, and silky. Then return the shrimp to the sauce and gently fold them in.

I suggest you ladle the shrimp over steamed rice and serve them piping hot with French bread and buttered peas.

FIVE INGREDIENT BACON WRAPPED PESTO CHICKEN

COURTESY OF CHEF KEVIN BELTON

FIVE INGREDIENT BACON WRAPPED PESTO CHICKEN

6 skinless, boneless chicken breast halves or thighs, pounded out

Salt and pepper to taste

6 tbsp prepared basil pesto

6 asparagus spears, cut in half

2 cups mozzarella cheese, shredded

6 bacon slices

¼ cup vegetable oil

Preheat oven to 400 degrees.

Lay a chicken breast out flat and sprinkle with salt and black pepper. Spread pesto sauce over the chicken, lay two pieces of asparagus, mozzarella cheese and fold chicken over. Roll the chicken breast in a slice of bacon, securing with toothpicks. Lay the rolled chicken breast into a baking dish. Repeat with remaining chicken breasts. Pour the vegetable oil over the chicken breasts.

Bake in the preheated oven until the chicken is no longer pink inside and the bacon is crisp, about 30 minutes. Insert thermometer into the center of a roll which should read at least 160 degrees.

FRANK'S OLD- FASHIONED NEW ORLEANS SOUL-FRIED CHICKEN

FRANK'S OLD-FASHIONED NEW ORLEANS SOUL-FRIED CHICKEN

COURTESY OF FRANK DAVIS

1 young fryer chicken

3 tsp salt

3 tsp ground black pepper

2 ½ lbs lard or shortening

4 cups all-purpose flour

1 quart water

The first thing you do is choose very young frying chicken. What you don't want is one of those so-called all purpose "on sale" chickens you find packaged in some supermarkets. They're old and tough and they don't fry well at all.

Next, with very sharp knife or kitchen cleaver cut the chicken into 12 pieces. This is extremely important because you end up with both white and dark pieces which are essentially the same size (which means they are going to fry evenly). After the pieces are cut, wash them well and remove all the slime and membrane coverings...but leave the skin on (it makes for better taste). Then pat the pieces dry with paper towels, place them on platter, and liberally season them with salt and black pepper.

Meanwhile, take 12-inch heavy deep-sided cast iron frypan with tight-fitting lid and place it on the burner. Then melt down the lard until it is about medium hot (but don't let it smoke and burn). Then, while the fat is coming up to heat, lightly dust the chicken pieces in the flour (it's unseasoned) and shake off the excess. Then quickly dip the chicken into the water and immediately back into the flour-again being certain to shake off any excess.

Once dipped the second time, place the chicken pieces into the hot frypan (side by side), cover the pan tightly with the lid, and reduce the heat to medium. Then in about 15 minutes, remove the lid, look at the underside of the chicken, and make sure it's golden brown. If it isn't, put the lid back on the frypan and continue to cook the chicken until it is. When the pieces are just right, turn them over and continue to cook them (this time uncovered!) until both sides are browned. When they're done, remove the pieces from the frypan with pair of tongs and drain them on several layers of paper towels. Chicken fried this way should be eaten right from the skillet, piping hot.



COQ AU VIN

COQ AU VIN

COURTESY OF CHEF KEVIN BELTON

½ lb bacon, cut in 1" pieces

2 to 3 tbsp olive oil

3 lbs cut up frying chicken

Salt and freshly ground pepper

2 cups sliced onion

1 cup sliced carrots

1 bottle red wine

2 cups beef stock

1 cup chopped tomatoes,
fresh or canned

Beurre manie for the sauce

3 Tbs flour blended to a paste
with 2 tbs butter

For garnish:

24 small brown braised small white
onions (about 1" in diameter)

3 cups sautéed quartered
mushrooms

Herb bouquet:

8 parsley sprigs

1 large bay leaf

1 tsp thyme

3 large cloves of smashed
unpeeled garlic

Wrap all herbs and garlic in cheesecloth and tie. Sauté bacon in large frying pan. Remove bacon and save oil to sauté chicken in.

Choose a large frying pan and brown the chicken on all sides in hot oil, season with salt and pepper, and turn them into a heavy casserole. Remove all but a little fat from the frying pan, add the sliced vegetables and brown them and add all the meat. Deglaze the pan with wine, pouring it into the casserole along with enough stock almost to cover the meat. Stir in the tomatoes and add the herb bouquet. Bring to a simmer, cover and simmer slowly, either on the stove or in a preheated 325 degrees oven, until the meat is tender. Eat a little piece to check.

