Good Stuff from Our Kitchen

Lee C. Adkins and Kathy Adkins

September 24, 2018
Preface

In February 1995, I started putting together this cookbook. Kathy (the main food tester and critic) and I (head cook and bottle washer) wanted to write down all of the commonly used recipes that have been gathering in our recipe archives. You know the kind I’m talking about, card files that contain cryptic, food stained notes passed along to us by our friends and families. By April, I had started to include new recipes that we tried and liked. So, the outcome of our ‘little’ project has turned into this book that documents many of the wonderful foods that we have cooked and enjoyed since then. Bunny and I hope that you will try a few of these and think of us as you enjoy them. Of course, if you try something and don’t like it, then think of someone else.

Feel free to modify any of these as you like and to pass along the ones you like to your friends and family. Wherever possible we have tried to cite the appropriate source or inspiration for the recipes included. I hope we haven’t offended those whose recipes we’ve modified and won’t be sued by those whose published recipes we have used so freely.

Here are a few notes on usage. Everything shown in blue is an internal link. Click on it and you will be whisked to page to which the reference refers. This includes every recipe listed in the table of contents and in the extensive index. Items in red are links to other websites. One thing that is not so obvious is that you can also click on the numbered references, disguised in boring black, to get to the reference as listed in the bibliography.

Bunny (a.k.a., Kathy) and I hope you have a great 2017 and beyond. And, keep sending us your favorite recipes so that we can include them in future editions of Good Stuff from Our Kitchen! Also, check out a list of resources to which we often refer.

Lee C. Adkins
Preface to 2018 Edition

I started compiling this 23 years ago when the collection of recipes was quite modest. I’ve been adding things to it and that collection now includes over 280 recipes. The initial volume served two purposes. 1) It allowed me to collect recipes that we liked so that we could remember having them and to document the inspiration so that they could be reproduced. 2) It was also a way for me to learn to use \LaTeX. It still gets used for both purposes.

As my collection grew, problems with the original organization scheme compounded. Each chapter’s recipes were put into one large file. The chapter files were then included to compile the entire book. This now makes maintenance difficult and proper organization nearly impossible. So, this edition fixes a lot that. Each recipe is now resides in its own file and chapter files consist of a set of input statements to bring in each recipe. Its easy to reorganized and move things around without running the risk of killing the recipe itself. A vast improvement.

So, if you used the previous version, you won’t see new recipes, at least not immediately. Some were revised to reflect current practice. The most obvious change to a user is that each recipe now starts a new page. This creates a lot of awkward white space, but it makes printing individual recipes on letter sized paper much more friendly. I’m hoping that the organizational changes to the underlying work will lead to more frequent updates and make it easier for us to use.

Lee C. Adkins
September 24, 2018
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Seasonings & Rubs

Simon and Garfunkel Rub

Source: Meathead Goldwyn [32]

Ingredients:

- 1 tablespoon dried crushed parsley
- 2 tablespoons dried crushed sage
- 1 tablespoon dried crushed rosemary
- 1 tablespoon dried crushed thyme
- 1 tablespoon dried crushed oregano
- 1 tablespoon dried crushed basil
- 1 tablespoon dried crushed bay leaf
- 1 tablespoon ground black pepper
- 1 tablespoon sugar

Mix everything together and pulse in blender or spice mill until you have a powder.

If the food has not been brined, then sprinkle with salt, 1/2 teaspoon per pound.
If it has been brined, then skip the salt. Lightly coat your chicken or potatoes or asparagus or whatever with water, sprinkle on the rub liberally. If time permits, let the seasoned meat sit in the refrigerator for 1 to 3 hours.
Meathead’s Memphis Dust

Source: Meathead Goldwyn [32]

Ingredients:

- $\frac{3}{4}$ cup firmly packed dark brown sugar
- $\frac{3}{4}$ cup white sugar
- $\frac{1}{2}$ cup paprika
- $\frac{1}{4}$ cup garlic powder
- 2 tablespoons ground black pepper
- 2 tablespoons ground ginger powder
- 2 tablespoons onion powder
- 2 teaspoons rosemary powder

For ribs, sprinkle on $\frac{1}{2}$ teaspoon of kosher salt per pound of meat up to 12 hours in advance. For most meats, wet the surface of the meat with water and sprinkle just enough Meathead’s Memphis Dust on to color it. Not too thick, about 2 to 3 teaspoons per side of a slab depending on the size and your preference. For Memphis style ribs without a sauce, apply the rub thick enough to make a crunchy crust. To prevent contaminating your rub with uncooked meat juices, spoon out the proper amount before you start and seal the bottle for future use. Keep your powder dry. To prevent cross-contamination, one hand sprinkles on the rub and the other hand does the rubbing. Don’t put the hand that is rubbing into the powder.
Emeril’s Creole Seasoning Mix

Source: Emeril Lagasse [47]

Ingredients:

- $2 \frac{1}{2}$ tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon ground black pepper
- 1 tablespoon onion powder
- 1 tablespoon ground cayenne pepper
- 1 tablespoon dried leaf oregano
- 1 tablespoon dried leaf thyme

Mix everything together and store in an airtight container.

Note: This seasoning is great on all grilled food. I don’t recommend using it on fried food, however. Also, Emeril now refers to this mixture as Bayou Blast. The marketing continues . . .
Emeril’s Southwest Seasoning Mix

Source: Emeril Lagasse [47]

Ingredients:

- 2 tablespoons chili powder
- 2 tablespoons paprika
- 1 tablespoon ground coriander
- 1 tablespoon garlic powder
- 2 teaspoons ground cumin
- 1 teaspoon ground cayenne pepper
- 1 teaspoon dried leaf oregano
- 1 teaspoon ground black pepper
- 1 teaspoon crushed red pepper

Mix everything together and store in an airtight container.
Reduced Salt Creole Seasoning Mix

Source: Lee

When you are cooking recipes that use a lot of canned products, you need to use a seasoning mix with less salt. This one is very similar to Emeril’s but has less paprika, \( \frac{1}{4} \) less salt, combines white and black pepper, and contains basil. It does not contain onion or garlic powder. Come to think about it, its not very much like Emeril’s at all! Oh well, here it is.

**Ingredients:**

- 1 tablespoon paprika
- 1 tablespoon salt
- 1 tablespoon cayenne pepper
- \( \frac{1}{2} \) tablespoon black pepper
- \( \frac{1}{2} \) tablespoon white pepper
- 1 tablespoon dried leaf oregano
- 1 tablespoon dried leaf thyme
- 1 tablespoon dried basil

Mix everything together and store in an airtight container.
Dry Rub for Ribs

Source: *Cook’s Illustrated* [72]

Ingredients:

- 4 tablespoons paprika
- 3 tablespoons garlic powder
- 3 tablespoons celery salt
- 2 tablespoons salt
- 2 tablespoons packed brown sugar
- 2 tablespoons cumin
- 2 tablespoons ground chiles (mild)
- 1 tablespoon black pepper
- 1 tablespoon cayenne pepper
- 1 tablespoon white pepper
- 1 tablespoon ground oregano
- 1 tablespoon white sugar

Mix ingredients together and store in an airtight container.
Wild Willy’s Number One-derful Rub

Source: *Smoke & Spice* [42]

Ingredients:

- 3 tablespoons paprika
- 1 tablespoon ground black pepper
- 1 tablespoon salt
- 1 tablespoon sugar
- 1½ teaspoon chili powder
- 1½ teaspoon garlic powder
- 1½ teaspoon onion powder
- ½ teaspoon ground cayenne pepper

Combine all ingredients in a small bowl. Mix thoroughly.
Chile Rub

This aromatic mixture can be used in a number of ways. The original recipe called for it to be used as a rub on steak that is sliced thin and used as a filling for tacos. I’ve used it as a base for making ground beef tacos. It certainly tastes better than the stuff you buy in a package.

Source: Jim Peyton [57]

Ingredients:

- 2 tablespoons ancho chile powder
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon kosher salt

- ½ teaspoon ground black pepper
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground allspice
- ⅛ teaspoon ground cloves

Combine all ingredients in a small bowl. Mix thoroughly.
Big Bob Gibson’s Rib Rub

Source: Chris Lilly [48]

This makes enough for 2 slabs of ribs. I use it in conjunction with the Memphis-Style Championship Red Sauce when making ribs, Big Bob Gibson style. Check this blog from Jennifer Yu out. Great pictures and the recipe.

Ingredients:

- 2 tablespoons brown sugar
- 1 tablespoon paprika
- 1 1/2 teaspoons kosher salt
- 1 teaspoon black pepper
- 1/2 teaspoon garlic salt
- 1/2 teaspoon onion salt
- 1/2 teaspoon celery salt
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin

Mix!
Taco Seasoning I

Source: http://allrecipes.com

This makes enough for a pound of ground beef. If you like the stuff that comes in a packet, you’ll love it.

Ingredients:

- 1 tablespoon chili powder
- \(\frac{1}{4}\) teaspoon garlic powder
- \(\frac{1}{4}\) teaspoon onion powder
- \(\frac{1}{4}\) teaspoon crushed red pepper flakes
- \(\frac{1}{2}\) teaspoon dried oregano
- \(\frac{1}{2}\) teaspoon paprika
- \(\frac{3}{4}\) teaspoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper

Mix!
Steak Rub

Source: Elizabeth Karmel, Cooking Light (July 2004)

makes: Enough for 4 small steaks

Simple and surprisingly good. A worthy addition to my arsenal of seasonings.

Ingredients:

- 2 teaspoons black peppercorns
- 1/4 teaspoon dried rosemary
- 1 teaspoon dry mustard powder
- 2 3/4 teaspoon salt
- 1/2 teaspoon granulated garlic

Place peppercorns and rosemary in a spice or coffee grinder; pulse until the pepper is coarsely ground. Combine pepper mixture, dry mustard, salt, and garlic powder; rub evenly over both sides of steaks.
Homemade Chili Powder

Source: Robb Walsh [81]

Makes: $\frac{1}{4}$ cup

Ingredients:

- 5 whole dried ancho chiles (about 2 ounces)
- 1 teaspoon cumin seeds
- 1 teaspoon dried Mexican oregano
- $\frac{1}{2}$ teaspoon garlic powder

Remove the stems and seeds from the anchos and spread the peppers out flat. Reserve the seeds. Place the chiles flat on a comal over medium heat. Being careful not to burn them, lightly toast until they are brittle, then remove and cool. Toast the cumin in the hot comal, stirring and shaking until fragrant. Toast some of the chile seeds, if using for additional heat.

