

IN THE KITCHEN



New Twists



Humana



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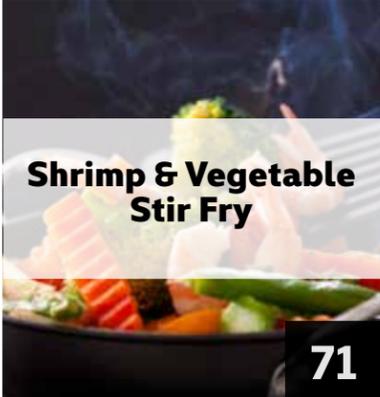
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Over the course of its 300-year history, New Orleans' cuisine has been one of its greatest gifts to the world. Now, as we celebrate the city's 300th birthday and WWL-TV's 60th anniversary, consider this our gift to you. This edition of our 360 cookbook series may be our favorite – since it reworks and reimagines some classic New Orleans recipes into dishes designed for the modern cook, who loves flavor, fresh ingredients and creativity, but often with an eye on a healthier, more active lifestyle. As we celebrate the city's tricentennial, we are reminded that one of the best things about our local cuisine is that, even though it is centuries old, it is constantly evolving. While our food foundations remain the same – just try to imagine some dishes without “the trinity” or a roux - as tastes and dining habits change, our cuisine changes too. We may find that the recipes that our mothers and grandmothers perfected, which took a day of slow-simmering in a cast iron pot, may not fit as well with our on-the-go lifestyles. But with a few adjustments, we can keep the flavor and taste of those recipes, while making them simpler and even healthier.

This cookbook is part of a series celebrating New Orleans' culinary past and present, to coincide with the city's tricentennial. What better way to commemorate 300 years of life in the city we love than by celebrating the thing that truly unites us all: food. For 60 years, Channel 4 has been privileged to celebrate and share many of those recipes with viewers across south Louisiana and Mississippi. Before there were cable TV networks and websites dedicated to food and recipes, the Eyewitness Morning News was the place to watch Frank Davis make the perfect gumbo during the breakfast hour. Many local chefs who are now superstars in their fields made some of their first TV appearances on Channel 4. Our current cooking star, the larger than life Kevin Belton, continues the tradition, starting his work in the WWL-TV kitchen before the sun comes up. Kevin has helped put together this series, and many of his recipes are featured here, along with classics from the one and only Frank Davis.

Additionally, our partner Humana has contributed some recipes developed with Chef Nino from his weekly healthy cooking demonstrations at the New Orleans Neighborhood Center.

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



A portrait of Chef Kevin Belton, a Black man with glasses, smiling. He is wearing a dark shirt. The background is a brick wall with some framed pictures.

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.

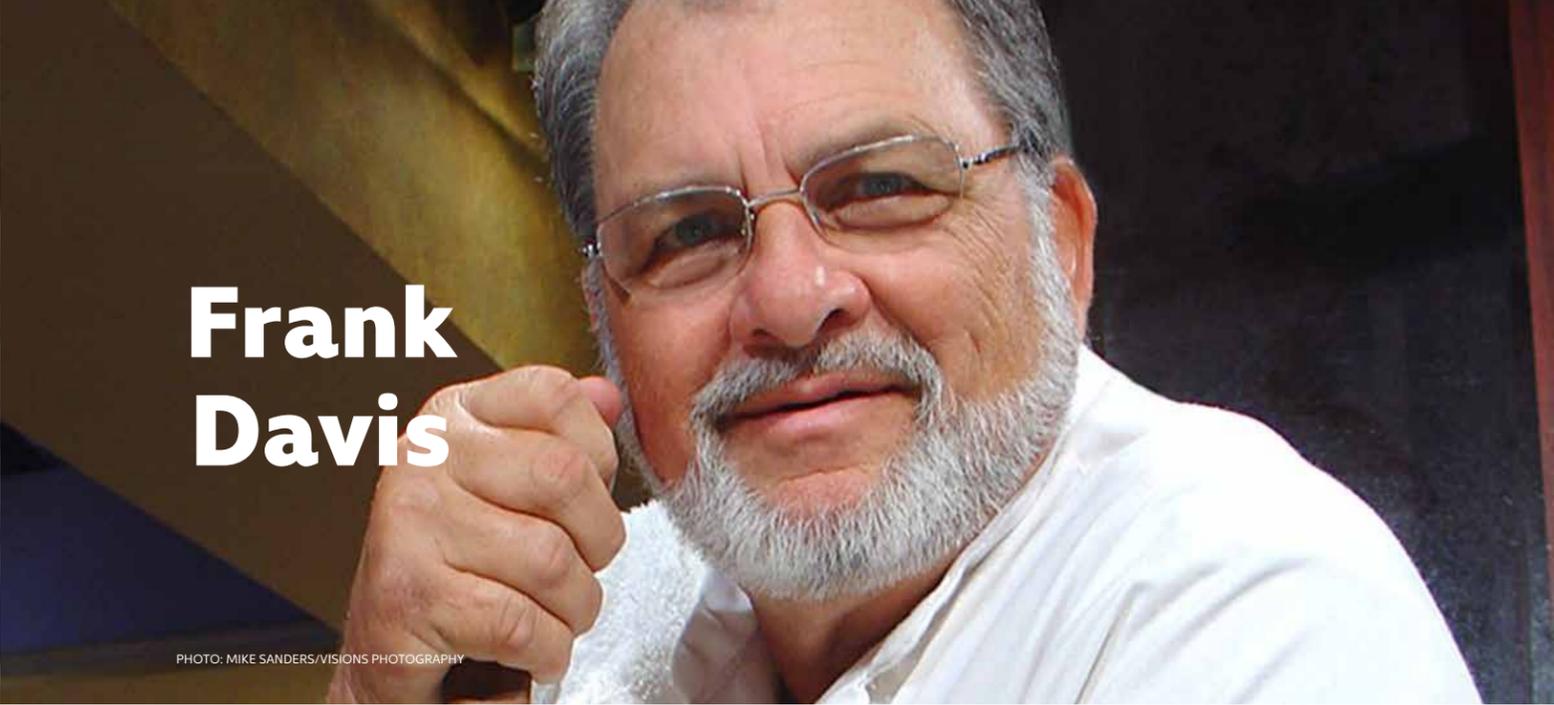
The self-trained chef began cooking under the watchful eye of his mother and grandmother in the uptown New Orleans home where he grew up. From these talented home cooks Belton learned to prepare the venerable dishes of the city and in his new series he'll share family recipes and personal tips for making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

A portrait of Frank Davis, an older man with a grey beard and glasses, looking thoughtfully at the camera. He is wearing a white shirt. The background is dark and out of focus.

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 **4WWL** **WUPL54**



What is SoFAB?