Drain through a colander set over a saucepan and return chicken to the casserole. Press juices out of the residue into the cooking liquid, then degrease and boil down the liquid to 3 cups. Off heat, whisk in the beurre manie, then simmer for 2 minutes as the sauce thickens lightly. Correct seasoning and pour over the chicken, folding in the onions and mushrooms. (May be completed in advance)

To serve, bring to a simmer, basting chicken and vegetables with the sauce for several minutes until thoroughly hot throughout.



BAGGED TURKEY BREAST

BAGGED TURKEY BREAST

COURTESY OF FRANK DAVIS

1 large Reynolds Oven Bag

1 tbsp all-purpose flour

2 packages turkey gravy mix
($\frac{7}{8}$ oz size)

$\frac{3}{4}$ **cup** low sodium chicken broth

1 cup pinot grigio white wine

1 bone-in skin-on turkey breast,
6 to 8 lbs average

2 tsp poultry seasoning

1 tsp kosher or sea salt

1 tsp fresh-ground black pepper

2 medium onions, quartered

1 lb tiny button mushrooms

2 tbsp corn starch

$\frac{1}{4}$ **cup** finely minced parsley

Preheat the oven to 350 degrees. Place the flour into the oven bag, shake it around to completely coat the inside of the bag, then place the bag into a 14x11x2 baking dish.

Add the gravy mix, the chicken broth, and the wine to the bag. Then knead the bag thoroughly to uniformly work the flour into the newly added ingredients.

On the countertop (on a piece of freezer wrap or waxed paper), liberally sprinkle the turkey breast with the poultry seasoning, salt, and black pepper.

Be sure to gently lift the skin and place some seasonings under it. Then, using your hands, spend a minute or two massaging those seasonings into the turkey until they become thoroughly distributed.

Place the turkey breast inside the bag and position the onions and the tiny button mushrooms in the oven bag so that they totally surround the turkey. Be sure the bag is evenly centered in the baking pan.

Close the bag and tie shut with nylon string, cut about 6 half-inch slits in the top of the bag, and bake the entire creation for 1- $\frac{1}{2}$ to 2 hours or until a meat thermometer reads 170 degrees exactly. Then slit open the bag to expose most of the turkey and let it bake for about 15 minutes longer so that it will turn a rich honey-brown color.

For easy carving and slicing let the turkey breast, still inside the oven bag, rest on the kitchen cabinet for an additional 10 minutes so that its natural juices can redistribute. To finish up and serve the bird, simply transfer the gravy from the bag to a small saucepan, whisk in a scant amount of cornstarch over medium-high heat until the resultant sauce thickens slightly, and spoon out the gravy over the turkey slices. Garnish with the minced parsley.



**PECAN-
CRUSTED
PORK
CHOPS
WITH BEER
SAUCE**

PECAN-CRUSTED PORK CHOPS WITH BEER SAUCE

COURTESY OF CHEF KEVIN BELTON

PORK CHOPS:

- ½ cup bread crumbs
- 1 tsp dry mustard
- 1 tsp celery salt
- 1 tbsp Creole seasoning
- 1 cup pecan pieces
- 1 cup all-purpose flour
- 2 large eggs, lightly beaten
- ¼ cup milk
- 4 (¾-inch-thick) bone-in pork loin chops
- ¼ cup butter, divided

BEER SAUCE:

- 1 tbsp vegetable oil
- ½ cup onion chopped
- 2 garlic cloves, minced
- 1 cup dark beer
- ½ cup beef stock
- ½ tsp Creole seasoning
- 1 ½ tbsp cornstarch
- 1 ½ tbsp water

Heat oil in a small saucepan over medium and add onion, and garlic. Cook until tender and make sure to stir often, about 4 minutes.

Stir in beer, beef stock, and Creole seasoning. Bring mixture to a boil, stirring occasionally. Reduce heat to medium-low and simmer until reduced to 1 cup, about 10 minutes.

Stir together cornstarch and water in a small bowl until smooth. Add to beer mixture.

Cook over medium, stirring constantly, until mixture boils and begins to thicken. Boil, stirring constantly, until thickened and glossy, 1 minute. Preheat oven to 350 degree. Combine bread crumbs, dry mustard, celery salt, and Creole seasoning in a food processor and process until finely chopped. Add pecan pieces, and process until finely chopped. Put mixture in a shallow bowl.