Cut the chiles into small strips with scissors. In a clean coffee grinder, grind the strips in several batches until powdered. Grind the cumin and chile seeds in the coffee grinder. Combine the powdered chile, ground seeds, Mexican oregano, and garlic powder in a mixing bowl. Grind the coarse powder in batches until fine. Store in an airtight container.
Sauces

Creole Sauce

This sauce is served with the rice jambalayas found on pages 325 and 323. It’s pretty fiery so be careful.

Source: Lee – inspired by Chef Paul

Makes: about 3 cups

Ingredients:

- 2 bay leaves
- 4 teaspoons Low Salt Creole Seasoning (page 5)
- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 1 cup peeled chopped tomatoes
- \( \frac{3}{4} \) cup chopped onion
- \( \frac{3}{4} \) cup chopped celery
- \( \frac{3}{4} \) cup chopped green bell pepper
- 2 teaspoon minced garlic
- 1 cup tomato sauce
- 1 \( \frac{3}{4} \) cups chicken stock
- 1 teaspoon sugar
- dash of Tabasco

Melt butter and oil in a large skillet over medium heat. Stir in vegetables. Add seasoning mix, bay leaves, and garlic. Sauté until onions become transparent, stirring frequently. Add the stock, tomato sauce, sugar and Tabasco; bring to a boil. Reduce heat and maintain a simmer for about 20 or 25 minutes, or until the veggies are tender. Remove bay leaves and serve.
Roasted Red Pepper Sauce

Source: Emeril Lagasse [47]

Makes: 2 cups

Ingredients:

- 2 tablespoons olive oil
- 3 medium-large red bell peppers, roasted and cut up
- 1/4 cup coarsely chopped onion
- 2 teaspoons minced garlic
- 1 teaspoon chopped fresh basil
- 1 teaspoon salt
- dash of cayenne pepper
- 3 turns freshly ground black pepper
- 2 cups chicken stock
- 2 tablespoons cream

Combine oil, roasted peppers, onions, garlic, basil, salt, cayenne, and black pepper in a medium saucepan over high heat and cook for 3 minutes. Stir in the stock and the cream and bring to a boil. Reduce heat and simmer, stirring occasionally, for about 8 minutes.

Remove from heat and purée in a food processor for about 2 minutes.
Orange Anaheim Pepper Sauce

Source: Lee Bailey’s New Orleans [8]  
Makes: 1 1/3 cups

This sauce is served with the scrumptious Wasabi Crust Baked Salmon (page 99).

Ingredients:

- 1/3 cup fresh orange juice
- zest from 2 medium oranges
- 1/4 cup dry white wine
- 3 tablespoons white wine vinegar
- 3 tablespoons minced Anaheim pepper
- 2 tablespoons cream
- 1 cup cold unsalted butter
- 1/4 teaspoon salt
- pinch of white pepper

In a small nonreactive pot place juice, zest, wine, and vinegar. Over high heat, reduce the mixture until syrupy, about 10 minutes. Remove the pot from the heat and add pepper and cream. Whisk in butter a bit at a time until all is incorporated. Sprinkle in salt and pepper, seasoning to taste.
Taco Sauce

Source: Beverly Leestma www.themakeyourownzone.com/

makes: 1 $\frac{1}{2}$ cups

This tastes very similar to Ortega taco sauce.

Ingredients:

- 8 oz can of tomato sauce
- $\frac{1}{4}$ cup water
- 1 tablespoon white vinegar
- $\frac{1}{4}$ teaspoon sugar
- $\frac{1}{4}$ teaspoon chili powder
- 1 teaspoon cumin
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{3}$ teaspoon paprika
- $\frac{1}{3}$ teaspoon cayenne pepper
- $\frac{1}{2}$ teaspoon lemon pepper seasoning

Combine all ingredients and put in jar or other storage container. Keep in the refrigerator. Best if able to set for a few hours before using to let the flavors mingle.
Enchilada Sauce

Source: Emeril on FoodTV

Makes: $2 \frac{1}{2}$ cups

Ingredients:

- 3 tablespoons vegetable oil
- 1 tablespoon flour
- $\frac{1}{4}$ cup chili powder
- 2 cups chicken stock
- 10 ounces tomato paste
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon oregano
- 1 teaspoon ground cumin

Heat oil over medium heat, stir in flour with a wooden spoon. Cook for 1 minute. Add chili powder, cook 30 seconds. Add the remaining ingredients, bring to a boil, reduce heat to low and simmer for about 15 minutes or until smooth.
Tortilla Sauce

- 8 6-inch corn tortillas
- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1 tablespoon minced garlic
- 1 teaspoon minced fresh jalapeño pepper
- 1 teaspoon Emeril’s Southwest Seasoning Mix (page 4)
- 1/2 teaspoon salt
- freshly ground black pepper to taste
- 4 cups chicken stock
- 1/4 cup heavy cream
- 1/2 cup grated jalapeño flavored jack cheese

Preheat oven to 375°F. Place tortillas on a baking sheet and bake until crisp, dry and golden, for about 5 minutes. Remove from oven and set aside.

Heat oil in a saucepan over high heat. When the oil is hot, sauté the onions, garlic, and peppers for about 30 seconds. Add the Southwest Seasoning Mix, salt, pepper, and stock and bring to a boil. Cook for 10 minutes. Stir in cream, and reduce the heat to medium.

Crumble the tortillas and whisk them into the sauce. Whisk in the cheese and simmer for about 15 minutes. Remove from heat.

Pour the sauce into a food processor or blender and purée until smooth and creamy. Serve immediately. Will keep 24 hours in refrigerator.
Ninfa’s Green Sauce

Source: Lisa Fain’s Blog

Makes: 4 or 5 cups

This sauce is close to the what he had in Houston on a recent trip. According to the “Homesick Texan,” Lisa Fain, it is basically something that is unique to that area of Texas. It’s delicious, wherever it may be found (at my house, these days).

The last step calls for adding about a cup and a half of sour cream at the end. The only change I’d make is to add the sour cream to taste. It’s awfully good without adding any, but the SC makes it go a bit farther.

Ingredients:

• 3 medium-sized green tomatoes, coarsely chopped (you can substitute yellow if you can’t find green ones, but never use red)
• 4 tomatillos, cleaned and chopped
• 1 to 2 jalapeños, stemmed and coarsely chopped
• 3 small garlic cloves
• 3 medium-sized ripe avocados, peeled, pitted and sliced
• 4 sprigs cilantro
• 1 teaspoon salt
• $1\frac{1}{2}$ sour cream

Combine chopped tomatoes, tomatillos, jalapeños and garlic in a saucepan. Bring to a boil (tomatoes provide the liquid), reduce heat and simmer 10 to 15 minutes. Remove from heat and let cool slightly. Place tomato mixture with the avocados, cilantro and salt in food processor or blender and blend until smooth. Pour into a bowl and stir in sour cream.
Tomatillo Sauce

Source: Barbara Pool Fenzl [26]

Makes: 1½ – 2 cups

This version of Tomatillo sauce is used with the excellent Pork Chili Verde Enchiladas (page 115). It is so good and versatile that I had to separate it from that recipe. When I have leftover pulled pork or smoked chicken, I make a version of that dish using this sauce. You can omit the sour cream at the end to make it more of a straight up tomatillo sauce that could be used for chilaquiles or tacos or whatever. It’s not too tart like some tomatillo sauces can be.

Ingredients:

- 2 fresh Anaheim chiles
- 1 14 ½ ounce can low-salt chicken broth
- 1½ cups chopped onion
- 4 ounces tomatillos, husked, rinsed, quartered
- 1 jalapeño chile, seeded, diced
- 1 garlic clove, minced
- ¼ cup chopped fresh cilantro
- 1 tablespoon lime juice
- ¼ cup sour cream

Char the Anaheim chiles over gas flame or grill until blackened on all sides. Enclose them in a paper bag for 10 minutes. Peel, seed, and chop the chiles.

Combine broth, ¼ cup onion, tomatillos, jalapeño, and garlic in a medium saucepan. Simmer over medium heat until liquid is reduced to about 1 cup, about 10 minutes. Transfer to a blender. Cool to room temperature. Add lime juice, cilantro, and chiles. Blend until smooth. Transfer to a bowl and whisk in the sour cream.
Horseradish Tequila Cream Sauce

This sauce can be served over grilled tuna or steaks. I’ve tried it with Pepper Crusted Beef Filets (page 137) and it was wonderful.

Source:  *Chile Pepper* [20]

Makes:  about $\frac{3}{4}$ cup

**Ingredients:**

- $\frac{1}{4}$ cup prepared horseradish
- $\frac{1}{4}$ cup cream
- $\frac{1}{4}$ cup sour cream
- salt and pepper
- 2 tablespoons tequila

Mix all ingredients in a small bowl and whisk until smooth.
Remoulade Sauce

Source: Paul Prudhomme [58]

makes: about 2 cups

I love this version of remoulade. Not sure whether anyone else in the family does, but that just leaves more for me. I don’t usually make the mayonnaise (first 2 ingredients) and substitute about a half cup of Hellmann’s.