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



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

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

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

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

Frank's Homemade Oyster Chowder

Frank's Homemade Oyster Chowder

COURTESY OF FRANK DAVIS

INGREDIENTS

- ½ stick** real butter
- 1 cup** chopped onion
- ½ cup** chopped celery
- ¼ cup** chopped bell pepper
- 10 strips** cooked, crumbled bacon
- ¼ cup** bacon drippings
- 3 oz** fresh oysters, chopped
- 2 cups** oyster liquor
- 2 tsp** sweet basil
- 2 pints** Half-N-Half
- ¼ cups** instant mashed potatoes
- Salt and pepper to taste
(white and cayenne)
- Parsley for garnish

- 1** Start off by melting the butter in a 5-quart heavy aluminum Dutch oven and sautéing the chopped onions, celery, and bell pepper until they soften. Then toss in the crumbled bacon, the drippings, and the chopped oysters and simmer gently over low heat – stirring constantly – only until the oysters curl and a rich gray-colored base forms (this is the oyster concentrate)
- 2** Next, stir in the oyster liquor and bring it to a slow boil... but be sure you keep stirring! Otherwise, the liquor will scorch and stick to the bottom of the pot.
- 3** At this point, boil the mixture for about 2 minutes. Then drop in the basil, reduce the heat to a simmer, cover the pot, and let the chowder cook slowly for another 4 minutes.
- 4** Finally, go ahead and stir in the Half-N-Half and turn the fire back to high! When the mixture comes back to a boil, reduce the heat again so that the chowder just barely “bubbles”. Then drop in the instant potatoes, add the salt and pepper, and stir everything thoroughly once more to get uniformity.
- 6** One suggestion: taste the sauce before you add salt – the oysters and bacon may provide enough salt for you.
- 7** After 20 minutes of slow cooking (stirring occasionally) remove the chowder from the burner and allow it to “set up” for 15 minutes so that the flavors blend and the base thickens and becomes smooth. Then when you're ready to eat, reheat it gently, ladle it piping hot into soup bowls, garnish with parsley, and serve with saltine crackers and a glass of wine.

Chef's Notes: If you don't have enough oyster liquor, you can substitute bottles of clam juice – it's available at most supermarkets.

Cheeseburger Soup

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- ½ lb** ground beef
- 4 tbsp** butter, divided
- ¾ cup** chopped onion
- ¾ cup** shredded carrots
- ¾ cup** diced celery
- 1 tsp** all purpose seasoning
- 1 tsp** dried parsley flakes
- 4 cups** cubed peeled potatoes
- 3 cups** chicken broth
- ¼ cup** all-purpose flour
- 12-16 oz** shredded cheese of your choice (I like a combination of cheddar and pepper jack)
- 1 ½ cups** milk
- ½ tsp** salt
- ¼ -½ tsp** pepper
- ¼ cup** sour cream
- 8 strips** of cooked bacon, crumbled

- 1** In a large saucepan over medium heat, cook and crumble beef until it is fully cooked. Drain and set the meat aside. In same saucepan, melt 1 tablespoon butter over medium heat. Sauté onion, carrots, celery, seasoning and parsley until tender, about 10 minutes. Add potatoes, beef and broth and bring to a boil. Reduce heat and simmer, covered, until potatoes are tender, about 10-15 minutes.
- 2** In a small skillet, melt remaining butter. Add flour, cook and stir until bubbly, 3-5 minutes. Add to soup and bring to a boil. Cook and stir 2 minutes. Reduce heat to low. Stir in cheese, milk, salt and pepper; cook until cheese melts. Remove from heat; blend in sour cream.
- 3** Once soup has been served, you can top each bowl with crumbled bacon and additional cheese. Serve with bread or crackers.

Crock Pot Method

- 1** This can be assembled in the morning and put in the crock pot. Slow cook it on low but should you need to leave it cooking longer than 3 hours, you will have to add more broth so that it does not dry out too much.
- 2** Preheat 1 Tbsp. of butter in a large skillet over medium-high heat. Add onion, celery and carrots to skillet and cook until tender, about 10 minutes. Remove from skillet and place the vegetables in the bottom of crock pot.
- 3** In the same pan, brown your hamburger meat. Drain the meat and add it to your slow cooker.
- 4** In a small cup, combine flour and 1 cup of broth. Whisk to combine, making sure it's smooth and lump-free. Add the mixture to your skillet, and then slowly pour in 3 to 4 cups of broth. Bring to a boil, stirring constantly and allow to cook until thickened. Pour over meat in crock pot.
- 5** Stir in your remaining ingredients (except the cheese and milk). Cook on low for 3 hours. Just before serving, add in your cheese and milk and stir until it is melted. Once soup has been served, you can top each bowl with crumbled bacon and additional cheese. Serve with bread or crackers.

Cheeseburger Soup



Lasagna Soup



Lasagna Soup

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 2 tbsp** extra-virgin olive oil
- 1** onion, chopped
 - Creole seasoning
- ½ lb** Italian sausage, casings removed
- 3 cloves** garlic, chopped
- 1 tsp** oregano, chopped
- 2 tbsp** tomato paste
 - 4** tomatoes diced
- 1 cup** tomato sauce
- 4 cups** chicken stock
- 8 oz** lasagna noodles, broken into pieces (about 10 noodles)
- ¼ cup** parsley
- ½ cup** chopped fresh basil
- ½ cup** grated parmesan cheese
- ½ cup** ricotta cheese
 - Parmesan and ricotta for topping

- 1** Heat olive oil in a large Dutch oven over medium-high heat. Add the onion, Creole seasoning and cook, about 4 minutes. Add the sausage, garlic and oregano and cook, stirring and breaking up the sausage with a wooden spoon, until the sausage is browned, about 3 minutes. Add the tomato paste and cook, stirring, until darkened, about 2 minutes.
- 2** Add tomatoes, tomato sauce, and chicken stock, cover and bring to a simmer. Uncover and cook until slightly reduced, about 10 minutes. Stir in the uncooked noodles, and simmer for 15 minutes until noodles are al dente. Add parsley, basil, parmesan and ricotta. Cook for 2 minutes and serve. Top with ricotta and sliced basil.
- 3** Serve with crusty bread. This will hit the spot on a cold day or any day.

Frank's Healthy & Good For You Chili

COURTESY OF FRANK DAVIS

Frank's Healthy & Good For You Chili

INGREDIENTS

3/4 lb ground sirloin

1 cup onions, chopped

1/2 cup green pepper, chopped

2 cloves garlic

1 16oz can tomatoes, undrained but cut up

1 8 oz can tomato sauce

1-3 jalapeno peppers, diced

1 16 oz can dark red kidney beans, drained

3 tsp chili powder

1/2 tsp dried basil, crushed

1/4 tsp salt

1/4 tsp black pepper

1/2 tsp beef seasoning

1/2 tsp cumin

Acini Di Pepe pasta, cooked al dente

Fat-free crackers

1 First take a 4-quart non-stick Dutch oven and fry down the ground sirloin, the onions, the bell pepper, and the garlic until the beef is browned and the vegetables are wilted. Because you're not adding any fats or oils to the pot, and because you're using only the renderings from the ground sirloin, I suggest you do this over a medium heat so that the pot doesn't burn. It's also a good idea to stir the mixture all the while it's cooking too.

2 Next, stir in the tomatoes, the tomato sauce, the jalapeno peppers, and the beans and blend everything together well. Now, still over medium heat, bring the mixture to a moderate bubble. Then, one ingredient at a time, toss in the chili powder, basil, salt, black pepper, beef seasoning, and cumin and stir everything together once again.

3 All that's left is to reduce the heat to "low" and simmer the chili for about 30 minutes, stirring occasionally. It is best served piping hot in deep bowls alongside a stack of fat-free crackers. For a heartier dish, it can be spooned over a bowl of Acini di Pepe pasta cooked al dente.

Chef's Notes: To make a really spicy chili, substitute Rotel tomatoes with diced chilis for the regular whole tomatoes.

Eggs & Crawfish

COURTESY OF FRANK DAVIS

Want to be creative with crawfish? Just as bacon is a natural companion to oysters, for some reason crawfish seem to go exceptionally well with eggs.

To give some extra dimension to your deviled egg canapes, try grinding up some crawfish tails and adding them to the stuffing before you pack it back into the whites.