Place flour in a second shallow bowl. Stir together eggs and milk in a third shallow bowl. Dredge pork chops in flour, shaking off excess. Dip chops in egg mixture and then in pecan mixture, coating all sides and shaking off excess.

Melt 2 tablespoons of the butter in a large nonstick skillet over medium-high; add 2 chops, and cook until browned, about 2 minutes on each side. Transfer chops to a rimmed baking sheet. Repeat with remaining 2 tablespoons butter and 2 chops.

Bake in preheated oven until a thermometer inserted into chops registers 145 degrees, 10 to 15 minutes. Serve immediately with Beer Sauce.

FRANK'S PORK CROWN ROAST

COURTESY OF FRANK DAVIS

- 1** lean pork crown roast,
6-8 lb average
- 2 tsp** salt
- 2 tsp** black pepper
- 2 tsp** paprika
- 8 cloves** fresh garlic
- 2 tsp** margarine
- 2** large onions
- 1 cup** chicken broth

First, start off by preheating your oven to 500 degrees. Now place the roast on the countertop and liberally season it with the salt, pepper, and paprika. Then slice each pod of garlic in half lengthwise, poke holes in the roast with pointed knife, and push a piece of garlic down into each hole. When this is done, set the roast aside for moment so that the seasonings seep in.

Next, peel the onions and slice them into half rings. Then take the margarine, grease baking pan large enough to hold the roast, and scatter the onions over the bottom of the pan.

When you are ready to start cooking, insert meat thermometer into the thickest part of the roast, making sure it doesn't rest on bone. Then put the roast fan bones side up on top of the sliced onions. This does two things: first, as the onions cook they flavor the meat. But most importantly, the onions serve as trivet to keep the roast from soaking in the drippings that are being rendered out during baking.

Now slide the roast — uncovered — into the oven. But watch it very carefully. You want to cook it at 500 degrees only until it begins to turn light brown color (which should take only about 15 minutes). After it browns, turn the oven down to 275 degrees and continue cooking the roast until the thermometer reaches 150 degrees (which should take about 4 hours). Warning: don't trust your oven thermostat After about 3 hours of baking, check the meat thermometer. When it reads "150 degrees", your crown roast is perfect.

You want to keep in mind, however, that once you remove the roast from the oven, it will continue to cook for another 20-25 minutes on the countertop as it "sets". So you need to figure that into your total cooking time.

One little trick! About 20 minutes before you remove the roast from the oven, pour the broth into the baking pan and stir it well into the browned onions and the pan drippings. This is called au jus. Baste the roast with it several times.

FRANK'S PORK CROWN ROAST



BLUEBERRY CRUMBLE DESSERT

BLUEBERRY CRUMBLE DESSERT

COURTESY OF FRANK DAVIS

½ cup granulated sugar

4 tsp cornstarch

¼ tsp sea salt

5 cups fresh blueberries

¾ cup all-purpose flour

½ cup old fashioned oats

⅓ cup packed light brown sugar

½ tsp ground cinnamon

6 tbsp unsalted butter cut into
6 chilled pieces

whipped cream or
ice cream for topping

Before you even collect the ingredients, adjust your oven rack to the middle-low position and preheat it to 375 degrees. Then uniformly combine the granulated sugar, cornstarch, and ¼ teaspoon salt in a large bowl.

That done add the berries to the bowl and toss them to coat. Now transfer them to an 8-inch square baking dish.

Next, process the flour, oats, brown sugar, cinnamon, and the remaining salt in a food processor until combined. Then drop in the cold butter and pulse everything until dime-size clumps of "crumble" form.

Immediately transfer it to the bowl and pinch together any powdery parts that are still present. When that's done, sprinkle the crumble evenly over the berries.

All that's left to do is bake the dessert until the filling bubbles around the edges and the topping turns a beautiful golden brown, which should take about 30 minutes.

Then when it comes out of the oven, cool on a wire rack for at least 30 minutes before serving it topped with a mountain of whipped cream. vanilla, black walnut, or rocky road ice cream can also be used as a topping.

Chef's Notes: Do not use frozen blueberries in this recipe! They become mushy while baking and prevent the crumble from being "crumbly." Do not use instant quick oats, either. They also turn mushy and you'll end up with a "paste" topping instead of a crumbly one. Once the crumble is cooled, it can be wrapped in plastic and refrigerated for 1 day. All you need to do is bring the dessert to room temperature before serving it.



