

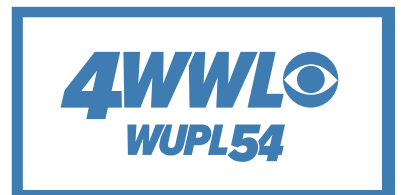
IN THE KITCHEN

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

Holiday Recipes



**CAJUN
COUNTRY.[®]
RICE**



© 2017 WWL-TV. All rights reserved.

Recipes on pages 17-87 appear with permission of WWL-TV, the Frank Davis family, and Kevin Belton. Recipes on pages 90-96 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.

Table of Contents

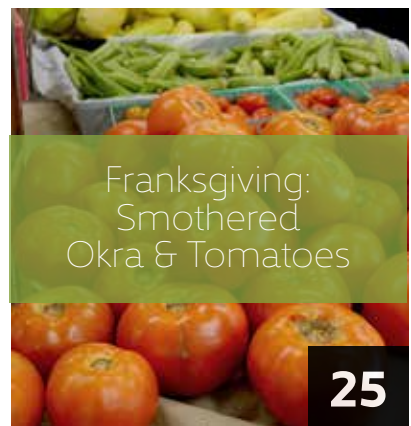
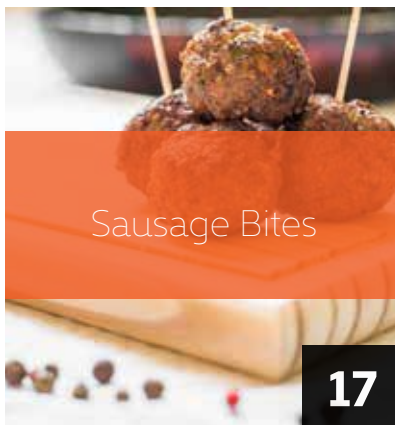
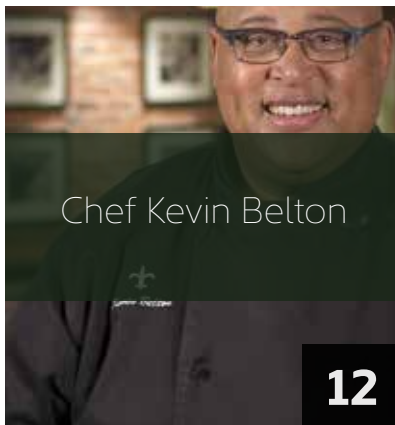


Table of Contents

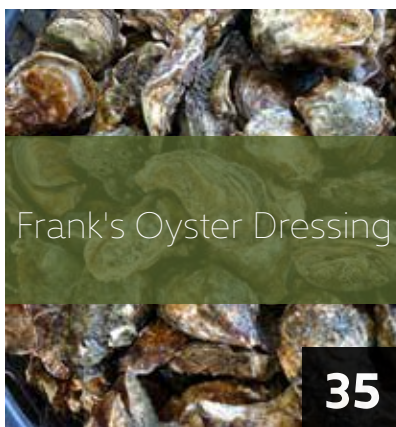
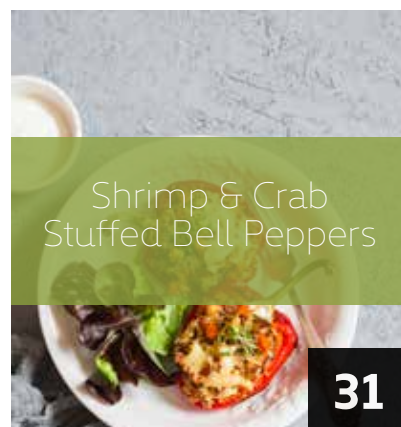
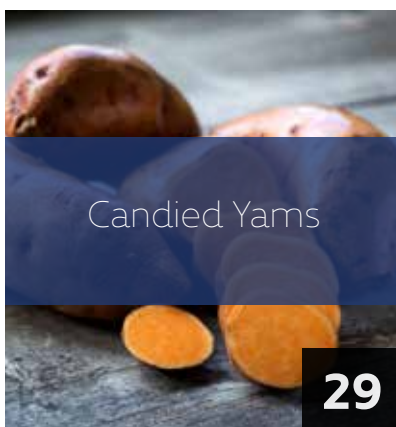