Ingredients:

- 2 egg yolks
- $\frac{1}{4}$ cup vegetable oil
- $\frac{1}{4}$ lemon, seeds removed
- $\frac{1}{2}$ cup celery, finely chopped
- 1 or 2 garlic cloves, finely chopped
- $\frac{1}{2}$ cup finely chopped green onions (white and green parts)
- $\frac{1}{4}$ cup finely chopped parsley
- $\frac{1}{4}$ cup horseradish, freshly grated, or prepared
- 1 bay leaf, finely crumbled
- 2 tablespoons Creole or prepared brown mustard
- 2 tablespoons ketchup
- 2 tablespoons Worcestershire sauce
- 1 tablespoon prepared yellow mustard
- 1 tablespoon vinegar, rice wine or white (or lemon juice)
- 1 tablespoon Tabasco sauce
- 2 teaspoons paprika
- 1 teaspoon salt

In a blender or processor, beat the yolks for 2 minutes; then with the machine still running, slowly add the oil in a thin stream to the yolks. Take the lemon, squeeze the juice into the machine. Take half of the rind, chop it up and add it to the still running machine. Add the rest of the ingredients, one at a time, until all are well mixed. Chill well before serving.
Very Hot Cajun Sauce for Beef

Source: *Paul Prudhomme’s Louisiana Kitchen* [58]

Makes: 3 1/2 cups

This is really good on the Cajun Meatloaf (page 162).

Ingredients:

- 2 whole bay leaves
- 3/4 teaspoon ground cayenne pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon white pepper
- 1/4 cup minced jalapeño peppers
- 1 teaspoon minced garlic
- 1/4 cup vegetable oil
- 3/4 cup finely chopped onions
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped green bell pepper
- 1/4 cup plus 1 tablespoon all-purpose flour
- 3 cups beef or chicken broth

Combine the onions, bell peppers, and celery in a small bowl and set aside while you make a roux. In a heavy 2-quart saucepan heat the oil over medium low heat to about 250°F. With a metal whisk, whisk in the flour a little at a time until smooth. Continue cooking, whisking constantly, until roux is light brown, about 2 or 3 minutes. Remove from heat and stir in vegetables and red, white, and black peppers. Return the pan to high heat and cook 2 minutes, stirring constantly. Add the bay leaves, jalapeño peppers, and garlic, stirring well. Continue cooking for about 2 minutes, stirring constantly. Remove from heat.

In a separate pan bring stock to boil. Add roux mixture by spoonfuls to the boiling stock, stirring until dissolved between each addition. Bring mixture to a boil, then reduce heat to a simmer and cook until the sauce reduces to 3 1/2 cups, about 15 minutes. Skim off any oil from the top and serve.

Not So Very Hot Cajun Sauce

Make the Very Hot Cajun Sauce for beef recipe, omitting the jalapeño peppers and using only 1/4 teaspoon each of cayenne, black, and white peppers.
Piri Piri

Source: Louisiana New Garde [67]

Makes: 1 \( \frac{1}{2} \) cups

This stuff is awfully good. We used to keep some on hand once the chiles started to come in during the summer. However, use at your own risk. No kidding here. The technique calls for letting the chopped and cooked chiles soak in an anaerobic environment for a number of days. If the cooking process does not kill off the microbes, the conditions are ripe for the growth of botulism. Yep, that is nasty stuff and could actually kill you. None of us has ever gotten sick from eating this as prepared, but that is not to say that it can’t happen. If in doubt, you may want to skip this one.

Ingredients:

- 4 jalapeño peppers
- 2 poblano peppers
- 1 habanéro pepper
- 1 \( \frac{1}{2} \) tablespoons dried red pepper
- \( \frac{1}{2} \) cups olive oil
- black pepper to taste
- 1 tablespoon minced garlic
- \( \frac{1}{2} \) cups dried red pepper flakes
- 1 \( \frac{1}{2} \) cups olive oil

Seed and coarsely chops the chiles. Combine all ingredients except garlic in a small saucepan and simmer for 10 minutes. In a blender or food processor purée the mixture with the garlic. Set aside and let the sauce cool. Store in a bottle covered with plastic wrap for 7 days before using. Keeps for 2 months.
Brisket Sauce

Source: Carter Hill

Makes: \(1 \frac{1}{2}\) cups

Ingredients:

- 2 tablespoons butter
- 1 medium onion, chopped
- \( \frac{1}{2} \) cup water
- \( \frac{1}{2} \) cup chili sauce
- \( \frac{1}{2} \) cup ketchup
- \( \frac{1}{4} \) cup vinegar
- 2 tablespoons lemon juice
- 2 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoons molasses
- 2 teaspoons dry mustard
- \( \frac{1}{2} \) teaspoon black pepper
- \( \frac{1}{2} \) teaspoon paprika

Melt butter in large skillet over medium-low heat. Add onion. Cover till onions are translucent, about 10 minutes.

Blend in remaining ingredients. Bring to boil and then gently simmer 30 minutes, uncovered, stirring occasionally. Serve at room temperature as a dipping sauce for Carter’s Beef Brisket (see page 132).
Georgia Barbecue Sauce

Source: Carter Hill
Makes: $1 \frac{1}{2}$ cups

Ingredients:

- 1 cup ketchup
- 1 cup strong coffee
- $\frac{1}{4}$ cup Worcestershire Sauce
- 1 teaspoon Tabasco or other hot sauce
- $\frac{1}{2}$ to $\frac{3}{4}$ cup vinegar (more to taste)
- 2 tablespoon dry mustard, mixed with a little vinegar to make paste
- Cajun Garlic Power Sauce to taste (optional)
- black pepper to taste

Mix all ingredients together. Serve with smoked pork butt or shoulder. Can’t get any easier than that!
MEMPHIS RED BARBECUE SAUCE

Memphis Red Barbecue Sauce

Source: Chris Lilly [48]

Makes: 4 cups

If you prefer a sauce that is a little less sweet, reduce the honey and molasses by two tablespoons each. Also, you can use some grated apple instead of the applesauce. This is what I do since I seldom have any apple sauce in the house. To smooth it out I’ll stir it with the immersion blender after its thickened and cools a bit.

Ingredients:

- 1 1/4 cups ketchup
- 1 cup water
- 3/4 cup vinegar
- 3/4 cup tomato paste
- 3/4 cup brown sugar
- 2 3/4 cup corn syrup
- 1 1/2 cup pure maple syrup
- 4 tablespoons honey
- 3 tablespoons molasses
- 4 teaspoons salt
- 4 teaspoons Worcestershire sauce
- 1 tablespoon apple sauce
- 1 1/2 teaspoons soy sauce
- 1 1/2 teaspoons liquid smoke
- 1 teaspoon onion powder
- 3/4 teaspoon cornstarch
- 3/4 teaspoon dried mustard powder
- 3/4 teaspoon cayenne powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon white pepper
- 1/2 teaspoon celery seed
- 1/8 teaspoon ground cumin

Combine all ingredients in a medium, nonreactive saucepan and blend well. Bring to a boil, then reduce heat and simmer over medium-low heat for 10 to 15 minutes. Allow the sauce to cool, then transfer to a jar and refrigerate.
Mario’s Alabama White Barbecue Sauce

Source: Mario Batali [10]
Makes: about 1 1/2 cup

I don’t know how authentic this sauce is, but it is sure good. Scott Booker’s mom served something like this to us the night of our senior prom. Maybe we should have gone to prom, but if we had I would have missed a signature night in my culinary life: White Barbecue sauce. This stuff is made for smoked chicken and Mario’s recipe does it justice. Thanks Scott and thanks to Scott’s mom for putting up with us and treating us to this wonderful concoction.

Ingredients:

- 1 cup mayonnaise
- 1/2 cup white vinegar
- 2 tablespoons sugar
- 1 tablespoon freshly squeezed lemon juice (1 lemon)
- 1 teaspoon prepared horseradish
- 1 teaspoon salt
- 1 teaspoon black pepper

Mix all this stuff together and chill.
Vaunted Vinegar Sauce

Source: Smoke & Spice [42]

Makes: about 2 cups

Ingredients:

- 2 cups cider vinegar (or white)
- 2 tablespoons brown sugar
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon red pepper flakes or cayenne

Combine all ingredients in a bowl and stir to dissolve the sugar. Serve at room temperature or chill. Keeps indefinitely.
Emeril’s Barbecue Sauce

Source: Emeril

Makes: 5 cups

Ingredients:

- 3 cups ketchup
- 1 cup light brown sugar
- 2 teaspoons minced garlic
- 1/2 cup Worcestershire sauce
- 2 tablespoons sesame oil
- 2 ounces molasses
- 1 tablespoon dry mustard
- 1 tablespoon chili powder
- 2 teaspoons grated ginger
- 2 ounces balsamic vinegar
- salt and black pepper to taste

Combine ketchup, brown sugar, Worcestershire sauce, sesame oil, molasses, chili powder, ground mustard, garlic, ginger, and balsamic vinegar in the bowl of a food processor. Purée until the sauce is smooth. Salt and pepper to taste.
Louisiana Sweet Barbecue Sauce

Source: Cook’s Illustrated [72]

Makes: 2-2½ cups

Ingredients:

- 4 tablespoons butter
- 1 small onion, finely chopped
- 2 cloves of garlic, minced
- 1 teaspoon paprika
- 1 tablespoon black pepper
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon dry mustard
- ½ teaspoon Tabasco or other hot sauce
- ½ teaspoon salt
- 6 tablespoons cider vinegar
- 1 tablespoon packed brown sugar
- 2 tablespoons sweet sherry
- 1 tablespoon molasses
- 1 16-ounce can tomato sauce
- black pepper to taste

Melt butter in a small saucepan; add onions and garlic, sauté until onions soften, about 3 or 4 minutes. Stir in next 6 ingredients, cooking over medium heat for 5 minutes to blend flavors. Meanwhile, dissolve the brown sugar in the vinegar. Add the vinegar/sugar mixture, sherry, molasses, and tomato sauce to the saucepan and continue cooking uncovered for about 15 minutes, or until the sauce thickens.
Columbia Gold

Source: Meathead Goldwyn [32]

Makes: 1\(\frac{1}{2}\) cups

I tried this for an OSU tailgate, served with pulled pork and crispy slaw. It was a big hit so here it is.