Rice Dressing

CAJUN COUNTRY RICE

For the past seven years, the third generation of the Falcon family of Crowley, Louisiana has been running the company and looking toward the future. Falcon Rice Mill has taken steps to share Louisiana's quality rice in the Texas and Mississippi markets and is always looking for opportunities to continue to expand. Siblings Robert Trahan and Christine Fulton, along with their spouses, continue to evaluate the market to ensure that the company progresses and 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 in the near future and have a fourth generation be a part of our success," says Robert Trahan.

Today, the Falcon family still enjoys getting together as often as possible and sharing a great meal—and rice is always on the menu, of course. 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 these dishes and look forward to hearing your comments and experiences this holiday season.

The Falcon family is proud to provide the superior quality of rice found in each bag of Cajun Country Rice—and looks forward to the next 75 years of our family working together.

Author: Falcon Family **Prep time:** 20 mins **Cook time:** 1 hour **Total time:** 1 hour 20 minutes **Serves:** 8

1 LB lean ground beef

1 LB ground pork

5 CUPS Cajun Country Rice, cooked

2 HEAPING TBSP prepared dark roux

2 CUPS beef stock

1 CAN beef consommé

2 TBSP beef base

2 CUPS water

2 TBSP Kitchen Bouquet browning sauce

2 TBSP Worcestershire sauce

1 CUP bell peppers, chopped

2 CUPS onions, chopped

Salt, pepper and Cajun seasoning to taste

2 TBSP garlic, minced

½ CUP green onions, chopped

1 TBSP parsley, chopped

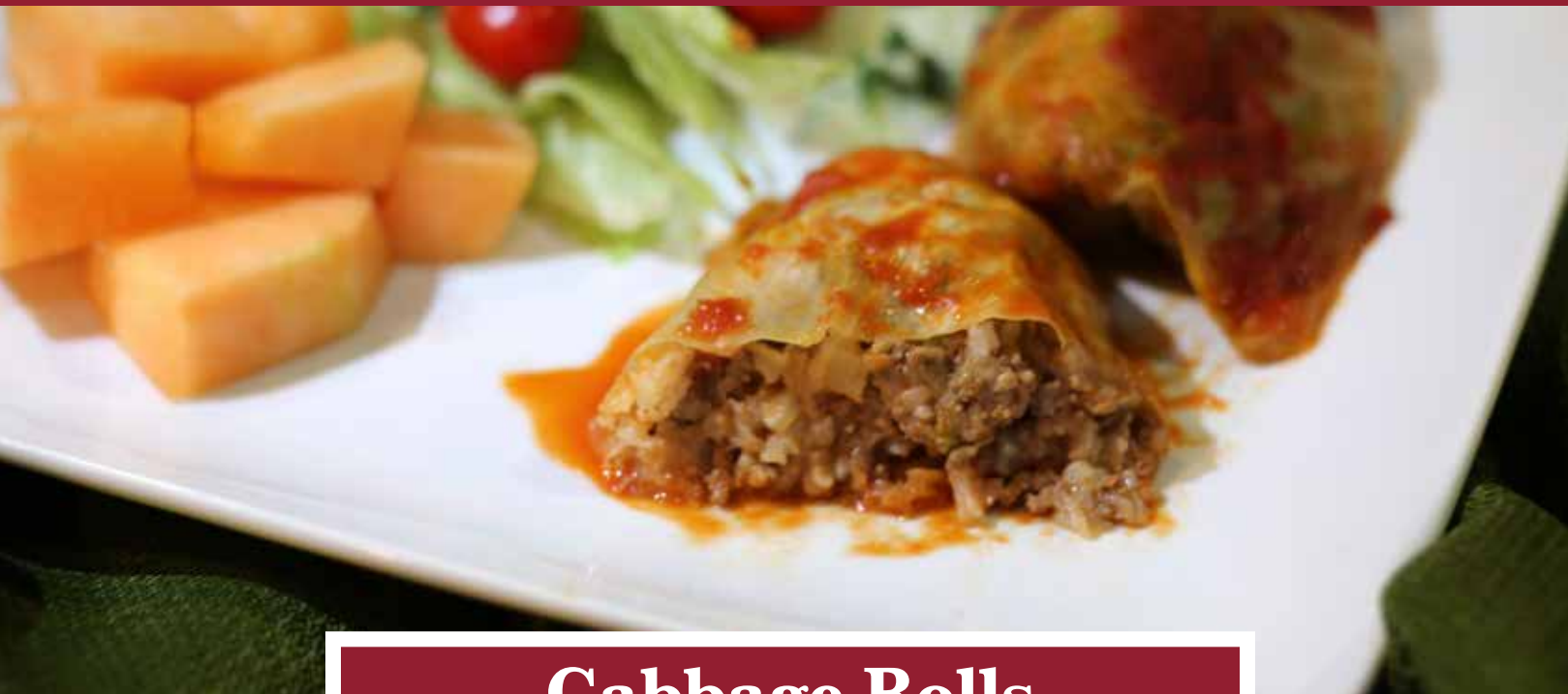
Tabasco (optional)