For a super breakfast, grind up a handful of crawfish tails and stir them into your bell-pepper omelettes. And don't forget to top them with a dash or two of Tabasco sauce!

Eggs & Crawfish

Bacon-Wrapped Quiche

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

16 slices thick cut bacon, about 1 lb

1 medium onion, diced

1 bunch broccolini, chopped

5 eggs

1 cup milk

1 cup heavy cream

½ cup Parmesan cheese, shredded

3 tbsp fresh herb, chopped

½ cup green onion

2 tbsp Creole seasoning

1 Heat oven to 400 degrees. Lay bacon on a sheet pan and bake for about 7 minutes, until about halfway done. Remove from the pan and drain on a plate covered with paper towels. Retain 2 tbsp of bacon fat for sautéing the diced onion, and broccolini. Increase the oven temperature to 425 degrees.

2 Heat a skillet and add 2 tbsp of bacon fat. When fat is hot, add onion, and broccolini, reduce to medium and sauté for about 5 minutes, stirring frequently. Remove from heat and let cool.

3 Crack eggs into a mixing bowl and whisk briefly to break the yolks and combine. Add milk and cream and whisk to incorporate. Add onion, broccolini, Parmesan, herbs, green onion, Creole seasoning and stir to combine.

4 Use a little of the leftover bacon fat to lightly grease a nonstick muffin tin. Place a strip of bacon on the inside of each muffin cup so that it forms a ring around the inside of the muffin cup. Put ¼ cup of the quiche mixture in each muffin tin. Most of the mixture should be inside the bacon ring, but don't worry if some of it is outside the bacon ring. Bake for 15 - 17 minutes until the tops are lightly browned and a toothpick inserted in the middle of the quiche comes out clean. Remove from the oven and allow to cool 5 minutes before removing the quiches from the pan.

Bacon-Wrapped Quiche

Frank's Sour Cream Potato Salad

COURTESY OF FRANK DAVIS

There's Cajun potato salad, German potato salad, hot potato salad, cold potato salad... but try this potato salad the next time you serve London broil! Nothing is better!

INGREDIENTS

10 large red potatoes

1 cup sour cream

1 cup real mayonnaise

1 tsp celery seed

2 tbsp horseradish

1 cup green onions, thinly sliced

¾ cup fresh parsley, minced

Salt and black pepper to taste

- 1** First, boil the potatoes in their own skins until tender. Then, while they are still warm (and this is important since it brings the starch to the surface and enriches the flavor), peel them and cut them into small-dice-sized pieces and place them into a large Pyrex bowl.
- 2** Next, in a separate mixing bowl, thoroughly whip together the remaining ingredients, cover, and allow the mixture to "marry" on the countertop for about an hour (of course, this is ten times as good if you allow it to "rest" in the fridge overnight!).
- 3** Then when you're ready to eat, place the potatoes in the oven (covered) at 350-degrees and warm them (this should take about 15 minutes). Then, using a rubber spatula, gently – but thoroughly – fold in the dressing mixture, making sure that every single piece of potato is coated.
- 4** Finally, season to taste with salt and pepper and serve immediately.

Frank's Sour Cream Potato Salad

Chef's Notes: For a cold potato salad, prepare the dish fully and chill thoroughly in the refrigerator. You can also let this potato salad set overnight in the fridge, but keep in mind that the flavors will intensify considerably, and the spices will get richer!

Frank's Gourmet Grilled Veggies

COURTESY OF FRANK DAVIS

INGREDIENTS

Vegetable Marinade Baste #1

- 1 cup** low-sodium soy sauce
- 1 cup** white grape juice
- 1 tbsp** Tabasco Sauce
- ¼ tsp** onion powder
- 1 tsp** garlic powder

Vegetable Marinade Baste #2

- ¾ cup** extra virgin olive oil
- ¼ cup** gourmet salad vinegar
- 2 tbsp** low-sodium soy sauce
- 3 tbsp** dried basil
- 1 tsp** dried oregano or rosemary
- 2 tbsp** minced garlic

Vegetable Marinade Baste #3

- 1 cup** extra virgin olive oil
- 2 tsp** Frank Davis Vegetable Seasoning
- 1 tsp** low-sodium soy sauce
- 2 tsp** garlic powder
- 2 tsp** onion powder
- 1 tsp** Tabasco Sauce

Vegetable Marinade Baste #4

- 1 cup** no-fat chicken broth
- 2 tbsp** bronzing mix or no salt
- 2 tsp** Bouquet Garni Seasoning
- ¼ tsp** thyme
- 2 tsp** onion powder
- 2 tsp** paprika

- 1** First, mound up your charcoal briquettes on one side of the barbecue pit. Leave the other side "coal free" for indirect cooking. Now fire them up using either an electric starter or lighter fuel, and when the briquettes have been reduced to a mound of glowing coals, then and only then should you begin to grill your prepared vegetables.
- 2** I suggest that you start cooking over direct heat; then as the veggies begin to caramelize and brown, shuttle them over to the indirect cooking side so that they don't burn. Of course, as they cook, baste them with the marinade to flavor them and keep the moisture locked inside.
- 3** Heavy textured veggies – red potatoes, broccoli, cauliflower, and okra—fare best when they are parboiled prior to putting them on the grill. All the other veggies do well cooked on the grating from the raw state.
- 4** As with all other methods of food preparation, be careful not to overcook. And don't plan to head off to a movie or the mall while you grill. Grilling requires your presence. You have to physically be there to do it. And in the final analysis, there's only a fine line between cooked to perfection and "burned." Unlike redfish, you can't blacken veggies!

Frank's Gourmet Grilled Veggies

Cauliflower with Anchovy Sauce

COURTESY OF FRANK DAVIS

INGREDIENTS

- 1** whole cauliflower
- 1/2 cup** extra virgin olive oil
- 4 cloves** garlic, minced
- 4 tbsp** seasoned bread crumbs
- 6** anchovy fillets, mashed
- Juice of 1 medium lemon
- 1/2 tsp** vegetable seasoning
- 1/8 tsp** salt
- 1/8 tsp** coarsely ground black pepper
- Romano cheese and parsley for garnish

- 1** Steam whole cauliflower until tender-crisp.
- 2** Heat olive oil in saute pan over medium heat.
- 3** Add all remaining ingredients and saute for 2-3 minutes, stirring constantly.
- 4** Pour sauce over the cauliflower and serve. Cauliflower can be served hot or cold.
- 5** Garnish with fresh chopped parsley and grated Romano cheese.

Cauliflower with Anchovy Sauce

Sauteed Zucchini Julienneed with Andouille & Shrimp

COURTESY OF FRANK DAVIS

INGREDIENTS

- 1 lb** shrimp
- ½ lb** andouille (or smoked sausage)
- 6** large zucchinis, julienned
- 1 stick** real sweet butter
- 1 tsp** basil
- ½ cup** celery, finely chopped
- ½ cup** shallots, finely chopped
- ¼ cup** Romano cheese
- salt & pepper to taste

- 1** Melt the butter and add the shrimp and andouille. Cook until juices render out and the shrimp turn pink.
- 2** Then toss in the basil, celery, and shallots and season with salt and pepper to taste. Cook for about two minutes
- 3** Then toss in the zucchini, coat it well with the shrimp/andouille mixture, and cover the skillet with a lid, reducing the heat to medium so that the shrimp/andouille stock steams into the zucchini and tenderizes it.
- 4** When ready to serve, sprinkle lightly with Romano.