Table of Contents

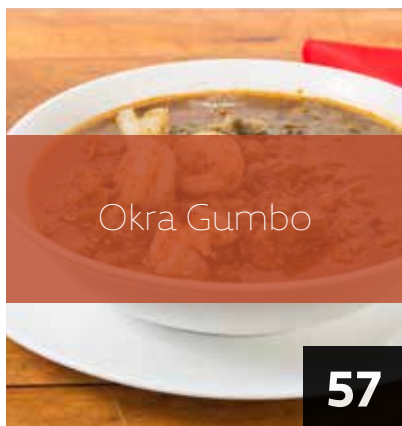
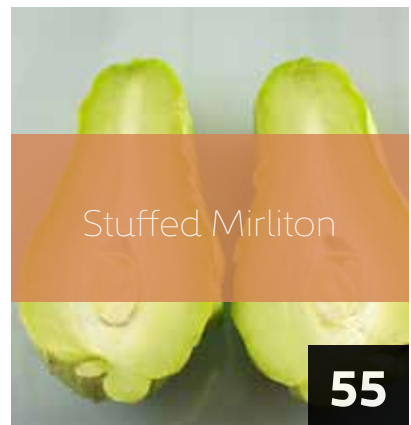
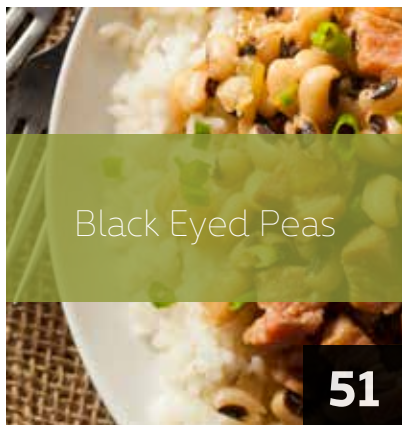
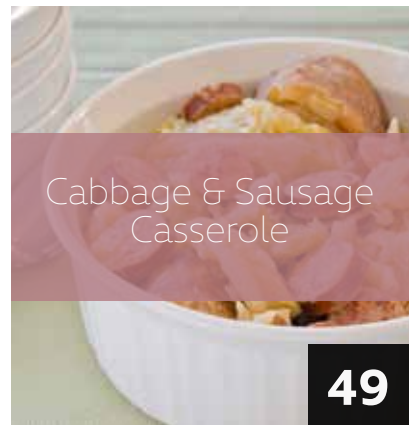
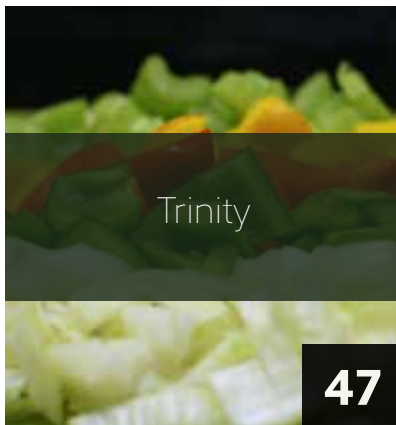


Table of Contents

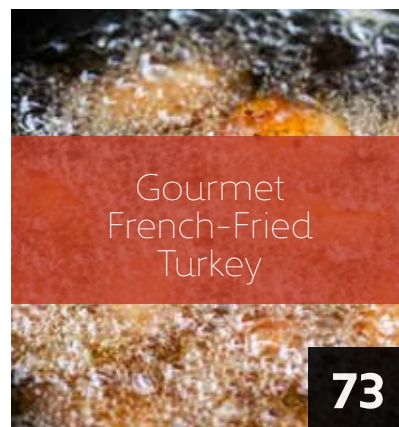
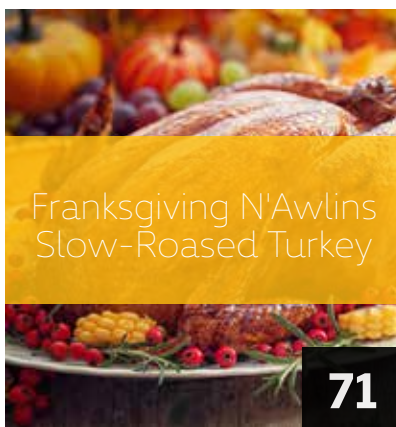
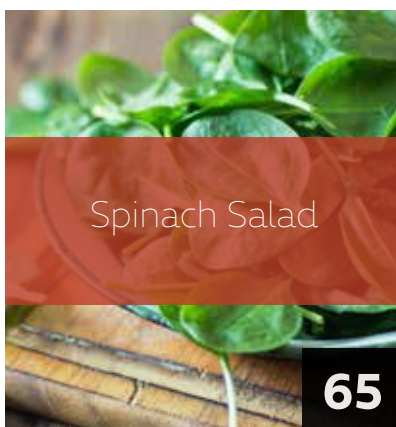


Table of Contents

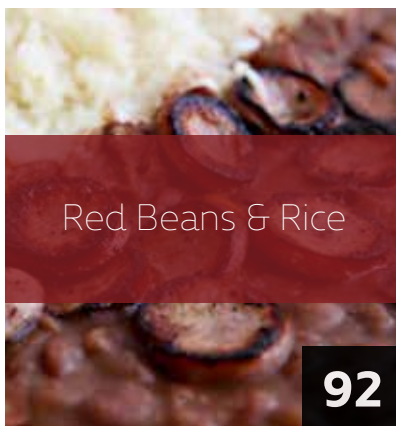
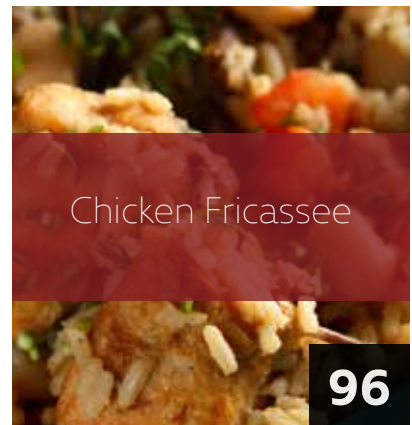
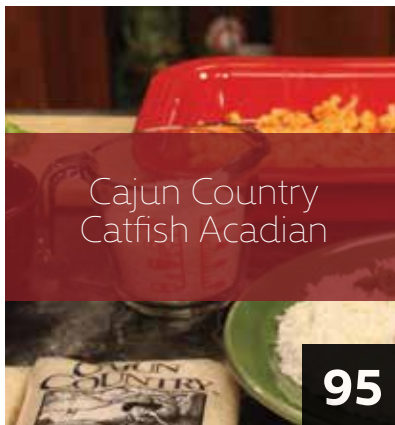
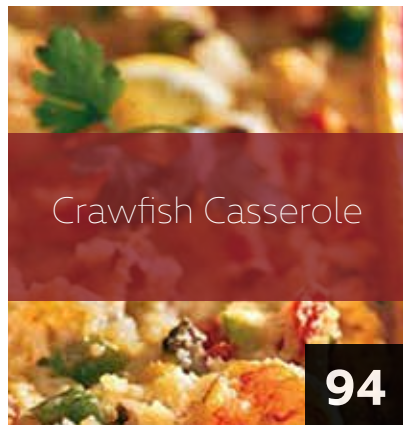