Ingredients:

- 2 cups prepared yellow mustard
- \(\frac{2}{3}\) cup cider vinegar
- 3 tablespoons Tomato paste
- \(\frac{1}{2}\) teaspoon chipotle Tabasco sauce or favorite hot sauce
- \(\frac{3}{4}\) cup sugar
- 2 teaspoons chicken bouillon granules or 1 cube
- 2 teaspoons dried rosemary leaves
- 1 teaspoon celery seed
- 3 teaspoons mustard powder
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper

Mix all ingredients together. Heat over medium heat, stirring constantly, until sugar melts and the ingredients are smoothly combined, for 4 or 5 minutes. Cool completely and refrigerate.

Notes: If you are using a bouillon cube, crush it with a spoon in a bowl or mortar & pestle and add it to the bowl. Crush the rosemary leaves and celery seed in a mortar & pestle or in a blender or coffee grinder and add it to the bowl. Add the rest of the dry ingredients to the bowl and mix thoroughly. Let it sit for an hour in the refrigerator for the flavors to meld. No cooking necessary. Leftovers will keep in the fridge for a month or more.
Jalapeño Tartar Sauce

Source: Jim Peyton [57]

Makes: about 1 1/2 cups

Ingredients:

- 1 cup mayonnaise
- 1/4 cup fresh minced cilantro
- 3 tablespoons minced pickled jalapeño
- 1 tablespoon fresh lime juice
- 2 tablespoons dill pickle relish
- 1 teaspoon French’s yellow mustard
- 1/4 teaspoon kosher salt

Mix all the ingredients together in a medium bowl and refrigerate for up to 5 days.
Tomato Tartar Sauce

Ingredients:

- 1 cup fresh tomato, puréed, peeled, and seeded
- 1 cup dry white wine
- $\frac{1}{2}$ cup tomato juice
- 1 teaspoon garlic, minced
- 2 1/2 cups mayonnaise
- $\frac{1}{4}$ cup minced white onion
- $\frac{1}{4}$ cup drained sweet pickle relish
- 1 tablespoon minced fresh tarragon leaves
- $\frac{1}{2}$ teaspoon Tabasco sauce
- 1 teaspoon salt
- whites of 2 hard-boiled eggs, minced

Combine tomato purée, wine, tomato juice, and garlic in a small saucepan. Over high heat bring to a boil, stirring constantly. Turn heat down to a simmer and reduce the mixture to about 1 cup without stirring (about 20 to 25 minutes). Allow to cool.

Add the cooled reduction to the mayonnaise, onion, and relish in a food processor. Purée and scrape into a bowl. Mix in all other ingredients, correct seasoning, and chill.
CHILI GRAVY

Chili Gravy

Source: Robb Walsh [81]

Makes: 2 cups

Ingredients:

- $\frac{1}{4}$ cup lard
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ teaspoon finely ground black pepper
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons cumin powder
- $\frac{1}{2}$ teaspoon dried Mexican oregano
- $1\frac{1}{2}$ teaspoons garlic powder
- 2 tablespoons Homemade Chili Powder (page 12)
- 2 cups chicken broth or water

Heat the lard in a skillet over medium–high heat. Add the flour and continue stirring until it makes a very light brown roux, 3 to 4 minutes. Add the black pepper, salt, garlic powder, cumin, oregano, and chili powder and continue to cook for 1 minute, stirring constantly. Turn heat to low and let simmer for 15 minutes. Add water to adjust the thickness. Use immediately as an enchilada topping, or mix with El Real’s Chili Con Carne (page 171) to make a sauce for chili dogs, chili burger, or chili fries.
Basic Vinaigrette

Source: James Beard [13]

Serves: 4

Ingredients:

- 1 teaspoon kosher salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $1\frac{1}{2}$ to 2 tablespoons wine vinegar
- 6 tablespoons fruity olive oil

Blend the ingredients together with a wooded spatula or fork, using $1\frac{1}{2}$ tablespoons vinegar. Then taste, and add more if you feel the dressing needs it.

Variations:

Garlic: Either crush a clove of garlic and rub it into the salt you are suing for your dressing or impale the crushed clove on a toothpick, put it in the vinaigrette, and remove it just before tossing the salad.

Mustard: Use either Dijon mustard or dry, hot mustard and adjust the amount to the salad. First blend the mustard (about $\frac{1}{2}$ teaspoon ) with the salt, pepper, and vinegar, then mix with oil.

Herbs: Recommended salad herbs are tarragon, chervil, parsley, and chives. If you are using tomato, then try basil. Dill goes well with cucumber or tomato. Use either 1 tablespoon chopped fresh or 1 teaspoon dried herbs, crushed in the palm of your hand with your thumb, to $\frac{1}{2}$ to $\frac{3}{4}$ cup vinaigrette.
BÉCHAMEL SAUCE

Béchamel Sauce

Source:  Seen one, seen ’em all
Makes:  about 1 3/4 cups

Ingredients:

- 4 tablespoons unsalted butter
- 3 tablespoons unbleached all-purpose flour
- 1 1/2 cups milk
- pinch paprika
- pinch of ground nutmeg
- salt and white pepper to taste

Over low heat melt the butter in a heavy saucepan. Add the flour and cook for 3 minutes, stirring constantly. Raise the heat to medium and slowly add milk while stirring constantly with a wire whisk. Continue to stir until the sauce thickens, about 5 minutes. Add the seasonings and remove from heat. Use immediately, if possible.
Creamy Blue Cheese Dressing

Source: *Here in America’s Test Kitchen* [21]

Makes: ¾ cup

This is used as a salad dressing or as dipping sauce for Buffalo Chicken Wings on page 196 or the new (and improved?) Buffalo Chicken Wings II on page 198. For dipping sauce, you’ll need to double the recipe.

**Ingredients:**

- 2 1/2 ounces of blue cheese, crumbled
- 3 tablespoons buttermilk
- 3 tablespoons sour cream
- 2 tablespoons mayonnaise
- 2 teaspoons white wine vinegar
- 1/4 teaspoon sugar
- 1/4 teaspoon garlic powder
- salt and ground black pepper

Mash the blue cheese and the buttermilk in a small bowl with a fork until mixture resembles cottage cheese with small curds. Stir in the remaining ingredients. Taste and adjust seasoning with salt and pepper.
Blue Cheese Dipping Sauce

Makes: 1 1/2 cups

This is a light version of the classic dipping sauce used with the Buffalo Chicken Wings on page 196.

Ingredients:

- 4 ounces of Roquefort or other blue cheese
- 1/2 cup nonfat plain yogurt
- 1/2 cup mayonnaise

Mix the cheese, yogurt, and mayonnaise in a bowl, mashing the cheese well with the back of a fork. Remove to a serving bowl and refrigerate until ready to use.

Spicy Version

- 2 tablespoons minced onion
- 2 tablespoons minced celery
- 1/4 teaspoon white pepper
- 1/2 teaspoon minced garlic (optional)
- 1/2 teaspoon Worcestershire sauce

Follow the master recipe. Mix in the onion, celery, pepper, garlic, and Worcestershire sauce. Remove to a serving bowl and refrigerate until ready to use.

Suggestion: Blend in some roasted garlic before adding the olive oil.
Tomatillo Avocado Ranch Dressing

Source: carlsbadcravings.com
Makes: $1\frac{1}{2}$ cups

Ingredients:

- 2 tomatillos, husk removed and roughly chopped
- 1 small jalapeño, seeds removed and roughly chopped
- 1 avocado, peeled and pitted
- $\frac{1}{3}$ cup packed cilantro
- 2 garlic cloves, peeled
- $\frac{1}{2}$ cup real mayonnaise
- $\frac{1}{2}$ cup sour cream
- $1/4$ cup milk plus more as needed
- 2 tablespoons lime juice
- 1 teaspoon white vinegar
- 2 teaspoons dried parsley
- 1 teaspoon dried chives
- $\frac{1}{2}$ teaspoon salt, pepper, dried dill, smoked paprika
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon dried dill
- $\frac{1}{2}$ teaspoon smoked paprika

Add all of the ingredients to a blender or food processor and purée until smooth, scraping sides down as needed. Add milk, a tablespoon at a time to reach desired consistency. Taste and add additional salt, pepper and/or hot sauce to taste (I always add more salt).
Chill before serving.
Condiments

Tomato Corn Salsa

- $\frac{1}{4}$ cup corn kernels
- 4 ripe Italian plum tomatoes, peeled, seeded, diced
- $\frac{1}{4}$ cup minced onion
- 1 teaspoon minced fresh jalapeño pepper
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1 teaspoon fresh lemon juice
- $\frac{1}{2}$ teaspoon salt
- Freshly ground black pepper to taste

Combine all of the ingredients in a bowl and stir until blended thoroughly. Flavor improves after it sits for a while.
Pico de Gallo

Source: Jim Peyton [57]

Makes: about 1 1/2 cup

Ingredients:

- 1/4 cup chopped white onion
- 1/4 cup chopped fresh cilantro
- 2 or 3 fresh serrano or jalapeño chiles, cored, seeded and chopped
- 1 1/2 medium tomatoes, finely chopped
- Kosher salt and freshly ground black pepper to taste

Mix, refrigerate until chilled, and serve.
Guacamole

Source: Jim Peyton [57]
Makes: about 1 1/2 cup

Ingredients:

- 2 ripe avocados (about 6 ounces each)
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons minced red onion
- 2 tablespoons chopped Roma tomatoes (optional)
- 2 tablespoons fresh lime juice
- Kosher salt to taste

Halve and pit the avocados; scoop out their flesh into a large bowl. Mash the flesh with a fork, making a coarse paste. Stir in the rest of the ingredients and reseason with salt and lime juice to taste.
Red Hot Onions

Source: Bunny’s Archive

Serves: 12

These are excellent when served with cold meats, steaks, and barbecue. Be sure to have a cold beer handy when consuming these because they are perky!

Ingredients:

- 3 very thinly sliced large red onions
- 3 tablespoons Tabasco sauce
- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar

Pour boiling water over the sliced onions, let stand 1 minute, and drain. Place onions in a flat, shallow dish. Mix Tabasco, oil, and vinegar; pour over onions. Refrigerate and let stand for at least 3 hours. You can drain the onions before serving, if desired.
Tunisian Tomato Relish

Source: American Wholefoods Cuisine [31]

Makes: about 1 1/4 cups

This relish is so good, I could eat it on just about anything. I especially like it on falafel. It is also good with couscous.