Sauteed Zucchini Julienneed with Andouille & Shrimp

Chef Kevin's Unwrapped Egg Roll

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 1 lb** ground pork
- 1 head** cabbage thinly sliced
- ½ onion** medium, thinly sliced
- 1 tbsp** sesame oil
- ¼ cup** soy sauce
- 1 clove** garlic, minced
- 1 tsp** ground ginger
- 1 jalapeno** seeded and diced
- 2 tbsp** chicken broth
- Creole seasoning to taste
- 2 stalks** green onion, sliced

- 1** Brown ground pork in a large pan or wok over medium heat.
- 2** Ensure cabbage and onion is thinly sliced into long strands.
- 3** Add sesame oil and onion to pan with browned ground pork. Mix together and continue cooking over medium heat.
- 4** Mix soy sauce, garlic, ground ginger, and jalapeno together in a small bowl. Once onions have browned, add the sauce mixture to the pan.
- 5** Immediately add the cabbage mixture to the pan and toss to coat the vegetable and evenly distribute ingredients. Add chicken broth to the pan and mix. Continue cooking over medium heat for three minutes, stirring frequently.
- 6** Garnish with salt, pepper, and green onion.

Chef Kevin's
Unwrapped Egg Roll

Guiltless and Innocent-to-the-Bone Pasta Alfredo

Guiltless and Innocent-to-the-Bone Pasta Alfredo

COURTESY OF FRANK DAVIS

INGREDIENTS

- 1 tbsp** extra virgin olive oil
- 4 strips** anchovy filets, mashed
- 2 lbs** shrimp
- ½ cup** green onions, thinly sliced
- 3 cloves** garlic, minced
- 1 cup** concentrated fat-free low sodium chicken stock
- 1 cup** evaporated skim milk
- ½ cup** 1% low fat milk
- 2 tsp** Italian seasoning
- ½ tsp** crushed red pepper flakes
- ⅛ tsp** nutmeg, freshly grated
- 3 tsp** cornstarch + ¼ cup water
- 1 lb** broad egg noodles cooked al dente
- ½ cup** green peas
- ½ cup** parmesan cheese, grated
- cup** parsley, finely minced

- 1** In a 12" straight sided skillet or frypan, bring the olive oil to high heat and gently whisk in the mashed anchovies (but without burning the anchovies). Then, when the mixture is uniformly combined, drop in the peeled and deveined shrimp and quickly sauté them over high heat until they become slightly toasty on both sides. This only takes a minute or two. At this point, remove the shrimp from the pan and set them aside momentarily.
- 2** Next, to the very same skillet, with the fire still set on high, cook down the green onions and the garlic until they soften.
- 3** Then begin making your sauce by blending together the chicken broth, the evaporated skim milk, and the low-fat milk. Ideally the chicken broth is first reduced to about half of its original volume to concentrate the flavor, then both the evaporated and the low-fat milk are poured into the pan to begin the slow-cooking "marrying" process. The best way to do this is to cut back the heat to "low" and begin "cooking down" everything in the pan. As the moisture evaporates, the sauce will begin to thicken. But to thicken the mixture even further, briskly stir in the cornstarch mixture while the sauce gently boils. Of course, it's always best to season the sauce with the Italian seasoning, red pepper flakes, and the nutmeg before heading off in another direction.
- 4** When you're ready to eat, fold the shrimp into the sauce you've made, drop in the precooked broad egg noodles, and toss everything together well to thoroughly coat it. Then serve the finished dish in deep soup bowls, liberally garnish with the green peas, parsley and Parmesan cheese.

Frank's Lightside Shrimp Ditalini

Frank's Lightside Shrimp Ditalini

COURTESY OF FRANK DAVIS

INGREDIENTS

- 3-4 lbs** fresh shrimp, 36-40 count
- 3-4 cans** of Swanson's low sodium chicken broth
- 2 tbsp** extra virgin olive oil
- 2 cups** onions, finely chopped
- 1 cup** celery, finely diced
- 2 tbsp** garlic, finely minced
- 2 cups** fresh mushrooms, sliced
- 1 pint** 1% milk
- ½ cup** light sour cream
- 1 tsp** Italian seasoning
- 2 tsp** Creole seasoning
- 1 lb** ditalini pasta (or other short pasta), cooked al dente
- Gravy flour as necessary to thicken sauce
- ½ cup** green onions, thinly sliced
- ¼ cup** fresh parsley finely minced
- 1 cup** Parmesan cheese, grated or shredded
- Black pepper to taste

- 1** First in a heavy 4-quart Dutch oven, bring the chicken broth to a rolling boil. Then drop in the shrimp – unpeeled shells and all – and poach them in the broth for about 2 minutes or until they shells split and turn pink. At that point, remove the shells from the broth to cool, but save the broth. The most important part of this step is not to overcook the shrimp. When they are pink, they are done.
- 2** Once the shrimp are poached, you're ready to begin sautéing the base ingredients. In another Dutch oven or heavy skillet, heat the olive oil and stir in the onions, celery, garlic, and mushrooms. Cook them over high heat until they wilt and clarify (being careful to not let the garlic burn). Then when the veggies are soft, pour in the milk, and reserved broth, and season the mixture with the Italian and Creole spices.
- 3** Next stir in the sour cream and begin sprinkling on the gravy flour, whisking as you add to keep the flour from balling and lumping. As the mixture cooks, it will thicken into a rich cream-style French roux (actually more like a country gravy). Your cooking time for this step should be something like 15-20 minutes (stirring constantly) to achieve flavor intensity.
- 4** While all this sauce making is going on, you should boil the pasta to the al dente stage, cooked but still firm to the tooth. When it's ready, drain it, toss it with a little extra virgin olive oil to keep the pieces from sticking together, and set it aside.
- 5** When you're ready to eat, fold the pasta into the hot gravy and blend in the shrimp, green onions, the parsley, the Parmesan cheese, and the black pepper. When uniformly mixed together, the pasta will take on the consistency of a rich, creamy Alfredo-type dish that is full of all the intrinsic flavors.

Frank's Gourmet Griddled Shrimp Po-Boy

COURTESY OF FRANK DAVIS

INGREDIENTS

¾ cup extra virgin olive oil

1 tbsp garlic powder

1 tbsp Cajun seasoning

1 tsp onion powder

1 tsp balsamic vinegar

¼ tsp Tabasco Sauce

2 large onions, medium-sliced

1 large bell pepper, shredded

3 lbs medium shrimp, peeled and deveined

3 whole lemons, sliced in halves

Hot baked French bread

Tomatoes, sliced

Iceberg Lettuce, shredded

Hellman's Low-Fat Mayonnaise

- 1 First place a heavy griddle either on the kitchen rangetop or outside on the grate on a barbecue grill. Then lightly rub the griddle surface with a sparse coating of vegetable oil (or spray it liberally with Pam) to keep the shrimp from sticking.
- 2 Next, while the griddle is heating up, whip together with a wire whisk the olive oil, garlic powder and Cajun seasoning, onion powder, balsamic vinegar, and Tabasco sauce. Once mixed, ladle a couple of tablespoons of the mixture over the peeled shrimp, toss them thoroughly, cover them with plastic wrap, and allow them to marinate on the countertop for about an hour (Longer if in the refrigerator.)
- 3 In the meantime, while the shrimp are marinating, place the onion slices and the bell peppers onto the griddle and cook them until they are caramelized. Here's a hint: I recommend you slide the onions and the bell peppers all over the griddle as they cook – this seasons the surface and flavors the shrimp when you place them on to cook.
- 4 When the onions and peppers are done, begin dropping the shrimp onto the griddle a few at a time. But there are a few rules to follow to get them to come out perfect.
 1. Don't overcrowd them or stack them on top of each other.
 2. As they cook, keep them moving on the griddle so they sear rather than sweat.
 3. Dab them several times with the olive oil mixture on a pastry brush as they cook. I also recommend you squeeze a little fresh lemon juice over them on the griddle. But don't use too much.
 4. Don't overcook them. Remember you are cooking them very hot, which means you are cooking them very fast. As soon as the shrimp turn pink and toasty along the edges, they are done.
- 5 All that is left is to cut a po-boy out of a French bread loaf, slather up one side of the bread with mayo and the other side with a little of the olive oil mix, lay in the griddle shrimp, a ring or two of the onions, a strip or two of the bell peppers, a couple of slices of tomato and a handful of shredded lettuce, put both halves together and enjoy.