Prepare Cajun Country Rice per directions and put aside. Heat a large pot over medium heat. Add onions, bell peppers, garlic, pork and beef and saute until meat is browned and vegetables are clear. Add in seasoning while the meat is browning. Add dark roux and can of beef consommé and cook for additional 5-10 minutes. Add Worcestershire sauce, beef stock, water and beef base (hot sauce if desired). Bring mixture to a boil, and add in Kitchen Bouquet and continue to boil for 10-15 minutes. Lower heat and simmer for another 15 minutes. Stir in green onions and parsley or add it on top once completed. Stir in cooked rice until completely incorporated. Less rice can be used if you like it with more moisture.

"40,000 varieties?
We're gonna need a
bigger pot, cher!"
—MeeMaw



DID YOU KNOW THAT THERE ARE MORE THAN 40,000 VARIETIES OF RICE GROWN ON EVERY CONTINENT EXCEPT ANTARCTICA?



Cabbage Rolls

Author: Connie Falcon **Prep time:** 35 mins **Cook time:** 1 hour 15 minutes **Total time:** 1 hour 50 minutes **Serves:** 6

- 1 HEAD** green cabbage
- 1 LB** ground pork (or ground turkey)
- 1 LB** ground beef
- 2** small onions, diced
- 3 CLOVES** garlic, minced
- 3 TBSP** fresh parsley, chopped
- 1 CAN** (14 oz) diced tomatoes
- Salt, pepper and Cajun seasoning to taste
- 1 CUP** Cajun Country Rice, uncooked
- 1** egg
- ½ CUP + ⅓ CUP** tomato sauce, divided
- 1 CAN** tomato soup

Boil cabbage leaves about 2 minutes or until soft. Set aside to cool. Preheat oven to 350F. Prepare a 9" x 13" with non-stick spray. Cook Cajun Country Rice according to package directions but reduce cooking time by 5 minutes so the rice is slightly underdone. Set aside. Cook beef, pork (or turkey), onions, garlic and seasonings until no pink remains. Drain any fat. Add in rice, diced tomatoes, ⅓ cup of tomato sauce, additional salt, pepper and Cajun seasoning as needed. Stir in egg. Mix remaining tomato sauce and tomato soup in a bowl. Spread a very thin layer of the tomato sauce mixture in the prepared pan. Remove or thin out any thick stems on cabbage leaves. Lay a cabbage leaf flat and add ⅓ cup filling to the center of the leaf. Fold in the sides and roll the cabbage up. Place seam-side down in the pan. Repeat with remaining cabbage leaves. Pour remaining sauce over the cabbage rolls and cover tightly with foil. Bake 75-90 minutes. Let cool 15 minutes before serving.

Nutritional Fact: Go heart healthy! Rice is naturally sodium and cholesterol free, with plenty of nutrients to keep your ticker ticking. Ca c'est bon!



Crawfish Étouffée

Author: Jennifer Trahan **Prep time:** 15 mins **Cook time:** 40 minutes **Total time:** 55 minutes **Serves:** 8

- 2** large onions, chopped
- 1** bell pepper, chopped
- 1 CUP** green onions, chopped
- 2 TBSP** garlic, minced
- 1 CUP** butter
- 3 TBSP** Cajun seasoning
- 1 CAN** Golden Cream of Mushroom Soup
- 1 CAN** Cream of Mushroom Soup
- 1 CAN** Rotel tomatoes
- ½ CUP** parsley, chopped
- 2 LBS** crawfish tails
- 4 CUPS** Cajun Country Rice, cooked

Saute onions, bell peppers and garlic in butter until clear. Add Rotel tomatoes and saute for another 5-10 minutes. Add the cans of soup and cook for 10 minutes. Cook on low heat 15 minutes, stirring often. Add seasoning and crawfish then cook on medium heat for 10 minutes, stirring often. Cover and let sit for 15 minutes on a low simmer. Serve over cooked Cajun Country Rice and top with parsley and green onions.