Ingredients:

- 4 plum tomatoes, peeled, seeded, and diced
- 1/4 cup minced parsley
- 2 green onions, minced
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon ground cumin
- 2 tablespoons olive oil
- 1/4 to 1/2 teaspoon hot sauce (optional)

Combine all ingredients let flavors blend at room temperature until ready to serve.
Mojo de Ajo

Source: Rick Bayless: Season 7 of Mexico: One Plate at a Time

Makes: 3 cups (using 2 cups of oil)

Ingredients:

- 4 large heads garlic or 10 ounces peeled garlic cloves
- 2 or 3 cups fruity olive oil
- 1 teaspoon salt
- \(\frac{1}{2}\) cup fresh lime juice

Heat the oven to 325°F. Break the heads of garlic apart, then mash each clove (a fist against the side of a knife is what I do) to release the clove from its papery skin; if using already-peeled garlic, scoop the cloves into a heavy plastic bag and use a rolling pin to mash them slightly.

Stir together the garlic, oil and salt in an 8×8 inch baking pan (make sure all the garlic is submerged), slide it into the oven and bake until the garlic is soft and lightly brown, about 45 to 55 minutes.

Add the lime juice and return to the oven for 20 minutes for the garlic to absorb the lime and turn golden brown. (If you're using the larger quantity of oil, ladle off 1 cup-no garlic cloves-and store it in a cool dry place for use in salad dressing or sauteing.)

Using an old-fashioned potato masher or large fork, mash the garlic into a coarse puree. Pour the mixture into a wide-mouth storage container and refrigerate it until you're ready to enjoy some deliciousness. The mojo will last for up to three months as long as the garlic stays submerged under the oil.
Roasted Tomato Salsa

Source:  Rick Bayless [11]

Makes:  about 1\(\frac{1}{2}\) cup

Bayless uses Muir Glen fire-roasted tomatoes for this. You can roast your own if you are so inclined (sometimes, I am!). If so, you can roast them on the grill, in the broiler, smoke them, or whatever. Cool the roasted tomatoes and peel the skins off. Collect the juice to use in the salsa.

Ingredients:

- 2 fresh jalapeño chiles
- 3 garlic cloves, unpeeled
- 1 15 ounce can fire roasted diced tomatoes
- \(\frac{1}{2}\) small (about 2 ounces) white onion, finely chopped
- \(\frac{1}{2}\) cup roughly chopped cilantro
- 1 teaspoon or so of fresh lime juice
- salt to taste

Set a small skillet over medium heat. Lay the chiles and the garlic in the skillet and dry roast until soft and blotchy black in spots. This takes about 10 minutes for the chiles and 15 for the garlic.

Meanwhile, put the onions in a strainer and rinse under cold water. Shake off excess water and put in a small bowl.

Pull the stems off the toasted chiles and peel the papery skins off the garlic. Scoop them into a food processor an pulse until they are finely chopped. Add the tomatoes, with their juice, re-cover and pulse a few more times, until the mixture is as coarse or smooth as you want.

Pour the tomato mixture into the bowl with the onions. Add the cilantro and stir thoroughly. Thin with a little water if necessary to give the salsa “an easily spoonable consistency.” Taste and season with lime and salt (about \(\frac{1}{2}\) teaspoon) to taste. If you don’t want the onion, leave it out and you’ll have the recipe on page 48.
Fire-Roasted Tomato Salsa

Source: Rick Bayless [11]

Makes: 1-half cups

This recipe (Salsa de Molcajete) is very similar to the one on page 47, except it omits the onion. It was plucked from rickbayless.com and was featured on season 7 of Mexico - One Plate at a Time.

Ingredients:

- 1 to 2 fresh jalapeño chiles
- 3 garlic cloves, unpeeled
- 1 15-ounce can diced tomatoes in juice, preferably fire roasted
- \( \frac{1}{4} \) cup (loosely packed) chopped fresh cilantro
- 2 tablespoons fresh lime juice
- Salt

Roast the chiles and garlic. In a small ungreased skillet over medium heat, roast the chiles and garlic, turning regularly, until they are soft and blotchy brown, about 10 minutes for the chiles, 15 minutes for the garlic. Cool until handleable, then pull the stem(s) off the chile(s) and roughly chop. Peel the skin off the garlic. Scoop into a food processor and pulse until quite finely chopped.

Finish the salsa. Add the tomatoes with their juice. Re-cover and pulse until you have a coarse puree. Scrape into a serving dish. Stir in the cilantro and lime juice. Taste and season with salt, usually about \( \frac{1}{2} \) teaspoon.
Olive Salad

Source: Todd-Michael St. Pierre [77]

Makes: 4 cups

This is used in constructing magnificent muffulettas. It is very good in a lot of other sandwiches and salads, too. Todd-Michael is credits the recipe to a woman named Myesha. I’m not sure who she is, but I love her for this. It’s fantastic.

Ingredients:

- 1 cup pitted green olives
- 1 cup pitted Kalamata olives
- 1 cup finely chopped gardinera
- 2 tablespoons capers drained, rinsed
- 2 cloves garlic, thinly sliced
- 2 tablespoons finely chopped parsley
- 4 tablespoons thinly sliced celery
- 1 tablespoon fresh oregano
- 2 tablespoons thinly sliced green onions
- 2 tablespoons red wine vinegar
- 4 ounces chopped pimento peppers
- 1 cup extra-virgin olive oil
- salt and pepper

Finely chop the olives. In a large bowl, stir the olives, gardinera, capers, garlic, celery, parsley, oregano, green onions, vinegar and pimentos. Season to taste with salt and pepper. Cover with olive oil.

Transfer to a large jar with a lid. Refrigerate for at least 4 days to let the flavors marry and up to 3 months.
Salads

Thai Slaw

Source:  *Bon Appétit* [18]

Serves:  4-6

**Ingredients:**

- 4 cups finely shredded green cabbage
- $\frac{2}{3}$ cup matchstick-sized peeled cucumber strips
- $\frac{1}{2}$ cup loosely packed fresh cilantro leaves
- $\frac{1}{2}$ cup loosely packed fresh mint leaves
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce

Toss cabbage, cucumber, cilantro and mint in a large bowl. Add vinegar and soy to cabbage mixture and toss again. Season to taste with salt and pepper.
KFC Coleslaw

Source: Where else!

Serves: 8

The name says it all. It really tastes like the coleslaw you get at Kentucky Fried Chicken. It’s sweet and tart and fairly creamy. What interested me about the recipe is the buttermilk. Nice touch. For authenticity, I use the food processor to chop the vegetables into very small pieces. You can add a little bit of minced onion and some creole seasoning if you want (I usually do!)

Ingredients:

- 1 medium head green cabbage, finely chopped
- 2 small carrots, peeled and finely chopped
- ½ cup sugar
- ½ teaspoon salt
- ½ teaspoon black pepper
- ⅛ cup milk
- ⅛ cup mayonnaise
- ⅛ cup buttermilk
- 1 ½ tablespoons white vinegar
- 1 ½ tablespoons fresh lemon juice

Combine the cabbage and carrots in a large bowl. In a medium bowl whisk the sugar, salt, pepper, milk, buttermilk, mayonnaise, white vinegar, and lemon juice until thoroughly mixed. Pour over the cabbage and mix. Chill and serve.
New Orleans Coleslaw

Source: Lee Bailey [8]
Serves: 6–8

**Ingredients:**

- 4 cups shredded green cabbage
- $\frac{1}{2}$ cup shredded carrot
- 6 tablespoons mayonnaise
- $2\frac{1}{2}$ tablespoons creole mustard
- $1\frac{1}{4}$ tablespoons white wine vinegar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon white pepper
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{2}$ teaspoon minced flat leaf parsley
- 1 teaspoon fresh lemon juice

Toss cabbage and carrot together in a large bowl. Beat together all other ingredients and pour onto vegetables. Toss to coat well and chill before serving.
Lee’s Coleslaw

Source: Lee
Serves: 6–8

Ingredients:

- \( \frac{1}{3} \) cup red wine vinegar
- 3 tablespoons sugar
- 1 tablespoon Dijon mustard
- 1 teaspoon Tony’s Chachere’s Creole Seasoning
- \( \frac{1}{3} \) cup high quality olive oil
- 3 cups shredded green cabbage
- 2 cups shredded red cabbage
- 1 cup shredded carrot
- \( \frac{1}{4} \) cup minced sweet onion

Whisk the vinegar, sugar, Creole seasoning, and mustard together in a large bowl. Slowly whisk in the olive oil to finish the dressing. Fold in the vegetable, mixing thoroughly. Chill and serve.
Cowtown Coleslaw

Source: Grady Spears and Robb Walsh [76]

Serves: 6

Ingredients:

- 1 medium head green cabbage, julienned (5 cups)
- 1 1/2 cups julienned red cabbage
- 2 carrots, peeled and julienned
- 5 jalapeño peppers, stemmed, seeded, and julienned
- 1/2 cup sugar
- 1/2 cup malt vinegar
- 1 1/2 tablespoons freshly squeezed lime juice
- 1 1/4 cups mayonnaise
- kosher salt to taste
- freshly ground black pepper to taste

Combine the cabbage, peppers, and carrots in a large bowl. In a medium bowl whisk the sugar, mayonnaise, vinegar, and lime juice until thoroughly mixed. Pour over the cabbage and mix. Season with salt and pepper. Chill and serve.
Maw-Maw’s Slaw

Source: Emeril Lagasse [45]

Serves: 8

Yet another slaw recipe. In case you haven’t guessed, we like slaw.

Ingredients:

- 1 cup mayonnaise
- 2 teaspoons sugar
- \( \frac{1}{3} \) cup Creole mustard
- \( \frac{1}{4} \) teaspoon cayenne pepper
- \( \frac{1}{4} \) teaspoon freshly ground pepper
- 1 teaspoon salt
- 2 cups shredded green cabbage
- 2 cups shredded red cabbage
- 2 cups assorted greens, washed and shredded (mustard, collard, or spinach)
- \( \frac{1}{2} \) cup thinly sliced red onions
- 1 cup chopped green onions, green parts only
- \( \frac{1}{2} \) cup chopped parsley

In a medium bowl, combine mayonnaise, sugar, mustard, cayenne, black pepper and salt. Mix well.