Frank's Gourmet Griddled Shrimp Po-Boy

Frank's Famous Shrimp Boiled Butter

COURTESY OF FRANK DAVIS

Easier to prepare than boiling, lighter and more succulent than barbequing, all the flavor and goodness of "scampi", and finger-licking good hot or cold... this shrimp dish will get you rave reviews. You're gonna love this! Especially the part about soppin up the sauce with hot, fresh, French bread! And believe it or not – it's not oily!

INGREDIENTS

- 1 lb** real butter (or oleo margarine)
- 1 cup** coarsely chopped green onions
- 1 cup** coarsely chopped bell peppers
- 1 cup** coarsely chopped celery
- 1 cup** coarsely chopped onions
- 8 cloves** finely minced garlic
- 5 lbs** headless shrimp (21-25 count)
- 1 tbsp** salt
- 2 tsp** black pepper
- 1 tsp** cayenne
- 3 tbsp** sweet basil
- 2 tbsp** paprika
- 1/3 cup** white wine
- Juice of one lemon
- 1/2 cup** finely chopped parsley

- 1** Start by preheating an 8-quart, heavy aluminum or cast iron Dutch oven over medium-high heat. Then toss in the butter and melt it down until it starts bubbling and foaming – but do not let it burn!
- 2** Next, turn up the heat to high, add all of the chopped vegetable seasonings (except the parsley) and stir them rapidly – and continually – into the melted butter for about 4 minutes. You will notice that as the ingredients cook, the yellow tint of the butter will turn to a pale green color. That's the vegetable butter base. It's what makes the dish so savory!
- 3** Now drop in the raw shrimp, along with the salt, pepper, sweet basil, paprika, wine, and lemon juice. And immediately stir everything together into the vegetable-butter mix so that every single shrimp is thoroughly coated. I suggest you stir for at least three minutes. Then once the shrimp are coated, cover the Dutch oven and cook – still on high heat! – for about three to five minutes or so.
- 4** The next time you uncover the pot, you will notice a sauce beginning to form – this is natural shrimp juice mixing with the vegetable butter. Stir again... and when you have everything mixed, taste the sauce for seasoning and make whatever adjustments you want. Now, cover the pot once more and cook for another three to five minutes (or until you begin to see the shrimp meat breaking away from the shells). Hint: a slight air-space will form along the dorsal (upper) part of the shrimp. That's your best indicator that they're done. Don't overcook or the shells will stick and the shrimp will be hard to peel!
- 5** Finally, remove the pot from the heat, put the cover back on, and let the shrimp "steep" for about 10 minutes in the sauce to pick up the full flavor of the seasonings before you serve them.

Frank's Famous Shrimp Boiled Butter

Frank's Toasted Fish

COURTESY OF FRANK DAVIS

This dish is a version of "Blackened Fish," created and modified to be used with any kind of fish – not just redfish! What's more, it doesn't have to be done outdoors... because it produces very little if any smoke, you can do it at home in your kitchen. But best of all, it gives you all the taste and flavor of Cajun Blackened Fish... without all the fuss!

INGREDIENTS

1 12" Teflon or Silverstone Coated skillet

2 tsp margarine per fillet

1 tbsp chopped shallots per fillet

1 tbsp white wine per fillet

- 1** Start off by turning your stovetop or range to high and placing the skillet on the burner. It is essential that this recipe be done in a Teflon or Silverstone-coated skillet to compensate for the small amounts of oils used. Note, too, that the skillet must be heated to "hot" prior to adding the margarine (it's hot enough when a drop of water sizzles of quickly).
- 2** At this point, add the margarine for each fillet you're gonna cook, swish it around in the pan to coat the bottom, and drop in the shallots (stirring them in quickly and coating them for about a minute or so. Then add the fish and let them cook until the margarine begins to turn them a "toasty" color and the upper edges begin to turn opaque.
- 3** When they're done (gently lift them up with a spatula to see) flip them over and cook the other side. It is best to turn the fillets only once – otherwise they may break apart. Your fillets will be ready to serve when the meat flakes easily with a fork. Keep in mind that all this time they're cooking on "high."
- 4** Then when you're ready to serve them, add your white wine and swish the fillets back and forth in the pan until the alcohol burns off (about a minute or two) and the wine flavor is absorbed by the fillets.

Frank's Toasted Fish

Chef's Notes: You can also add bourbon and cognac instead of wine to vary the flavor. Experiment with them and treat your taste buds. I also suggest you top each fillet with some thinly-sliced onions and a few drops of fresh lemon juice.

Frank's N'Awlins Baked Flounder with Shrimp Stuffing

COURTESY OF FRANK DAVIS

INGREDIENTS

- 1 flounder** 2-3 lbs, scaled, cleaned and deboned
- 1 stick** real butter
- 2 cups** onions, diced
- 1 cup** celery, diced
- 2 cloves** garlic, minced
- ¼ cup** bell pepper, finely chopped
- ½ cup** fresh mushrooms, sliced
- 1 lb** shrimp, peeled
- 1 cup** shrimp stock from heads and shells
- 2** bay leaves
- ¼ cup** parsley, finely chopped
- Juice of lemon
- 2 cups** French bread, cut in chunky cubes
- ½ cup** French bread crumbs
- 1** raw egg
- 2 tsp** seafood seasoning
- Salt and black pepper to taste

- 1** Sprinkle the fish lightly with salt and pepper (plus a little dash of your favorite seafood seasoning), rub it down with a tablespoon or so of butter and squeeze on a little lemon juice. Now set it all aside till you make the stuffing.
- 2** In a skillet or small Dutch oven, melt down the butter until it begins to foam. Then toss in all the seasoning vegetables (plus the mushrooms) and cook them over medium heat until they wilt.
- 3** At this point, quickly stir in the shrimp – but cook them only until they begin to turn pink. Once they turn, add the parsley, lemon juice, bay leaves, bread crumbs, bread chunks, and shrimp stock. And cook the entire mix for three more minutes. That's all. Be careful that you don't overcook the shrimp.
- 4** Now take the pot off the burner, season with salt and pepper (and maybe a little more of the seafood seasoning), and quickly stir in the raw egg. You got to do this quickly, otherwise the egg is going to scramble. So set the stuffing aside for a moment.
- 5** Stop right now. Set the oven to 375 degrees and take the shallow baking pan you're gonna bake the flounder in and put it in the oven to preheat it. (Trick: that's how you get the bottom of the flounder to cook as nicely as the top.)
- 6** When the stuffing has cooled almost to room temperature, begin stuffing it back into the fish...but don't overstuff. You just want to pack it full.
- 7** Then carefully remove the hot baking pan from the oven and place the stuffed fish into it. Brush it liberally with melted butter, top it with several thin slices of fresh lemon and bake the flounder for 25-30 minutes or until brown and ready to burst open.