MEEMAW KEEPS THINGS OLD SCHOOL HERE AT CAJUN COUNTRY RICE.



Seafood Maque Choux

Author: Jennifer Trahan **Prep time:** 10 mins **Cook time:** 70 minutes **Total time:** 80 minutes **Serves:** 6

3 CANS whole kernel corn, drained

2 large onions, diced

1 CLOVE garlic, diced

1 medium bell pepper, diced

1 CAN Rotel tomatoes

½ CUP butter

1½ CUPS heavy whipping cream

1 TBSP sugar

1 TSP Tabasco

Salt, pepper and Cajun seasoning to taste

1 LB crawfish tails, peeled and deveined shrimp or lump crabmeat (or all if desired)

½ CUP green onions, chopped

3 CUPS Cajun Country Rice, cooked

Place onions, garlic and bell peppers in a medium saucepan with ½ cup butter and saute on medium heat, stirring slowly until vegetables are clear. Add Rotel and saute for another 10 minutes. Add in corn, sugar, Tabasco and seasoning to taste. Stir well and simmer on medium heat for 30 minutes. Add whipping cream, cover and let simmer on low heat for 15 minutes, stirring occasionally. Add seafood of choice, stir to mix well, then cover and let simmer over medium heat for 15 minutes. Serve over Cajun Country Rice as a main dish.



Shrimp Stew

Author: Falcon Family **Prep time:** 10 mins **Cook time:** 40 minutes **Total time:** 50 minutes **Serves:** 6-8

1 CUP prepared dark roux

½ CUP onions, chopped

½ CUP bell peppers, chopped

½ CUP green onions, chopped

¼ CUP parsley, chopped

3 CLOVES garlic, minced

2 LB shrimp, peeled and deveined

3 CUPS hot water
(used in beginning)

½ - 1 CUP hot water
(if needed at the end)

1½ TSP salt

½ TSP black pepper

¼ TSP red pepper

Cajun seasoning to taste

4 CUPS Cajun Country Rice, cooked

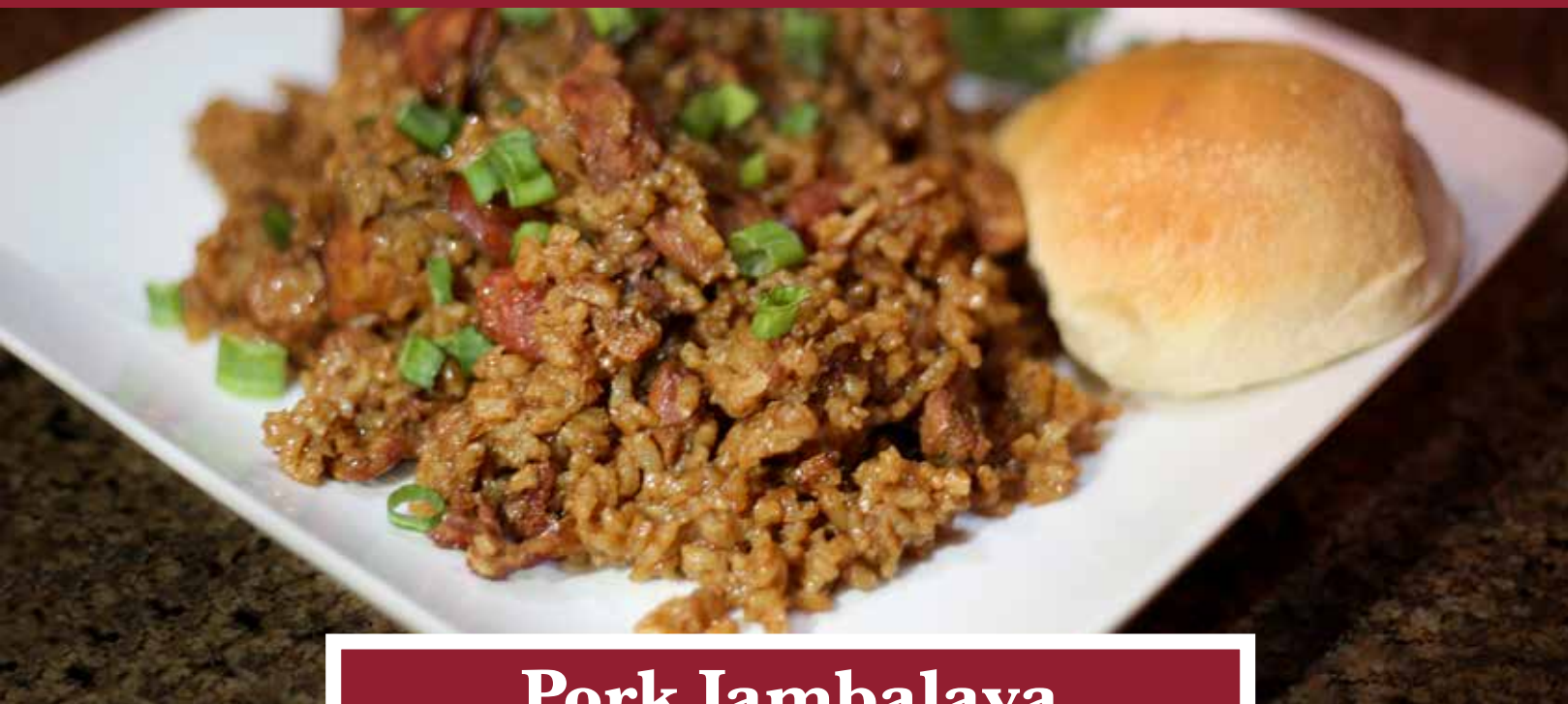
Combine the dark roux and the 3 cups of water. Cook on high heat until roux is dissolved and it comes to a rolling boil — be sure to continue to stir so it doesn't stick. Add onions, bell peppers and garlic. Cook until vegetables are clear. Simmer for 20 minutes. Add in shrimp, green onions, parsley and seasoning to taste. Cook on high for 5 minutes. If too thick, add ½ - 1 cup of water for the right consistency. Serve over Cajun Country Rice.