Table of Contents







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 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. That includes classic dishes served in our world-famous restaurants, new favorites being created by the next generation of chefs and down-home family recipes handed down over generations.





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 field 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.

Our partner, Cajun Country Rice, who is celebrating 75 years of business, also contributed Louisiana recipes featuring locally grown rice.

Throughout the cookbook series, The Southern Food and Beverage Museum, which keeps the region's delicious culinary history and heritage alive, provides historical context to the foods we cook and eat today.

Visit wwltv.com/food to find more cookbooks in our series that will be unveiled throughout 2018.



HAPPY 300TH & BON APPETIT!



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

PHOTO: MIKE SANDERS/VISIONS PHOTOGRAPHY

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



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.

A close-up photograph of several round, golden-brown sausage bites. One bite is stacked on top of two others, and a third is in the foreground. Each bite is secured with a wooden toothpick. The bites are served on a light-colored wooden cutting board. The background is softly blurred, showing a dark bowl and a white napkin. A semi-transparent orange banner is overlaid across the middle of the image, containing the text 'Sausage Bites'.

Sausage Bites

Sausage Bites

COURTESY OF CHEF KEVIN BELTON

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 1/4-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.

TIP: Mix and match sausage with different cheeses and herbs/seasoning of your choice, such as Italian sausage with Parmesan cheese and Italian seasoning. Or turkey sausage with pepper jack and Creole Seasoning.

INGREDIENTS

- 1 lb.** Sausage, uncased (such as Italian, hot or turkey)
- 2 cups** Cheddar cheese, shredded
- ½ cup** Green onion, finely chopped
- ½ tsp** Dried herb or seasoning of your choice
- 1 sheet** Puff pastry
- 2 tbsp** All-purpose flour



Sweet Tater Casserole



Sweet Tater Casserole

COURTESY OF FRANK DAVIS

Check out any family's Franksgiving Day table and without exception, you'll find some sort of sweet potato dish, most often the old standby casserole with the melted marshmallows on top. But this sweet 'tater casserole is so much better than that! I dare say that it will probably be your family's favorite of all time!

- 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 9 x 13 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!

C'est la vie!

INGREDIENTS

- 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

CHEF'S NOTES:

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 naturale. Either way, allow them to cool to room temperature before peeling them and placing them into a large mixing bowl.



Mayflower-Style Creamed Spinach



Mayflower-Style Creamed Spinach

COURTESY OF FRANK DAVIS

- 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.

INGREDIENTS

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)

$\frac{1}{3}$ Cup heavy cream



Sausage Stuffing with Turkey-Oyster Sauce

PHOTO: THINKSTOCK

Sausage Stuffing with Turkey-Oyster Sauce

COURTESY OF FRANK DAVIS

- 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.

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

- 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.

INGREDIENTS

- 8** White bread slices
- 1 lb.** Bulk pork sausage
- 1 medium** Yellow onion, finely chopped
- 3** Celery ribs with leaves, finely chopped
- ½ cup** Bell pepper, finely diced
- 1 tsp** Garlic, minced
- ¼ cup** Fresh parsley, finely minced
- 1 cup** Chicken broth
- 1** Granny Smith apple, peeled, cored and diced
- 2 tsp** Frank Davis poultry seasoning or other poultry seasoning



Franksgiving: Smothered Okra & Tomatoes



Franksgiving: Smothered Okra & Tomatoes

COURTESY OF FRANK DAVIS

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.

INGREDIENTS

- 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
- ¼ tsp** Dried rosemary
- 1-3 tsp** Frank Davis Vegetable Seasoning or other vegetable seasoning as desired
- ½ cup** Shredded Pecorino Romano Cheese

CHEF'S NOTES:

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

by **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 worthy of the festival which celebrates them each year in the French Market of New Orleans.



Candied Yams

PHOTO: THINKSTOCK

Candied Yams

COURTESY OF CHEF KEVIN BELTON

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.

INGREDIENTS

- 5 medium** Yams
sized.
- 8 tbsp** Salted butter
- 1 tsp** Ground cinnamon
- ½ tsp** Ground nutmeg
- ¼ tsp** Ground clove
- ¼ tbsp** Ground ginger
- 1 cup** Granulated sugar
- ¼ cup** Brown sugar
- 1 tbsp** Pure vanilla extract
- 1** Lemon juice



Shrimp & Crab Stuffed Bell Peppers

Shrimp & Crab Stuffed Bell Peppers

COURTESY OF FRANK DAVIS

- 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.