Place white cabbage, red cabbage, greens, red onions, green onions, and parsley in a large salad bowl. Add the dressing, mix thoroughly, and chill for at least an hour before serving.
Mike Anderson’s Cole Slaw

Source: Internet

Serves: 12 to 15

Another slaw recipe! This one is very garlicky and I usually cut the quantity down so as not to scare any potential friends away. It is great as a topping for hamburgers.

**Ingredients:**

- 1 1/4 cups mayonnaise
- 3 1/2 tablespoons sugar
- 1/3 cup Creole mustard
- 1 tablespoon freshly minced garlic
- 1 tablespoon black pepper
- 15 cups shredded green cabbage
- 2 cups shredded red cabbage
- 1 1/2 cups finely chopped yellow onion
- 3/4 cup finely chopped green bell pepper (which I omit)
- 2 tablespoons chopped green onion
- salt to taste

In a medium bowl, combine mayonnaise, sugar, mustard, garlic, and black pepper. Mix well.

In a large bowl combine the green cabbage, purple cabbage, onions, bell pepper, and green onions. Toss to mix and add the dressing. Mix thoroughly and serve.
Sweet and Sour Slaw

Source: Bobby Flay [28]
Serves: 4 to 6

Can you have too many slaw recipes? No. Here is my new favorite for topping sandwiches or hot dogs (or just eating).

Ingredients:

- 1 cup apple cider vinegar
- \( \frac{1}{2} \) cup superfine sugar
- 2 tablespoons grated yellow onion
- 2 teaspoons dry mustard
- 1 teaspoon celery seeds
- 1 teaspoon celery salt

- 1 cup canola oil
- 1 medium head of green cabbage, finely shredded
- 2 large carrots, shredded
- sea salt and freshly cracked pepper, to taste

Whisk together the vinegar and sugar in a large bowl until the sugar dissolves. Add the onion, dry mustard, celery seeds, and celery salt. Season with salt and pepper. Slowly whisk in the oil until emulsified. Add the cabbage and carrot and toss to combine. Let sit at room temperature for at least 15 minutes before serving.
Tangy Slaw

Source: Pam at www.fortheloveofcooking.net

Serves: 4

Serve with Pork Tenderloin Tacos (page 119).

Ingredients:

- 1 tablespoon rice wine vinegar or red wine vinegar
- Juice from 1 2 a lime
- 1 tablespoon canola oil
- 1 teaspoon sugar
- 2 cups of green cabbage, sliced
- 2 tablespoons fresh cilantro, chopped
- 2 small green onions, sliced
- 1 4 cup shredded carrots
- Sea salt and freshly cracked pepper, to taste

Mix and serve.
Perfect Potato Salad


Serves: 4 to 6

Can you have too many potato salad recipes? Only if you can have too many slaw recipes. I love this one because its mashed. You can substitute Dijon or Creole mustard for the yellow and skip the dill if you don’t have any (I usually don’t). I normally make a half recipe. As you might guess, you can eyeball the quantities and it turns out great.

Ingredients:

- 5 pounds russet potatoes (about 8 medium russets)
- 1 1/2 cups mayonnaise
- 4 tablespoons yellow mustard
- 5 whole green onions, sliced up to the darkest green part
- 2 tablespoons fresh dill, chopped
- 1 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper
- 1/2 teaspoon paprika
- 10 whole small sweet pickles, sliced
- 2 tablespoons pickle juice
- 6 whole hard boiled eggs, peeled and sliced

Cut the potatoes in halves or thirds, then boil until fork tender. Drain. Mash the potatoes or run them through a ricer or food mill to make them extra fluffy.

Fold the potatoes together with the mayonnaise, mustard, green onions, dill, salt, pepper, paprika and other seasonings you like. Fold in the pickles, pickle juice and eggs, and taste for seasoning. Add more salt, mustard or mayo as needed.
Cold-Fashioned Potato Salad


Serves: 4 to 6

**Ingredients:**

- 2 1/2 pounds red potatoes, large diced
- 3 tablespoons cider vinegar
- 3/4 cup mayonnaise (homemade if possible)
- 1 teaspoon mustard powder
- 1/4 cup chopped parsley
- 1 tablespoon chopped fresh tarragon
- 1/2 tablespoon very thinly sliced garlic
- 3 tablespoons fine chopped cornichons
- 1/2 cup small dice red onion
- 1/2 cup thinly sliced celery
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Place potatoes into a large heavy-bottomed pot. Cover with cold water and place over medium heat. Cover the pot and bring to a boil. Immediately reduce heat and remove lid. Gently simmer until potatoes are fork tender. Drain and place into an ice bath to cool. Remove skin by rubbing with a tea towel. Slice potatoes into rounds and place into a zip top bag. Add the vinegar and toss to coat all of the potatoes. Place the bag into the refrigerator overnight.

In a large mixing bowl, combine the mayonnaise, mustard, parsley, tarragon, garlic, cornichons, onions, and celery. Once evenly combined, add the potatoes and season with salt and pepper. Let the salad chill in the refrigerator for at least an hour before serving.
American Style Potato Salad

Source: Cook’s Illustrated [3]

Serves: 6–8

Ingredients:

- 2 pounds Red Bliss or new potatoes, boiled, peeled if desired, and cut into 3/4 inch cubes
- 2 tablespoons red wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3 hard-boiled eggs, peeled and diced
- 2 of 3 green onions, sliced thin (about 1/2 cup)
- 1/2 cup chopped celery
- 1/4 cup sweet pickle relish
- 1/2 cup mayonnaise
- 2 tablespoons Dijon mustard
- 1/4 cup minced fresh parsley

Layer warm potato cubes in medium bowl; sprinkle with vinegar, salt, and pepper as you go. Refrigerate while preparing remaining ingredients.

Mix in remaining ingredients; refrigerate until ready to serve.
French Style Potato Salad

Source: Cook’s Illustrated [3]
Serves: 6–8

Ingredients:

- 2 pounds Red Bliss or new potatoes, boiled, peeled if desired, and cut into 1/4 inch slices
- ¼ cup white wine vinegar
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoons Dijon mustard
- 1 medium shallot, minced
- 2 tablespoons minced fresh parsley
- 6 tablespoons olive oil
- 1 tablespoon minced fresh tarragon

Layer warm potato slices in a bowl and sprinkle with 2 tablespoons of vinegar, salt, and pepper. Combine the remaining vinegar, mustard, and shallot in a mixing bowl. Whisk in the olive oil so that the mixture is somewhat emulsified. Pour over potatoes and toss lightly to coat. Refrigerate until ready to serve. Before serving toss in the parsley and tarragon.
Spanish Garlic Potato Salad

This dish goes with about anything. It is especially good with barbequed ribs or pork shoulder. Occasionally, Rick adds some chopped olives. So simple, and so delicious.

Source: Rick Bayless [12]

Makes: 2 1/2 cups

Ingredients:

- 1 1/2 pounds (about 7 medium) red-skin potatoes
- salt
- 6 garlic cloves
- 1 3/4 cups mayonnaise
- 3 tablespoons chopped flat leaf parsley
- 1/4 teaspoon ground black pepper

Peel and cut the potatoes into 1/2 inch slices (no thinner).

Cook potatoes and garlic. Bring 4 inches water to boil in a medium saucepan over high heat. Add 2 teaspoons of salt. Reduce heat to a simmer and add the sliced potatoes and unpeeled garlic. Cook 10 minutes in simmering water until potatoes are tender. Drain, pick out the garlic cloves, and cool at least 10 minutes in the refrigerator.

Finish the salad. Peel the garlic and place in a large bowl. Mash to a paste with the back of a spoon. Dice the cooled potatoes (Rick does it a bit differently here\(^1\)) and add to the bowl. Add 1/3 cup of mayo, the parsley, the pepper, and about a teaspoon of salt. Mix gently but thoroughly. Be sure to get the garlic mixed in. Taste and add more mayo or salt. Refrigerate until ready to serve.

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\(^1\)He suggests using a pastry blender or 2 table knives—one in each hand—to roughly chop the potatoes into 1/2 inch pieces. Obviously, if you overcook the potatoes, this probably isn’t a great idea, unless you want it to be mushy.
Baigan ka raita

On our recent trip to Greece we learned that “salad” means something much broader in that part of the world. This Indian dish from Madjur Jaffrey is very similar to what you might find in Greece or Turkey. You could certainly roast the unpeeled eggplant over a fire or in the oven until the flesh is nice and soft.

Source: Madhur Jaffrey [41]

Serves: 6

Ingredients:

- 1 medium eggplant
- 1 pint whole milk yogurt (Greek style is good)
- $\frac{3}{4}$ teaspoon salt
- dash of ground cayenne pepper
- 1 green onion, thinly sliced into rounds
- 1 tablespoon finely chopped fresh mint
- freshly ground black pepper

Peel the eggplant and cut into 1 inch cubes. Using a steamer basket over boiling water, add the eggplant cubes, cover and steam for about 10 minutes, making sure that all of the water doesn’t evaporate. Add more water as needed.

Pour the yogurt into a bowl and whisk it until smooth. Add the salt, pepper, green onion rounds, mint and mix with a fork.

When the eggplant is steamed, lift the soft cubes out of the steamer and put them onto a large plate. Mash with a fork and let cool before adding it to the yogurt mixture. Once cool, stir it in to the yogurt and garnish with a few mint leaves if you want to make it pretty. Adjust seasonings to taste and serve.
Tzatziki

Source: *Cooks Illustrated*

Makes: about a cup

This is based on the Test Kitchen version. If you use regular yogurt, start with 1 cup and drain it (use cheesecloth) well to make it nice and thick. Feel free to shred the cucumber and then squeeze the water out of it before mixing with the yogurt (I use English ones so I can ignore the seeds).