Frank's N'Awlins Baked Flounder with Shrimp Stuffing

Frank's Low-Fat Crispy Baked Catfish

COURTESY OF FRANK DAVIS

INGREDIENTS

8 pond-raised catfish fillets (4 oz size)

2 large cartons Egg Beaters

½ cup low-fat milk

4 cups Kellogg's Corn Flakes

4 cups Reising's French Bread Stuffing Mix

4 cups Zapp's Regular Potato Chips

1 cup Parmesan Cheese, grated

4 tsp creole seasoning

1 can butter-flavored Pam

1 bottle I Can't Believe It's Not Butter spray

- 1 First, preheat the oven to 450 degrees. Then thoroughly wash the catfish fillets under cold running water to remove any trace of excess fish oils which may have accumulated on the surface. Next, if necessary, slice the fish lengthwise to produce uniform fillets which weigh approximately 4 to 6 ounces each – remember, thick chunky pieces of fish will not bake thoroughly in the oven, which means they won't come out crispy.
- 2 Meanwhile, in a large bowl, completely blend together the Egg Beaters and the low-fat milk. Then transfer the fish to the eggwash and allow the fillets to marinate for a few minutes while you combine the ingredients to create the coating mix
- 3 The best way to do that is to take a gallon-size Ziploc bag and add to it the corn flakes, the stuffing mix, the potato chips, the Parmesan cheese, and the seasoning. Then using a rolling pin, crush the ingredients inside the bag and jostle them around until the mixture blends uniformly and becomes both fine and coarse in composition at the same time. In other words, you want some of the mix nice and fine, but you want the rest of it kinda chunky to give the coating some body.
- 4 At this point, it's time to remove the fish from the eggwash. First, liberally spray a large cookie sheet (or sheet pan) with Pam. Then, one at a time, dredge the fillets in the coating mix. (By the way, I suggest you use your hands to press the mixture onto the surface of the fillets to form a full rather thick crust.) As each piece of fish is coated, shake off the excess crumbs, place it on the sheet pan, and then generously douse it with "I Can't Believe It's Not Butter" spray.
- 5 When all the fillets have been done (just try not to crowd them together), slide the pan into the upper third of the oven and bake the batch for about 8 to 12 minutes or until the coating turns into a crispy golden brown. To get an even richer coating on the fish, you might want to spray them one more time while they're cooking.

Of course, the fillets are best (and crunchiest) served piping hot right from the oven.

Frank's Low-Fat Crispy Baked Catfish

Chicken Fricassee

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- 8** skinless, bone-in chicken thighs
- 2 tbsp** Creole seasoning
- ½ cups** all-purpose flour
- 2 tbsp** olive oil
 - 1** medium onion sliced
- 2 cups** baby portabello mushrooms, quartered
- 2 cups** carrots, peeled and cut
 - 1 cup** coarsely chopped leek
- 2 cups** chicken stock
- ½ cup** dry white wine
- ¼ cup** heavy cream
- 2 tbsp** Creole seasoning
- 1 cup** asparagus, trimmed and cut into 1-inch pieces (about 1 cup)
 - Green onions and parsley to garnish

- 1** Pat chicken dry and sprinkle with Creole seasoning. Place flour in a large Ziploc plastic freezer bag; add chicken to bag. Seal bag and toss to coat with flour. Heat oil in a 12-inch cast-iron skillet over medium-high. Remove chicken from bag, reserving flour in bag. Shake excess flour mixture from chicken and place in skillet. Cook chicken until deep golden brown, 4 to 5 minutes per side. Remove chicken to a plate and keep warm.
- 2** Add onions, and mushrooms to drippings in skillet; cook, stirring often, until beginning to brown, about 4 minutes. Add carrots and leek; cook about 3 minutes. Add 2 tablespoons of the reserved flour; cook, stirring constantly, about 1 minute. Add chicken stock and wine; cook, stirring often, until sauce thickens slightly, about 6 minutes. Stir in cream and Creole seasoning; add chicken, nestling chicken into sauce mixture.
- 3** Cover, reduce heat to medium-low, and cook until sauce has thickened slightly and chicken is almost cooked through, about 15 minutes. Uncover and sprinkle with asparagus. Cover and cook until chicken is cooked through and asparagus is tender-crisp, about 10 minutes

Chicken Fricassee

Light and Summery Chicken Parmesan

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- ¼ cup** flour
- 1** large egg, lightly beaten
- 1 cup** Italian breadcrumbs
- 4 4oz** chicken breast, pounded thin
- 2 tbsp** Creole seasoning
- 1 tbsp** garlic powder
- 2 tbsp** olive oil, divided
- Cooking spray
- 1 cup** Parmesan cheese, grated
- 2 tbsp** butter
- ½ cup** onion sliced thin
- 1 cup** portobello mushroom, diced
- 1 cup** zucchini, chopped
- 1 cup** cherry tomatoes, halved
- 2 cloves** garlic, thinly sliced
- ¼ cup** fresh basil, chopped
- 1 tbsp** fresh thyme
- Parsley to garnish

- 1** Preheat broiler with oven rack in middle position. Place flour, egg, and breadcrumbs in separate shallow dishes. Season chicken with 1 tbsp Creole seasoning. Dredge chicken in flour, dip in egg and dredge in breadcrumbs.
- 2** Place 1 tbsp olive oil in a large skillet over medium-high. Add 2 cutlets, cook 1 minute on each side. Place on a baking sheet coated with cooking spray. Repeat with 1 Tbsp. olive oil and remaining cutlets.
- 3** Top cutlets with cheese; broil 1½ minutes. Melt butter in skillet. Add onion, sauté 3 chopped minutes. Add remaining Creole seasoning, mushrooms, zucchini, tomatoes, garlic, basil, and thyme. Sauté 4 minutes. Serve with chicken, and top with parsley.

Light and Summery Chicken Parmesan

Frank's Low-Fat Oven Fried Crispy Chicken

COURTESY OF FRANK DAVIS

INGREDIENTS

- ½ cup** skim milk
- 1 carton** Egg Beaters egg substitute
- 1 tsp** no salt seasoning
- 3 cups** Kellogg's Corn Flakes, crushed
- 3 cups** French Bread crumbs, seasoned
- 2 tbsp** Frank Davis Bronzing Mix
- 1 tsp** thyme or poultry seasoning
- 2 tbsp** paprika
- 3 tbsp** rosemary, crushed
- 1 can** Pam or Canola Oil Spray
- 2 tbsp** extra virgin olive oil
- 6** deboned chicken breasts

- 1** The trick to getting this oven-frying recipe just right is to have everything ready in advance. Because if you have to keep interrupting yourself to collect and prepare ingredients as the dish comes together, the chicken is not going to develop the crispiness you're looking for.
- 2** First, preheat the oven to 400 degrees and place the top rack in the upper two-thirds of the oven. Then, in a bowl large enough to dip the chicken pieces, vigorously whip together the skim milk, the Egg Beater, and the No-Salt seasoning until the mixture turns frothy.
- 3** Next in a 10x12 baking pan, mix together the cornflake crumbs and the French bread crumbs. Then uniformly blend in the bronzing mix, the thyme, the paprika, and the rosemary. (I suggest you crush the rosemary in the palm of your hand before adding it to the crumbs.) When it's all thoroughly mixed, set it aside momentarily alongside the egg wash.
- 4** At this point, take the shallow baking sheet you're going to use for oven-frying the chicken and spray it generously with Pam. Then evenly pour the olive oil on top of the Pam and, with a pastry brush, spread the oil out uniformly over the sheet. Set it aside too.
- 5** When you're ready to cook, skin and wash the chicken, removing all traces of fat from each breast, and pat them dry with paper towels. Then dip them first into the egg wash and then into the crushed cornflakes, taking time to be sure that each piece of chicken is thoroughly coated in the battering mixture. When the breading procedure is complete, place the breasts on the baking sheet, but do not let them touch each other.
- 6** All that's left now is to slide the chicken into the oven and bake it for about 45 minutes or until a crisp crust forms. You'll be rather surprised at just how crispy and crunchy the end result really is. And the blends of herbs and spices should please the most discriminating taste buds – even though you have added no salt to the dish.
- 7** This dish is always best when eaten directly from the oven. Once it's allowed to stand at room temperature for a while, or even when it's served reheated after a time in the refrigerator, it completely loses its crispiness.