INGREDIENTS

- 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
- 10 slices** Fresh white breadcrumbs christened in broth
- 3 lbs** White crabmeat
- 1 cup** Parmesan cheese, grated
- ¼ cup** Whole milk, if needed
- Buttered cracker crumbs

Shrimp & Crab Stuffed Bell Peppers (cont'd)

COURTESY OF FRANK DAVIS

- 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.

CHEF'S NOTES:

As a variation to this recipe, you can cut the peppers in half lengthwise and stuff them as 'half-peppers' to make the dish serve more people. I suggest that if you decide to do this, however, you opt for large peppers instead of medium-size ones.

I recommend that you make your own cracker crumbs. Simply put unsalted-top soda crackers in a plastic zipper bag and crush them with a meat mallet or a rolling pin until they are semi-coarse.

To do buttered cracker crumbs, simply pour a couple of tablespoons of melted butter into the plastic zipper bag and jostle the crumbs back and forth until each morsel becomes butter-coated.

For best results, the olive oil/water ratio should be 50/50.

If you'd prefer not to stuff the peppers, you can just make the stuffing, place it into an 11 X 14 Pyrex baking dish, bake it at 350°F for about an hour, and serve it as a true casserole.

This same recipe can be used (with a few obvious alterations, of course) for making stuffed mirlitons, stuffed eggplant, and seafood-stuffed Creole tomatoes.

Sicilian Stuffed Vegetables

by **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.



PHOTO: THINKSTOCK



Frank's Oyster Dressing



PHOTO: THINKSTOCK

Frank's Oyster Dressing

COURTESY OF FRANK DAVIS

- 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.

INGREDIENTS

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

½ 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

A close-up photograph of three oyster patties. The patties are round, golden-brown, and have a fluted edge. They are arranged on a dark grey slate platter. The patty in the foreground is topped with a creamy, light-colored filling and a small green herb garnish. The background is slightly blurred, showing the other two patties. The entire scene is set against a wooden surface.

Oyster Patties

Oyster Patties

COURTESY OF CHEF KEVIN BELTON

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 oyster 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.

INGREDIENTS

1 pint Oysters (reserve oyster liquor)

1 ½ sticks Butter

2 bunches Green onions, thinly sliced

1 Garrlic clove, minced

3 tbsp Flour

2 tbsp Heavy cream

¼ cup Reserved oyster liquor (or part oyster liquor and part water)

2 tbsp Chopped fresh parsley

½ tsp Dried thyme leaves

¼ tsp Cayenne pepper

¼ cup Italian bread crumbs

Salt and black pepper to taste

3 dozen Miniature patty shells (puff pastry shells)





Oysters

**by 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.

A photograph of fresh red tomatoes on a vine and a wooden bowl filled with white rice, set on a bamboo mat. The tomatoes are vibrant red with green stems, and the rice is long-grained and white. The background is a woven bamboo mat. A semi-transparent purple banner is overlaid across the middle of the image, containing the text.

Naturally Noel: Vegetables & Rice

PHOTO: THINKSTOCK

Naturally Noel: Vegetables & Rice

COURTESY OF FRANK DAVIS

- 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.

INGREDIENTS

- 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 small** Frozen yellow squash
- package**
- ½ package** 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 and Cheese

Mac and Cheese

COURTESY OF CHEF KEVIN BELTON

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).

INGREDIENTS

- 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.)** Sharp cheddar cheese, **package** shredded and divided
- 1 (10 oz.)** Extra-sharp cheddar **package** cheese, shredded
- 1 (16 oz.)** Elbow macaroni, **package** Cooked



Franksgiving Past: Dirty Rice



Franksgiving Past: Dirty Rice

COURTESY OF FRANK DAVIS

- 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.

Dirty rice is best served steaming hot right from the pot.

INGREDIENTS

- 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
- 1** 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

**by 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

Cabbage & Sausage Casserole

COURTESY OF CHEF KEVIN BELTON

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 to 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 1/2 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.

INGREDIENTS

- 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

Black-Eyed Peas

COURTESY OF FRANK DAVIS

- 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!

INGREDIENTS

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

CHEF'S NOTES:

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.

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 and Shrimp

White Beans and Shrimp

COURTESY OF FRANK DAVIS

- 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.

INGREDIENTS

- 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

CHEF'S NOTES:

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!

The image displays two halves of a mirliton vegetable, which is a type of bitter melon. The top half shows the hollowed-out, light green interior of the vegetable, while the bottom half shows the same half with a creamy, white filling stuffed into the cavity. The vegetable has a characteristic bumpy, green skin. A semi-transparent orange banner is overlaid across the middle of the image, containing the text 'Stuffed Mirliton' in white. The background is a plain, light grey surface.

Stuffed Mirliton

Stuffed Mirliton

COURTESY OF CHEF KEVIN BELTON

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.

INGREDIENTS

- 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

Okra Gumbo

COURTESY OF CHEF KEVIN BELTON

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.

INGREDIENTS

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 and Gumbo

**by 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

CHEF'S NOTES:

Take time to pick through the debris that falls off the turkey carcass often bits of rib bones settle in the bottom of the stock pot. These should be removed prior to service.

The proper consistency of the gumbo is that of a semi-thick soup. Remember, this is a Cajun style gumbo. You don't want it to have thick stew consistency that's New Orleans and Creole style.