Ingredients:

- $\frac{1}{2}$ cup Whole milk Greek yogurt
- $\frac{1}{2}$ cup finely diced, peeled cucumber
- tablespoon lemon juice
- 1 clove garlic, minced
- 1 tablespoon finely chopped fresh mint or dill
- salt (and pepper) to taste

Combine cucumber, 1/8 teaspoon salt, and lemon juice in colander set over bowl and let stand 30 minutes. Discard drained liquid from yogurt. Combine thickened yogurt, drained cucumber, garlic, and mint in clean bowl. Stir and add more salt to taste.
Caesar Salad

Source: Bon Appétit [15]

Serves: 4

Ingredients:

• 4 anchovy fillets, rinsed, minced
• 1 large clove garlic, minced
• 1 teaspoon Dijon mustard
• 1 teaspoon red wine vinegar
• dash of Tabasco

• 1 cup olive oil
• romaine lettuce
• 1 cup croutons
• ½ cup grated Parmesan cheese

Whisk anchovies, garlic, mustard, red wine vinegar, and hot pepper sauce in bowl. Gradually add olive oil, whisking until thick. Salt and pepper to taste.

Add Lettuce and toss.

Add croutons and cheese, toss.
Fried Crawfish Caesar Salad

Source: Elrod – with help from Alex Patout

Serves: 3

This is basically the Caesar Salad on page 67 with fried crawfish served on top. I usually omit the croutons, but you don’t have to. Also, you will notice that the red wine vinegar is replaced with balsamic vinegar. You can use whichever you have with good results.

The fried crawfish recipe is essentially from Alex Patout [55]. The only change I made was to use buttermilk rather than whole milk. This small change seems to enhance the flavor and texture considerably.

Dressing

- 4 anchovy fillet, minced or 1 1/2 teaspoon anchovy paste
- 1 large clove garlic, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon balsamic vinegar
- dash of Tabasco
- 1/4 cup olive oil

Whisk anchovies, garlic, mustard, vinegar, and hot pepper sauce in a large bowl. Gradually add olive oil, whisking until thick. Salt and pepper to taste.

Fried Crawfish

- 1 pound package of Louisiana crawfish tails
- 2 small eggs
- 1 cup buttermilk
- 6 ounces beer
- 1 1/2 cups all purpose flour
- 1 tablespoon salt
- 1 teaspoon ground cayenne pepper
- 1 teaspoon ground black pepper
- 1 teaspoon ground white pepper
- peanut oil for deep frying

In a large bowl, beat together the eggs, beer, and buttermilk. Place the flour in a shallow bowl. Mix together the salt and peppers and stir half into each bowl.
Heat at least 3 inches of oil to 375°F in a deep fryer or heavy pot. Pour crawfish into batter and mix well to coat. To fry, pick up a few crawfish with your fingers or slotted spoon, allow the excess batter to drain off, and dredge in the flour, shaking off the excess flour. Fry in batches, being careful not to overcrowd the crawfish or they will stick to one another and not cook properly. The crawfish should fry until golden brown, about 2 or 3 minutes, and be drained on a paper towel.

Salad

- romaine lettuce
- 2 green onions, chopped
- \( \frac{1}{2} \) cup grated Parmesan cheese

Add lettuce and green onions to the dressing and toss. Add cheese, toss. Place salad in large, shallow bowl and top each with \( \frac{1}{3} \) of the fried crawfish.
Caesar Salad Fixings

Source: Kenji Alt Lopez

Makes: 1 cup dressing and 3 cups of croutons

This is Kenji’s official recipe from SeriousEats. I cheat and use commercial mayonnaise (Hellman’s or Duke’s) instead of the egg yolk, lemon, canola concoction. Also, I substitute a few drops of fish sauce for the anchovies (to taste), unless I happen to have a few on hand.

Ingredients:

- 3 tablespoons 1/4 cup extra-virgin olive oil, divided
- 2 medium cloves garlic, minced (about 2 teaspoons)
- 3 cups hearty bread, cut into 3/4 inch cubes
- 2 ounces finely grated Parmesan cheese, (about 1 cup), divided
- Kosher salt and freshly ground black pepper
- 1 egg yolk
- 1 tablespoon juice from 1 lemon
- 2 to 6 anchovies
- 1 teaspoon Worcestershire sauce
- 1/3 cup vegetable oil

Adjust oven rack to middle position and preheat oven to 375°F. In small bowl, combine 3 tablespoons olive oil with minced garlic and whisk for 30 seconds. Transfer to a fine mesh strainer set over a large bowl and press with the back of a spoon to extract as much oil as possible, leaving garlic behind. Reserve pressed garlic separately. Add bread cubes to garlic oil and toss to coat. Add 2 tablespoons Parmesan cheese, season to taste with salt and pepper, and toss again. Transfer to a rimmed baking sheet. Bake until croutons are pale golden brown and crisp, about 15 minutes. Remove from oven and toss with 2 more tablespoons Parmesan. Allow to cool.

While croutons bake, make the dressing. Combine egg yolk, lemon juice, anchovies, Worcestershire sauce, pressed garlic, and 1/4 cup parmesan cheese in the bottom of a cup that just fits the head of an immersion blender, or in the bottom of the food processor. With blender or processor running, slowly drizzle in canola oil until a
smooth emulsion forms. Transfer mixture to a medium bowl. Whisking constantly, slowly drizzle in remaining 1/4 cup extra virgin olive oil. Season to taste generously with salt and pepper.

To serve, toss lettuce with a few tablespoons of dressing, adding more if desired. Once coated, add half of remaining cheese and 3/4 of croutons and toss again. Transfer to salad bowl and sprinkle with remaining cheese and croutons. Serve.
Dave’s Green Bean Salad

Source: David Gade

Serves: 6-8

This fine recipe comes from our friend Dave Gade, a renown baker of fine breads. When Lee makes this recipe he usually adds a little anchovy paste and a drop or two of Tabasco to the dressing. (If you can taste the Tabasco, then you’ve probably added too much). At any rate, this is Lee’s favorite way to eat fresh green beans.

Ingredients:

- 2 pounds fresh green beans with ends snapped off
- 1 red bell pepper, thinly sliced
- 3 tablespoons cider vinegar
- 1 1/2 tablespoons Dijon mustard
- 1 1/2 teaspoons dill
- 1/8 teaspoon black pepper
- 1/3 cup olive oil
- 1/2 teaspoon anchovy paste (optional)
- 1 or 2 drops of Tabasco (optional)
- 4 green onions, thinly sliced
- salt and pepper to taste

Cut beans crosswise into bite-sized pieces if desired. Simmer beans 4-6 minutes or until crisp tender. Drop in pepper immediately, drain and cover with cold water. Prepare the dressing in a small bowl by combining all remaining ingredients, except the green onions, and whisking in the oil. Stir dressing into vegetables and refrigerate overnight. Adjust seasonings and add green onions before serving.
Marcella’s Green Bean Salad

Source: Marcella Hazen [37]

Serves: 4

Ingredients:

- 1 pound green beans, boiled
- salt
- olive oil
- red wine vinegar or lemon juice

Drain the beans when they are slightly firm, but tender, not crunchy. Put them in a serving bowl, add salt, and toss once. Pour enough oil over them to give them a glossy coat. Add a dash of vinegar or lemon juice, as you prefer. Toss thoroughly, taste and correct seasoning. Serve while still warm.
Cauliflower Salad

Source: Marcella Hazan [36]

Serves: 3 to 4

Ingredients:

- 1 head of boiled cauliflower (page 289)
- salt to taste
- extra virgin olive oil
- red wine vinegar

Prepare the boiled cauliflower as directed above (page 289). When it’s cooled a bit, separate the florets from one another, dividing into halves or thirds if they are particularly large. Put the florets into a salad bowl and season, very liberally, with salt, olive oil, and vinegar. Keep tasting it and adjust seasoning until you get it just how you like it.
Fiesta Chicken Salad

Source: Bon Appétit [15]
Serves: 6

This salad is served with a lime-cilantro Vinaigrette.

Lime-Cilantro Vinaigrette

- \( \frac{1}{2} \) cup chopped Shallots
- \( \frac{1}{4} \) cup fresh lime juice
- \( \frac{1}{4} \) cup chopped fresh cilantro
- 1 tablespoon minced garlic
- \( \frac{1}{2} \) cup vegetable oil

Combine first 4 ingredients in medium bowl. Gradually whisk in oil. Season with salt and pepper.

Salad

- 3 cups thinly sliced red leaf lettuce
- 3 cups thinly sliced napa cabbage
- 1 cup diced cooked chicken breast
- 2 plum tomatoes, seeded, and chopped
- \( \frac{1}{2} \) red bell pepper, thinly sliced
- \( \frac{1}{2} \) yellow bell pepper, thinly sliced
- \( \frac{1}{2} \) avocado, peeled, diced
- \( \frac{1}{3} \) cup crumbled tortilla chips
- \( \frac{1}{3} \) cup corn kernels (frozen or cooked fresh)
- \( \frac{1}{2} \) cup pumpkin seeds, toasted
- \( \frac{1}{2} \) cup onion, thinly sliced
- \( \frac{1}{2} \) cup queso anejo (or feta), crumbled

Combine all ingredients except cheese in large bowl. Toss with vinaigrette to coat. Top with cheese.
Smoked Chicken Salad

Source: Lee

Serves: about 4 cups

Ingredients:

- 2 cups chopped smoked chicken
- 1 or 2 hardboiled eggs, finely diced
- ½ cup chopped celery
- ½ cup chopped onion
- 2 tablespoons Dijon mustard
- 1 teaspoon Emeril’s Creole Seasoning (page 3)
- ⅛ teaspoon freshly ground black pepper
- salt to taste
- ½ cup mayonnaise

Combine chicken, egg, celery, and onion. Mix remaining ingredients in a small bowl. Combine the chicken and dressing and refrigerate for a couple of hours before serving. Yum, Yum.
Zea’s Spinach Salad

This recipe is a knock off of a salad served at Zea’s in New Orleans. We’ve never been to Zea’s, but we have enjoyed this salad at the Celebration in the Oaks, which is held on the Friday before Thanksgiving in New Orlean’s City Park. Thanks to Tim and Jeanetta for letting us tag along to this great event!