Frank's Low-Fat
Oven Fried Crispy Chicken

Praline Bacon

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

1 lb thick cut bacon

1 cup brown sugar

½ cup pecan pieces

- 1** Preheat oven to 350 degrees
- 2** Place bacon strips on a baking sheet lined with parchment. Bake for about 10-12 minutes until bacon fat is rendering. Remove from oven, drain fat and reserve for later use.
- 3** Combine the brown sugar and pecans.
- 4** Coat the bacon slices generously with the pecan topping. Return to oven and continue to bake until bacon is crispy, about 6-10 minutes. Remove and cool. Serve in strips or as a crumbled topping on baked potatoes and even donuts.

Praline Bacon

Peanut Butter Pralines

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

1½ cups cups tightly packed
light brown sugar

1½ cups sugar

½ cup evaporated milk

4 tbsp unsalted butter

2 cups pecans

1 tbsp smooth peanut butter

- 1** In a medium heavy-bottom saucepan, combine sugars, evaporated milk, and butter. Bring to a boil over medium heat stirring with a wooden spoon until fully melted, about 10 minutes.
- 2** Add pecans carefully and stir to fully coat. Once temperature reaches about 228 degrees, remove from heat and place pan on a protective surface. At this point, the mixture will continue to heat a bit reaching about 235-240 degrees before beginning to cool. Let stand for 2 minutes, and stir in peanut butter until completely incorporated.
- 3** Drop approximately a tablespoon of the mixture at a time on parchment paper. Pralines will settle into the circular shape.
- 4** Let cool and try to exercise self-control (although when there are warm pralines, self-control doesn't seem to be available).



Peanut Butter Pralines



Chocolate Cobbler

Chocolate Cobbler

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

- ½ cup** 1 stick butter
- 1½ cups** granulated sugar
- 3 tbsp** unsweetened cocoa powder
- 2 cups** self-rising flour
- 1 cup** whole milk
- 2 tsp** vanilla extract

Chocolate Cobbler Topping

- 2 cups** granulated sugar
- ½ cup** unsweetened cocoa powder
- 3 cups** boiling water

ice cream for serving like vanilla although we like mint chocolate chip or cookie dough (optional, but makes it even better)

whipped cream and cherries too (optional but delicious!)

- 1** Preheat the oven to 350° F.
- 2** Place butter into a 9x13 baking dish and into the oven to melt. Remove from the oven and set aside.
- 3** Mix together the sugar, cocoa powder, flour, milk, and vanilla extract for the batter. Spoon the mixture into the baking dish on top of the melted butter but do not stir
- 4** In a separate bowl, mix 2 cups sugar and ½ cup cocoa powder. Sprinkle this topping mixture on top of the batter. Pour the boiling water over topping but do not stir.
- 5** Bake for 35 to 40 minutes or until top is set. The bottom of the cobbler will still be a little loose. Cool for 15 to 20 minutes.
- 6** Top with ice cream flavor of your choosing and/or whipped cream (both optional) and serve.

Super Duper Easy Powdered Donuts

COURTESY OF CHEF KEVIN BELTON

INGREDIENTS

1 roll of biscuits (use the plainest biscuits you can find. Try not to use flaky or butter flavored)

8 cups vegetable oil
Powdered Sugar

- 1** Heat oil in a Dutch oven or large skillet with high sides over medium-high heat until temperature reaches 350 degrees. (Oil should be 1 ½-2 inches deep). Open biscuit container. If any of the biscuits look irregular, gently pat them down to even rounds and even thickness. Cut out doughnut hole center.
- 2** Add half of the doughnuts and fry until the bottoms turn golden brown, about 1 ½ minutes for small doughnuts and 2 to 2 ½ minutes for large doughnuts. Using chopsticks or long fork, turn the doughnuts and holes and fry for until golden brown, 1 to 2 minutes longer.
- 3** Transfer doughnuts to a paper towel-lined plate and allow to cool slightly, 5 minutes before dipping in powdered sugar.

Super Duper Easy
Powdered Donuts



Vegan Stew

courtesy of Humana & Chef Nino

- 4 tablespoons** olive oil
- ¼ teaspoon** crushed red pepper
- ¼ teaspoon** dried oregano
- 1 teaspoon** curry powder
- 1 teaspoon** tumeric powder
- 1 pound** mushrooms of choice, sliced thin
- 1** medium onion, slivered
- 6** garlic cloves, diced finely
- 1 pound** cherry tomatoes
- 1 cup** water
- 2** bell peppers, seeded and slivered
- 1** jalapeno, seeded and slivered
- 1 tablespoon** fresh grated ginger root

- salt and black pepper to taste**
- ½ can** coconut milk
- 10** basil leaves, shredded

In a medium sauce pan over medium heat... add olive oil crushed red pepper, oregano, curry powder, tumeric powder, garlic, jalapeno, and ginger, sautee for about 5 minutes. Add onion, bell pepper, mushrooms, and cook for about 15 minutes or for your own desired consistency. Add cherry tomatoes and water cook for another 15 minutes to soften tomatoes and reduce liquid to thicken up the stew. Add coconut milk, salt and pepper bring to boil and take off heat... add basil leaves and stir.



Cajun Skillet Crowder Peas

courtesy of Humana & Chef Nino

- 1 pound** dried crowder peas (cooked according to instructions on bag) or **4 cans**, drained and rinsed
- 4 cups** chicken broth low sodium
- ½ pound** smoked sausage diced in small cubes (turkey reduced sodium)
- 1 pound** turkey bacon cooked drained and crumbled
- 1** small yellow onion, diced
- 1** red bell pepper, diced
- 4 cloves** garlic, minced
- Salt and pepper as needed**
- Green onions and Parsley to garnish, cut finely**

Heat a 12 inch black iron skillet over medium heat. Add sausage, cook until browned. Remove sausage, add bacon and cook until crisp. Drain liquid drippings. Leave a couple of teaspoons in skillet and add onion, garlic, and bell pepper. Cook for about 10 minutes on high or to desired doneness. Add cooked bacon and sausage, broth and cooked beans. Let simmer on low for about 1 hour



South of the Border Shrimp

courtesy of Humana & Chef Nino

2 pounds Rouse's Wild Caught Louisiana Shrimp

1 tablespoon ground cumin

1 tablespoon chili powder

½ tablespoon granulated garlic

¼ teaspoon kosher salt, or to taste

¼ teaspoon cayenne pepper, or to taste

¼ teaspoon cracked black pepper, or to taste

½ cup soy sauce

½ cup olive oil

1 tablespoon tomato paste

1 teaspoon light brown sugar

2 cups Quinoa, measure it out and then cook it according to instructions on bag
(will make about 4 cups when cooked)

Combine all ingredients (except Quinoa) in a small mixing bowl and mix completely. Place shrimp into marinade and let marinade for 1 hour turning occasionally. Sear on hot grill or skillet for about 5 minutes until shrimp break in two easily with fork!!!! Serve over cooked Quinoa.