"The only running I do is to the store for more rice, cher."

-Meemaw



WORKING ON YOUR BEACH BOD? RICE IS NICE AS A GLUTEN-FREE, LOW-FAT OPTION!



Pork Jambalaya

Author: Falcon Family **Prep time:** 10 mins **Cook time:** 30 minutes **Total time:** 40 minutes **Serves:** 6-8

- ½ - **1 CUP** vegetable oil
- 3 CUPS** onions, coarsely chopped
- ½ **CUP** bell peppers, chopped
- ¼ **CUP** green onions, chopped
- 4 - 5 CLOVES** garlic, minced
- 1 LB** sausage, diced (fresh or smoked)
- 1 LB** pork, cubed
- 3 TBSP** Worcestershire sauce
- 3** beef bouillon cubes
- 3 TBSP** Kitchen Bouquet browning sauce
- Tabasco sauce to taste
- Cajun seasoning to taste
- salt to taste
- 3 CUPS** Cajun Country Rice, uncooked
- 6 CUPS** water

Preheat oven to 275F. In a black iron Dutch oven, heat ½ to 1 cup oil; add onions, bell peppers and garlic and saute until dark brown, stirring constantly, approximately 30 to 40 minutes. Add meat, sausage and seasoning and cook until brown on medium heat, adding a little oil if needed. Cook down until very little liquid is left. Gravy should be brown. Season mixture with Worcestershire and Tabasco sauce. Add 3 cups uncooked rice, 6 cups water and bouillon cubes. Increase heat and bring to boil until cubes dissolve. Stir constantly. Cover and place in preheated oven for 45 minutes, or until rice is done. Do not uncover during the initial 45 minutes



Louisiana Grown



Cajun Country Rice is a 100% Louisiana product, from the field to the bag. Falcon Rice Mill prides itself on the promise that the roots of its rice run just as deep as the roots of the family that runs it.

The Falcon family takes pride in local agriculture, as Louisiana rice farmers are at the heart of their operation. Cajun Country Rice has earned the loyalty from their customers knowing that each grain in every bag is grown and harvested right here in Louisiana. Falcon Rice Mill distributes across the United States and shares the family’s heritage one delicious bite at a time.

10 Facts About Rice

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.

Founded in 1942, Falcon Rice Mill has been cranking out tasty grains for over 75 years!