Like red beans and jambalaya, this dish is always better the next day! Unfortunately, it goes so fast it never stays around that long!

Frank's Turkey Andouille Gumbo

COURTESY OF FRANK DAVIS

- 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.

INGREDIENTS

- 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

Potato, Shrimp & Cheddar Soup

COURTESY OF FRANK DAVIS

- 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.

INGREDIENTS

- 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
- 3 cups** Whole milk
- 1 lb** Peeled shrimp, chopped
- 1 cup** Mild cheddar cheese, shredded
- ⅔ cup** Canadian bacon, small dice
- 2 tsp** Frank Davis Seafood Seasoning*
- 3 tbsp** Italian parsley, minced

CHEF'S NOTES:

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



Spinach Salad

Spinach Salad

COURTESY OF FRANK DAVIS

- 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.

INGREDIENTS

- 2/3 cup** Extra virgin olive oil
- 1/4 cup** Rice wine vinegar
- 2 tbsp** Dijon mustard
- 1/2 tsp** Kosher or sea salt
- 1/4 tsp** Fresh ground black pepper
- 1/2 tsp** Frank Davis Vegetable Seasoning or other vegetable seasoning
- 1/4 tsp** Sugar
- 6 cups** Fresh baby spinach
- 1 cup** Freshly grated Parmigiano Reggiano cheese

CHEF'S NOTES:

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

Ham with Cane Syrup Glaze

COURTESY OF CHEF KEVIN BELTON

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.

INGREDIENTS

4-5 lb Fresh or smoked ham

Whole cloves,
optional

½ cup Pure Steen's cane
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



PHOTO: THINKSTOCK

CHEF'S NOTES:

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.

You will be able to create a sauce from the roaster drippings **ONLY** if you allow the drippings to chill in the refrigerator for about an hour so that the excess fat rises to the surface where you can remove it and toss it out. What remains in the roaster can then be transferred to a sauce pan, heated thoroughly, and ladled over the Vegetables and Rice.

The goose marinade is made by combining vinegar and water in the proportions of 1/4 cup vinegar to 3/4 cup water. You want to make enough of it to completely cover the goose for 1 to 3 hours. Be sure to marinate the bird in a non-reactive container glass, stainless steel, plastic, or crockery.

I sincerely recommend that you remove every bit of excess fat from the goose before you begin to prepare it for baking. This will ensure you a less greasy gravy in the end.

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!

Naturally Noel: Christmas Goose

COURTESY OF FRANK DAVIS

- 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.

This recipe goes well alongside Vegetables and Rice and a bowl of Wintertime Gumbo.

INGREDIENTS

- 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
- 3/4 cup** Extra virgin olive oil
- 2** Large onions, chopped
- 4** Cloves garlic, minced
- 1/2 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



Franksgiving N'Awlins Slow-Roasted Turkey

COURTESY OF FRANK DAVIS

- 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.

INGREDIENTS

- 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

PHOTO: THINKSTOCK

CHEF'S NOTES:

Just for the record, unlike sautéing the turkey pieces can be turned more than once because the pieces are larger and require a longer cooking time.

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.

Oh, keep in mind that all the turkey pieces need to be removed from the pan, covered, and allowed to rest for a few minutes before eating.

This procedure is done because the temperature will continue to rise an additional 5 degrees while resting, and the rest gives internal juices time to redistribute, resulting in a tender, succulent, more flavorful turkey.

So this year, don't bake, roast, poach, or barbecue your Franksgiving turkey. Cajun-fry it instead!

It's a whole different, delectable taste treat. And I guarantee you that the Pilgrims and Indians would have done it that way.

Gourmet French-Fried Turkey

COURTESY OF FRANK DAVIS

- 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.

INGREDIENTS

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



Frank's Christmas Brisket with Holiday Broasted Yams



Frank's Christmas Brisket with Holiday Broasted Yams

COURTESY OF FRANK DAVIS

- 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, 6.

INGREDIENTS

- 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

CHEF'S NOTES:

'Broasting' is a variation of 'roasting and baking in a flavored liquid.'



Paneed Pork Loin

New Year's Recipe: Paneed Pork Loin

COURTESY OF CHEF KEVIN BELTON

After a long night of bringin' in the New Year, you're no doubt going to need an elegant but easy pork roast to slip into the oven on Jan 1. I got it for you right here.

- 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.

INGREDIENTS

- 6³/₄ cups** Italian seasoned bread crumbs
- 1³/₄ cups** Extra virgin olive oil
- 6³/₄ lbs** 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
- 3/4 cup** Imported Parmesan cheese, grated
- 1 pan** Crispy buttered cornbread
- 1 envelope** Pork gravy mix
- 1 -2 cups** Canned low-sodium chicken stock

CHEF'S NOTES:

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.

A close-up photograph of a white ceramic bowl filled with a golden-brown, crumbly bread pudding. The pudding is studded with dark, dried fruit pieces, likely raisins or cranberries. A semi-transparent blue horizontal band is overlaid across the middle of the image, containing the title text in white. The lighting is warm, highlighting the texture of the bread and the sheen of the fruit.

Eggnog Bread Pudding

Eggnog Bread Pudding

COURTESY OF CHEF KEVIN BELTON

As a kid, it was always raisin bread pudding. At school, at home or a relatives or friends, it didn't matter. When I became a chef, I couldn't wait to see how many different and delicious types of bread pudding I could come up with. This has become one of my family's and friend's favorites. I hope it becomes one of your go to desserts.