Tropical Quinoa Salad

courtesy of Humana & Chef Nino

2 cups Quinoa cooked according to instructions on bag

½ cup sesame oil

4 tablespoons reduced sodium soy sauce

juice of 2 limes and zest

1 ripe mango peeled and cut to ⅛ inch pieces

1 cup fresh pineapple cut to ⅛ inch pieces

1 cup fresh vine ripened cherry tomatoes, quartered

½ small red onion, peeled and cut paper thin to slivers

½ cup dried cranberries, cherries or raisins

½ cup chopped nuts of choice

In a small mixing bowl combine the ½ cup sesame oil , 4 tablespoons reduced sodium soy sauce, and juice of 2 limes and zest. Mix completely. In a separate mixing bowl combine the mango pieces, pineapple pieces, cut tomatoes, cut onion, dried fruit and chopped nuts. Mix completely. Add Quinoa to the mango pieces, pineapple pieces, cut tomatoes, cut onion, dried fruit and chopped nuts. Mix completely. Top with the sesame oil mixture.



Summertime Refreshing Tuna

courtesy of Humana & Chef Nino

- 4 cups quinoa** cooked according to instructions on bag
- 1 12 oz jar Rouses Olive Salad** (half drained)
- 1 pound** canned tuna packed in water
- ½ pound** Provolone Cheese Sliced into 1/4 inch pieces
- ½ cup** shredded Parmigiana Reggiano Cheese
- 4 tablespoons** of Olive Oil Mayo
- ¼ cup** Red Wine Vinegar
- 1 teaspoon** dried Italian Herbs
- 1 small** Red onion, thinly sliced

Stir together, Mayo, Red Wine Vinegar, and Italian Herbs in a large glass bowl. Add quinoa, onion and olive salad. Stir well. Add tuna, parmigiana Reggiano cheese and provolone cheese, stirring after each ingredient. Mix well and let sit covered in refrigerator until cold.



Easy Healthy BBQ Chicken Tacos

courtesy of Humana & Chef Nino

- 2 pounds** defrosted and heated Tyson grilled and ready chicken strips
- 6 tablespoons** ketchup
- 1 tablespoon** Apricot or peach preserves
- 2 tablespoons** cider vinegar
- 2 teaspoons** Worcestershire sauce
- ½ teaspoon** chili powder
- 1 ½ teaspoons** paprika
- ¼ teaspoon** dry mustard
- ¼ teaspoon** salt
- 12** corn taco shells

In a medium mixing bowl, add together ketchup, preserves, vinegar, Worcestershire sauce, chili powder, paprika, dry mustard, and salt. Mix together until all is smooth. Spoon over chicken strips and add to taco shells.



Tailgate Texas Caviar

courtesy of Humana & Chef Nino



Shrimp & Vegetable Stir Fry

courtesy of Humana & Chef Nino

- 1/2 white onion, finely chopped
- 1/4 red bell pepper
- 1/4 yellow bell pepper
- 1/4 green bell pepper
- 1/4 orange bell pepper
- 1 bunch green onions, finely chopped
- 1/2 bunch fresh cilantro, chopped
- 2 jalapenos, finely chopped
- 1 tablespoon granulated garlic
- 1 tablespoon ground cumin
- 1 pt Cherry tomatoes, finely chopped
- 1 can black beans, drained
- 1 can black eyed peas, drained
- 1 can white corn, drained
- 1 cup first cold pressed olive oil
- 1/3 cup red wine vinegar
- 1 teaspoon Italian herb blend dry
- 1/2 lemon, juiced

- 1 pack 12 oz. Vegetable Stir Fry (found in produce dept.)
- 1 teaspoon fresh minced ginger root
- 1 teaspoon fresh minced garlic
- 2 tablespoons olive oil
- 1 tablespoon sesame oil
- 1 tablespoon soy sauce
- 1 pound Rouse's Wild Caught Louisiana Shrimp , Peeled , cleaned and deveined
- 1 pound Jazzmen rice, cooked

In a medium mixing bowl combine first 14 ingredients, and mix completely. To make dressing, in a separate small mixing bowl place olive oil and pour slowly and whisk briskly red wine vinegar for about 2 minutes, once thickened add lemon juice and Italian herbs. Whisk again until all is incorporated. Pour liberally over Texas caviar.

In a medium sauté pan over medium heat place olive oil, ginger and garlic and cook for 2 minutes until just starting to brown. Add & Vegetable Stir Fry, stirring constantly for 5 minutes. Add Sesame oil and soy sauce and cook about 3 minutes or until texture consistency is achieved for your taste and preference. Remove from wok or skillet, and add shrimp and sautee for 5 minutes on high until shrimp are cooked. Add vegetable stir fry to shrimp and stir and cook for another 5 minutes. Spoon over cooked rice



Pineapple & Pork Stir Fry

courtesy of Humana & Chef Nino

- 1 whole peeled pineapple, cut to ½ inch squares**
- 1 pork tenderloin, cut to ½ inch squares**
- 1 cup reduced sodium soy sauce**
- 2 tablespoons sesame oil**
- ½ cup dark brown sugar**
- 1 teaspoon ground ginger**
- 2 cloves garlic (more if you like)**
- sea salt (as needed, the soy sauce has plenty sodium)**
- ½ teaspoon black pepper**
- juice and zest of 1 lime**
- 2 tablespoons cilantro, cut finely**
- ¼ cup unsweetened coconut flakes**
- 4 green onion stems**

In a medium mixing bowl, combine: soy sauce, sesame oil, brown sugar, ground ginger, garlic, salt, black pepper, lime juice, lime zest, cilantro, coconut flakes and green onions. Place pork pieces in mixture and mix completely. Cover and refrigerate for 1 hour. In a wok or hot skillet, add marinated pork and sauce and cook on high for about 5 minutes or until pork is seared and not pink in the middle. Remove cooked pork and cook pineapple pieces in cooked pork sauce, on high for about 5 minutes until a light sear is achieved. Add cooked pork to skillet with pineapple pieces. Mix together and serve over cooked rice.



Cajun Sausage & Potato Sauté

courtesy of Humana & Chef Nino

- 3 tablespoons olive oil**
- 4 potatoes, peeled and chopped to ¼ inch dice (for quicker results boil potatoes for 10 minutes before)**
- 1 package of Andouille sausage (90/10), sliced very thin**
- 1 red pepper, diced**
- 1 green pepper, diced**
- 1 red onion, diced**
- 1 cup mushrooms of choice**
- 2 garlic cloves, minced**
- ½ bunch green onions, finely chopped**
- 2 tablespoons Italian Flat Leaf Parsley, finely chopped**
- salt and pepper to taste**
- serve over rice or quinoa**

Heat 2 tbsp of the olive oil in a cast iron skillet over medium heat. Add the sliced sausage to skillet. Cook a few minutes, per side, until heated and browned. Remove from skillet. Add the chopped potatoes and cook until done, about 7 to 10 minutes. While the sausage is cooking, heat the 1 Tbsp olive oil in another skillet and cook the peppers, onions, mushrooms and garlic together. Cook until tender, but still a little crisp, about 5 to 7 minutes. Season the potatoes and sausage with salt and pepper to taste. Stir around. Add the peppers, onions, mushrooms and garlic to the skillet with the sausage and potatoes and stir to combine. Add green onions and parsley. Serve over rice or Quinoa.



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

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

New Orleans Pantry Stock List

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



Humana