Our Rice Milling Process



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 & Brokens



Brokens Sold as Pet Food Ingredient



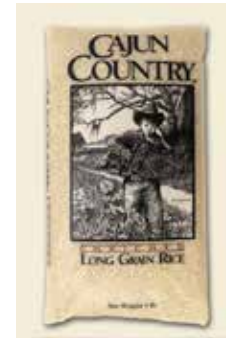
Brewers Sold as Pet Food and Beer Ingredient



7) Head Rice Sold to Consumers



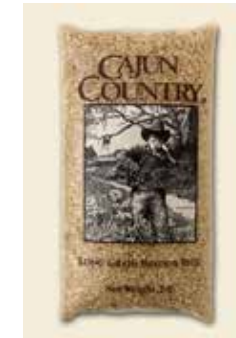
Falcon Products



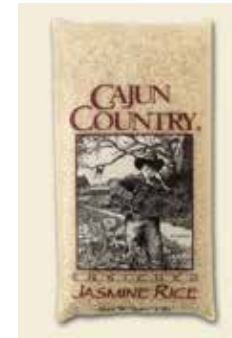
Cajun Country Long Grain
Long grain rice accounts for 70% of the U.S. rice crop. Long grain rice is a less sticky and starchy grain, giving way to a more separated end rice result. **Country Long Grain Rice** is a favorite when served with a piping hot bowl of gumbo.



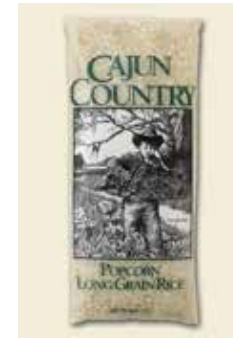
Cajun Country Medium Grain
Yielding a softer and stickier grain, **Cajun Country Medium Grain Rice** is the perfect companion for a variety of dishes from classic Creole and Cajun, to Italian, to Asian. Like all white rice, medium grain is naturally gluten, cholesterol, and sodium free. As an added bonus, medium grain has only small traces of trans or saturated fat.



Cajun Country 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 in your favorite recipes for an extra kick of goodness!



Cajun Country 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.



Cajun Country Popcorn
Cajun Country Popcorn Rice is one of many 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 corn maque choux recipe.



At Cajun Country Rice, we've been perfecting our rice supply for over three generations. Here we have Edward Falcon testing batches of yummy, newly milled rice.

The Boy on the Bag

**CAJUN
COUNTRY.[®]
RICE**



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.

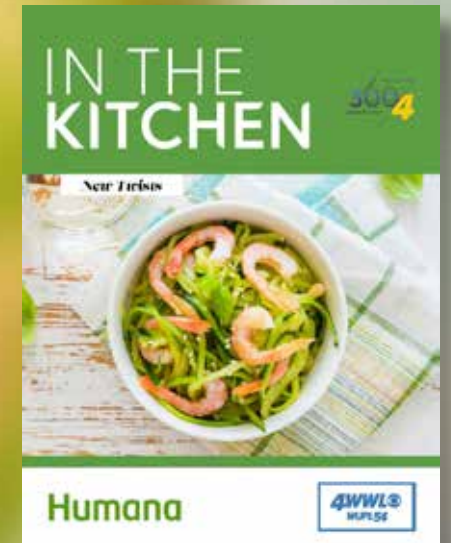
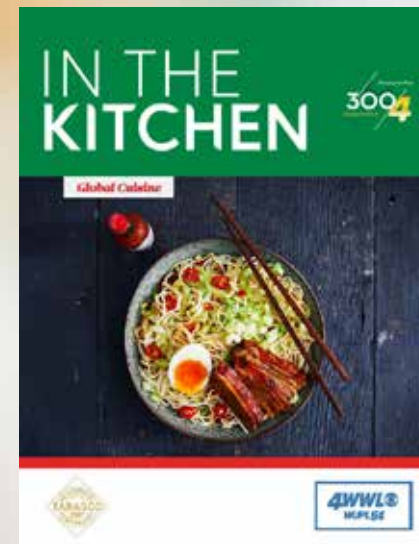
When they met about the design, Floyd showed Randy a sketch of a boy playing a fiddle. Randy loved it, but asked if Floyd would mind making one minor tweak — swapping the fiddle for an accordion.

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.

TRY OUR OTHER GREAT COOKBOOKS!



Rice is a cost-efficient and nutritious way to stay fuller, longer. It's pretty tasty, too.

INTERACTIVE.WWLT.VCOM/360/



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.

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



CAJUN
COUNTRY.
RICE