- 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.

INGREDIENTS

- 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 1/4 to a 1/2 cup of your favorite liquor, juice or hard liquor.

INGREDIENTS

- ¼ cup** Butter
- ½ lb** Powdered sugar
- 2** Egg yolks



Secret-Recipe Thanksgiving Apple Crisp



Secret-Recipe Thanksgiving Apple Crisp

COURTESY OF FRANK DAVIS

- 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 topping 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.

INGREDIENTS

THE TOPPING

- 6 tbsp** All-purpose flour
- ¼ cup** Light brown sugar, packed
- ¼ cup** Granulated sugar
- ¼ tsp** Ground cinnamon
- ¼ tsp** Ground nutmeg
- ¼ tsp** Salt
- 5 tbsp** Cold unsalted butter, cut into ½-inch pieces
- ¾ cup** Pecans, chopped semi-course

THE FRUIT

- 3 lbs** Apples, peeled, cored and cut into 1-inch chunks
- ¼ cup** Granulated sugar
- 1½ tbsp** Lemon juice
- ½ tsp** Grated lemon zest

CHEF'S NOTES:

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

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 ½ pounds of each, peeled, cored, and cut into 1-inch chunks. Don't substitute any other kinds of apples!



Raspberry Icebox Pie

Raspberry Icebox Pie

COURTESY OF CHEF KEVIN BELTON

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, 1/4 cup sugar, 1/4 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.

INGREDIENTS

CRUST

2 cups Chocolate graham cracker crumbs

1/3 cup Sugar

1/4 cup Butter

FILLING

2 cups Frozen raspberries

1 cup Sugar

1/2 cup Fresh lime juice

3/4 cup Pear juice

1/4 cup Cornstarch

3 Egg yolks

2 tbsp Butter



Frank's Creole Rice Pudding



Frank's Creole Rice Pudding

COURTESY OF FRANK DAVIS

- 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.

Hint: if you evenly sprinkle the granulated sugar lightly over the top of the pudding about five minutes before you take it out of the oven the sugar will brown and crystallize on the surface.

Creole rice pudding can be served piping hot right from the oven or ice cold right from the refrigerator. It's outstanding as is, but some New Orleanians like to drizzle a little cane syrup over the top!

INGREDIENTS

- 3 Eggs, slightly beaten
- $\frac{3}{4}$ 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
- $\frac{1}{8}$ tbsp Ground nutmeg
- $\frac{1}{8}$ tbsp Ground mace
- $\frac{1}{8}$ tbsp Kosher or sea salt
- 2 cups Cooked long-grain rice
- 1 cup Golden raisins
- $\frac{1}{2}$ cup Chopped nuts (pecan/ almond mixture)
- $\frac{1}{2}$ tsp Grated lemon rind (zest)
- 2 tsp Fresh-squeezed orange juice
- 2 tsp Granulated sugar for frosting

A photograph of a wicker basket filled with lemons, resting on a wooden surface. One lemon is sliced in the foreground, showing its internal segments. The text "Spoon-Lickin' Lemon Sauce" is overlaid on the image in a white, serif font.

Spoon-Lickin' Lemon Sauce

PHOTO: THINKSTOCK

Spoon-Lickin Lemon Sauce

COURTESY OF FRANK DAVIS

- 1 In a 2-1/2 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.

INGREDIENTS

- 3/4 cups** Granulated sugar
- 5 tsp** Cornstarch
- 1/8 tsp** Salt
- 1 1/2 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

**by 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.

CAJUN COUNTRY.[®] RICE

IN 1942, THE FALCON FAMILY BEGAN ITS SEED RICE BUSINESS. EDWARD AND EVELYN FALCON PURCHASED ROUGH RICE FROM AREA FARMERS IN THE FALL EACH YEAR, THEN CLEANED, TREATED AND RESOLD IT FOR SEED—JUST IN TIME FOR SPRING PLANTING.

A MILLING OPERATION WAS INSTALLED IN 1950, AND SOON FALCON RICE MILL BEGAN SELLING RICE UNDER THE NAMES “ED’S”, “RANDY’S”, AND “FALCON”. LATER, OTHER BRANDS WERE DEVELOPED TO INCLUDE THE POPULAR CAJUN COUNTRY LINES OF LONG, MEDIUM, WHOLE GRAIN BROWN, JASMINE AND POPCORN RICE.

With their recent celebration of 75 years in business, the Falcon Rice Mill is still going strong with a new generation of leadership. In 2011, siblings Robert Trahan and Christine Fulton, along with their spouses, purchased the company from their parents, Charles and Mona Trahan, and aunt and uncle, Connie and Randy Falcon.

Falcon’s Cajun Country Rice is a 100% Louisiana product, from the field to the bag. They are proud to support local agriculture by keeping Louisiana farmers at the heart of their operation. Rice is also one of the most environmentally friendly and sustainable crops. All components of the milling process are put to use, and buying from local farmers reduces transportation and fuel costs.

Falcon is also being noticed for their quality products by respected organizations. In 2016, they won the Louisiana Economic Development’s “Lantern Award”, which recognized their excellence in manufacturing and outstanding community service.

This year, Falcon Rice Mill was added to the National Food & Beverage Foundation’s National Culinary Heritage Register. The register is a one-of-a-kind list of culinary products, processes, inventions, traditions and establishments that are at least 50 years old and have contributed significantly to the development of American foodways.

The Falcon family of Crowley, Louisiana is proud to provide the superior quality of rice found in each bag of Cajun Country Rice, and is looking forward to the next 75 years of the family working together.





Chicken & Sausage Gumbo

COURTESY OF THE FALCON FAMILY

- 1 In a 6-quart saucepan or stockpot, combine water, powdered roux, chopped onion, bell pepper, celery and garlic.
- 2 Bring to a boil and add salt, pepper and Worcestershire sauce. Cook for at least 20 minutes.
- 3 Add chicken and sausage, cook for 30 minutes more– or until chicken is tender.
- 4 Before serving, add onion tops and parsley.
- 5 Serve in a bowl over [any variety of steaming Cajun Country® Rice](#).

Prep time: 10 mins
 Cook time: 50 mins
 Total time: 1 hour

Serves: 8

INGREDIENTS

- 8 cups** Water
- 1 cup** Powdered roux
- 1 cup** Chopped onions
- ½ cup** Chopped celery
- ½ cup** Chopped bell pepper
- 4** Cloves garlic, chopped
- 1 tbsp** Worcestershire sauce
- 4 tsp** Salt
- 2 tsp** Red pepper
- 1** Chicken (4-6 lbs.) cut into pieces
- 1 lb** Smoked sausage, sliced into bite-sized pieces
- 2 tbsp** Green onion tops and parsley, chopped





Rice is a good source of vitamin A and antioxidants, which help boost your immune system and supercharge your metabolism. Ça c'est bon!



Red Beans & Rice

COURTESY OF CONNIE FALCON

INGREDIENTS

- 3 cups** Hot, cooked Cajun Country Rice
- 1 lb** Dry Louisiana red beans
- 3 cups** Chicken broth or stock
- 2-3 cups** Water – depending on your thickness preference
 - 1** Large white onion, chopped
 - 1 lb** Sliced smoked sausage, slightly browned then drained
 - 1 tbsp** Creole seasoning

- 1** Soak beans overnight and rinse the next morning.
- 2** Put beans in a large pot; add chicken broth and water.
- 3** Add onion and sausage.
- 4** Bring to a boil; cover and simmer 2-4 hours to desired consistency.
- 5** Add seasoning to taste.
- 6** Serve over [any variety of steaming Cajun Country® Rice](#).

Prep time: 10 mins
Cook time: 4 hours
Total time: 4 hours 10 mins

Serves: 4-6

Red Beans and Rice is one of the best comfort foods! Our delicious version has been long standing in the Falcon family.



Cajun Country Rice & Shrimp Creole

COURTESY OF JENNIFER TRAHAN

- 1 Cook onion and next 5 ingredients (red and green bell peppers, celery, green onions and garlic) in oil in large skillet over medium-high heat for 3 minutes or until tender, stirring often.
- 2 Stir in tomatoes and next four ingredients (tomato sauce, bay leaves, Creole seasoning and red pepper), bring to a boil.
- 3 Reduce heat; cook for 20 minutes, stirring occasionally.
- 4 Add shrimp; cook for 5 minutes or until shrimp turn pink.
- 5 Remove and discard bay leaves.
- 6 Serve shrimp creole over [Cajun Country Rice](#).

Prep time: 10 mins

Cook time: 25 mins

Total time: 35 mins

Serves: 4-6

INGREDIENTS

Hot cooked [Cajun Country rice](#) (can use any of our varieties, including [Cajun Country Brown Rice](#))

- 1 ½ lbs** Raw peeled medium Louisiana shrimp
- 1** Large onion, finely chopped
- ½ cup** Chopped green bell pepper
- ½ cup** Chopped red bell pepper
- ½ cup** Chopped celery
- ¼ cup** Chopped green onions
- 2** Cloves garlic, minced
- 3 tbsp** Vegetable oil
- 1** (16 oz.) can stewed tomatoes, undrained
- 1** (8 oz.) can tomato sauce
- 2** Bay leaves
- 1 tsp** Creole seasoning
- ¼ tsp** Ground red pepper (optional)
- Okra (optional amount as desired)





CHOLESTEROL FREE?

Mais, Oui!



Simple diet changes—such as eating brown rice, nuts, oats and beans— can lower bad cholesterol and help you live a heart-healthy life.

Crawfish Casserole

COURTESY OF JENNIFER TRAHAN

INGREDIENTS

- 1 lb** Crawfish tails with fat
 - 1 ½ cups** Uncooked [Cajun Country rice](#)
 - 1** Ccan cream of mushroom
 - 1** Can cream of onion (cream of celery can be substituted)
 - ½ cup** Chopped bell pepper
 - 4 tbsp** Melted butter
 - 12 oz** Chicken broth
 - 2 tsp** of your favorite Cajun seasoning
 - 2** Dashes Tabasco
 - ½ tsp** Garlic powder
- 1** Combine all ingredients in a 9x13 casserole dish, cover with foil and bake at 350 degrees for 45-60 minutes, stirring once halfway through cooking time.

Prep time: 10 mins

Cook time: 40 mins

Total time: 50 mins

Serves: 6

An easy to make dish that's always a crowd pleaser. Shrimp can be substituted for the crawfish tails.



Cajun Country Catfish Acadian

COURTESY OF THE FALCON FAMILY

- 1 Prepare [Cajun Country Rice](#) according to package directions.
- 2 Preheat oven to 350 degrees.
- 3 Rub catfish filets with brown mustard and Cajun seasoning.
- 4 Place them on a baking dish and bake for 15-20 minutes, depending on size, or until thickest part of filet pierces easily with a knife.
- 5 Melt butter in a skillet and sauté onions, bell pepper and garlic until tender.
- 6 Add salt and next 4 ingredients and mix well, until soup is well creamed.
- 7 Add crawfish and cook for 15 minutes, stirring often.
- 8 Add green onions before serving.
- 9 Place catfish filet on top of hot, delicious rice and top with étouffée. Bon appétit!

Serves: 6

INGREDIENTS

- 2 cups** Cajun Country Brown Rice or Cajun Country Long Grain
- 6** Catfish filets
- 3 tbsp.** Brown mustard
- 3 tsp** Cajun seasoning
- 1** Stick butter
- 1 cup** Chopped onions
- ½ cup** Chopped green bell pepper
- 2** Cloves garlic, minced
- 1 tsp** Salt
- ½ tsp** Red pepper
- ½ tsp** Black pepper
- 1 tbsp.** Worcestershire sauce
- 1** Can cream of mushroom
- 1 lb.** Louisiana crawfish tails with fat
- ¼ cup** Chopped green onions

Note: Crawfish may be substituted with shrimp

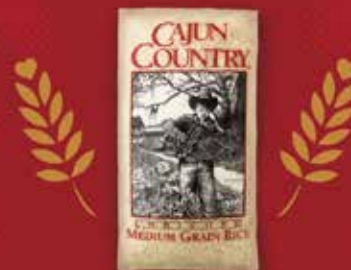
Meemaw's Dictionary

COUYON (n.)

1. A very silly or foolish person.
2. Someone who only eats the tails of crawfish.



**Gluten allergy?
No problem.
Rice is a tasty,
gluten-free option
for any meal!**



Gluten-free. Mais, oui!

Chicken Fricassee

COURTESY OF THE FALCON FAMILY

INGREDIENTS

- 6 cups** cooked [Cajun Country Rice](#), any variety
- 1½ - 2 lbs.** boneless, skinless chicken cut into serving portions
- 4 cups** water
- ½ cup** powdered roux
- 1 cup** chopped onion
- ½ cup** chopped celery
- ½ cup** chopped bell pepper
- 3** cloves garlic, chopped
- 1 tbsp.** Worcestershire sauce
- 2 tsp** salt
- 1 tsp** red pepper

- 1** Combine water and powdered roux in large saucepan over medium-high heat.
- 2** Add onion, celery, bell pepper, garlic and Worcestershire sauce.
- 3** Cook for 10 minutes.
- 4** Season chicken with salt and pepper and add to pan.
- 5** Cook for at least 20 minutes.
- 6** Serve over a steaming plate of cooked [Cajun Country® Rice](#).

Prep time: 10 mins
Cook time: 30 mins
Total time: 40 mins

Serves: 6-8

This Chicken Fricassee is easy to prepare with store-bought powdered roux, but your own homemade roux would be fabulous, too!

Louisiana Grown



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.

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

**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 & Brokens

Brokens Sold as
Pet Food Ingredient



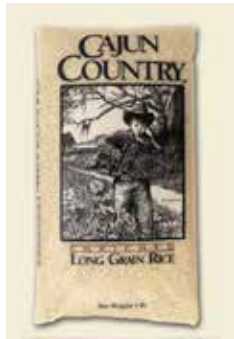
Brewers Sold
as Pet Food
and Beer
Ingredient



7) Head Rice Sold to Consumers

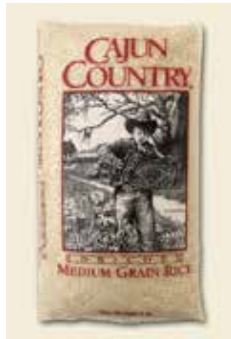


Falcon Products



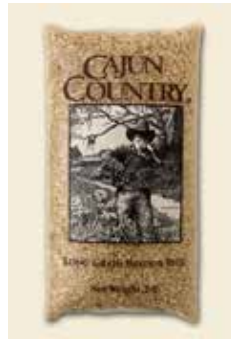
Cajun Country Long Grain

[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.



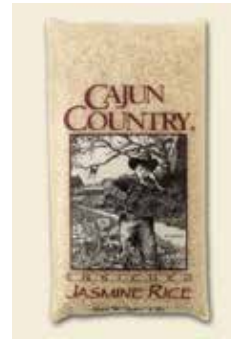
Cajun Country Medium Grain

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 risotto, to Asian. Like all white rice, medium rice is naturally gluten, cholesterol, and sodium free. As an added bonus, medium grain has small traces of trans and saturated fat.



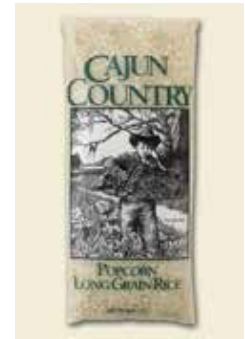
Cajun Country Long Grain Brown

[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 with 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](#) 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.



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.

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



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/.

IN THE KITCHEN



New Orleans Pantry Stock List

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