Ingredients:

- 1/4 cup pepper jelly
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon Kosher salt
- 1/2 cup extra virgin olive oil
- 6 ounces fresh baby spinach leaves

- 2 tablespoons sun-dried tomatoes
- 2 tablespoons roasted pecans
- 2 tablespoons golden raisins
- 1 teaspoon toasted sesame seeds
- 1/4 cup blue cheese crumbles
- 5 Calamata olives

To make the pepper jelly vinaigrette, combine pepper jelly, balsamic vinegar, granulated garlic, Kosher salt, and olive oil. Mix well in a blender.

Combine spinach, tomatoes, pecans, sesame seeds, and raisins in a large mixing bowl. Dress with 1/3 cup of vinaigrette and toss until leaves are evenly coated. Garnish with blue cheese and olives.
Spinach-Orange Salad

Source: *Bon Appétit* [19]

Serves: 4

This is another yummy salad from *Bon Appétit*. It is great served with Cumin Roasted Pork with Wild Mushroom Sauce (page 123) and Roasted Chile and Cilantro Mashed Potatoes (page 308).

**Dressing**

- $\frac{1}{4}$ cup fresh orange juice
- 3 tablespoons Sherry wine vinegar
- $1\frac{1}{2}$ tablespoons honey
- $\frac{1}{2}$ tablespoon fresh lime juice
- $\frac{3}{8}$ teaspoon chili powder
- $\frac{1}{3}$ cup olive oil

Whisk orange juice, Sherry wine vinegar, honey, lime juice, and chili powder in a large bowl to blend. Gradually whisk in olive oil. Season to taste with salt and freshly ground pepper.

**Salad**

- 6 ounces stemmed fresh spinach (about 1 bunch)
- 1 small avocado, peeled, seeded, cubed
- 2 oranges, peeled with white pith removed
- $\frac{1}{4}$ cup chopped red onion
- 1 cup matchstick-sized strips peeled jicama
- 3 tablespoons chopped fresh cilantro

Quarter the oranges and cut crosswise into $\frac{1}{4}$ inch thick slices. Combine oranges with remaining ingredients in a large bowl. Toss with enough salad dressing to coat lightly.
PASTA SALAD

Pasta Salad

Source: Pam Anderson [2]
Serves: 6 to 8

Ingredients:

- 1/4 cup rice wine vinegar
- 2 tablespoons Dijon mustard
- 1 large garlic clove, minced
- 2/3 cup extra-virgin olive oil
- salt and black pepper to taste
- 2 medium zucchini
- 1 medium yellow bell pepper
- 2 tablespoons olive oil
- 1 pound medium pasta shells
- 1 pound shrimp
- 8 ounces cherry tomatoes
- 1/4 cup coarsely chopped Kalamata olives
- 1 cup crumbled feta cheese
- 1/2 small red onion, finely chopped
- 2 teaspoons dried oregano

Whisk together the rice wine vinegar, Dijon mustard, minced garlic, olive oil, salt and pepper.

Cut the zucchini lengthwise into quarter inch slices. Cut the top off of the pepper, then halve the pepper and remove the seeds. In a medium bowl, coat the zucchini and pepper using 2 tablespoons of olive oil. Sprinkle with a little salt and pepper. Meanwhile, fire up the grill and get it nice and hot. Grill the pepper halves and zucchini on both side until spotty brown. You can also do this step in the oven under the broiler. Either way, it takes about 5 minutes per side. When the zucchini and pepper are done, remove from the grill and set aside to cool. When the zucchini and pepper have cooled, cut them into bite-sized pieces and set aside.

Bring a gallon of water to boil in a large pot. Add 2 tablespoons of salt and the pasta. Cook the pasta according to the directions on the package. Don’t overdo it, keeping the pasta a bit chewy. When done, drain the pasta (without rinsing) and dump it out onto a baking sheet to cool.

Cut the cherry tomatoes in half. Cut the shrimp in half lengthwise. Then, put the vegetables, pasta and remaining ingredients (except dressing) into a bowl and toss. To serve, add the dressing, toss to coat.
Macaroni Salad

Source: New Best Recipe [22]

Serves: 6 to 8

Ingredients:

- 1 pound elbow macaroni
- 1 tablespoon salt
- 2 medium garlic cloves, unpeeled
- 1 rib celery, minced
- ¼ small red onion, minced
- 3 scallions, minced
- 1¼ cups frozen corn kernels
- 1 cup cherry tomatoes, quartered
- 1 tablespoon minced chipotle chile in adobo sauce
- ¼ cup lemon juice
- 1 cup mayonnaise
- salt and pepper to taste

Bring 4 quarts of water to boil in a large pot and add 1 tablespoon salt. Stir in the macaroni and cook until thoroughly done, 10 to 12 minutes. Drain the macaroni in a colander and rinse with cold water until cool. Shake the macaroni dry in the colander and spread it in an even layer on a rimmed baking sheet lined with paper towels. Let the macaroni dry for 3 minutes.

Roll the macaroni in paper towels to blot any remaining moisture and transfer the drained macaroni to a large bowl.

While the pasta is cooking, toss together the frozen corn kernels and 2 cloves of unpeeled garlic in a nonstick skillet set over high heat until the corn turns spotty brown, about 5 minutes. Peel and mince the garlic.

For the dressing, mix the chipotle and mayonnaise together. To the macaroni add the corn mixture, celery, scallions, tomatoes, lemon juice and dressing. Season to taste with more salt and pepper. Refrigerate for at least an hour before serving.

For a more traditional macaroni salad, replace the corn, garlic, scallions, cherry tomatoes, and chipotle with: 3 hard-boiled eggs, peeled and diced; ¼ cup sweet pickles, minced; ¼ cup chopped parsley; and 2 teaspoons Dijon mustard.
Shrimp Salad

Source: America’s Test Kitchen

Serves: 4

This recipe is from the episode Two Ways with Shrimp. Visit the America’s test kitchen website www.americastestkitchen.com for a video.

Ingredients:

- 1 pound extra-large shrimp
- $\frac{1}{4}$ cup fresh lemon juice plus teaspoon
- 5 sprigs parsley plus 1 teaspoon chopped
- 3 sprigs tarragon plus 1 teaspoon chopped
- 1 teaspoon whole black pepper
- 1 tablespoon sugar
- $\frac{1}{4}$ cup mayonnaise
- 2 tablespoons minced shallot
- $\frac{1}{3}$ cup minced celery
- salt and pepper

Combine shrimp, $\frac{1}{4}$ cup lemon juice, reserved lemon halves, parsley sprigs, tarragon sprigs, whole peppercorns, sugar, and 1 teaspoon salt with 2 cups cold water in medium saucepan. Place saucepan over medium heat and cook shrimp, stirring several times, until pink, firm to touch, and centers are no longer translucent, 8 to 10 minutes (water should be just bubbling around edge of pan and register 165 degrees on instant-read thermometer). Remove pan from heat, cover, and let shrimp sit in broth for 2 minutes.

Meanwhile, fill medium bowl with ice water. Drain shrimp into colander, discard lemon halves, herbs, and spices. Immediately transfer shrimp to ice water to stop cooking and chill thoroughly, about 3 minutes. Remove shrimp from ice water and pat dry with paper towels.

Whisk together mayonnaise, shallot, celery, remaining tablespoon lemon juice, minced parsley, and minced tarragon in medium bowl. Cut shrimp in half lengthwise and then each half into thirds; add shrimp to mayonnaise mixture and toss to combine. Adjust seasoning with salt and pepper and serve.
Piri Piri Shrimp and Pasta Salad

Source: *Emeril’s New New Orleans Cooking* [47]

Serves: 4

Ingredients:

- $\frac{1}{4}$ cup Piri Piri (page 24)
- 5 cup Pasta Salad
- 32 large shrimp (about 2 pounds)
- 1 tablespoon Emeril’s Creole Seasoning (page 3)

Prepare the Pasta Salad, and set aside while you fix the shrimp. Toss the raw shrimp with the seasoning mix. Heat a large skillet over high heat until hot. Add the shrimp and Piri Piri and sear for 2 minutes. Turn the shrimp and sear for 1 minute. Add the pasta salad on top and cook for 1 minute without stirring. Then toss together and remove from the heat. To serve, remove the shrimp from the pasta and place 8 shrimp on each of 4 plates. Top the shrimp with $1\frac{1}{4}$ cups Pasta Salad.

Pasta Salad

- 4 cups cooked rigatoni, fusilli, ziti, or penné
- $\frac{1}{3}$ cup pitted black olives, halved
- $\frac{1}{3}$ cup pimento-stuffed green olives, halved
- $\frac{1}{4}$ cup chopped green onions
- $\frac{1}{4}$ cup peeled and chopped tomatoes
- $\frac{1}{4}$ cup chopped fresh basil
- 1 tablespoon minced garlic
- $\frac{1}{4}$ teaspoon salt
- freshly ground black pepper to taste
- 3 tablespoons olive oil
- $\frac{1}{2}$ cup grated Parmesan cheese

Toss all of the ingredients together in a bowl until thoroughly blended.
Christmas Pickled Shrimp Salad

Serves: 12

This is a dish that we fix every Christmas.

Ingredients:

- 3 3/4 cup white vinegar
- 4 1/2 cups water
- 1 tablespoon coriander seeds
- 1 teaspoon celery seeds
- 1 teaspoon mustard seeds
- 1 1/2 cups diced red bell pepper
- 1 1/2 cups diced yellow bell pepper
- 1 cup chopped onion
- 1 large lemon, thinly sliced
- 3 3/4 cup olive oil
- 1 1/4 cup drained capers
- 2 1 1/2 teaspoons hot pepper sauce
- 2 1 1/2 teaspoons Worcestershire sauce
- 1 tablespoon salt
- 2 bay leaves
- 3 pounds shrimp, peeled and deveined with tails intact
- 12 cups torn chickory leaves
- chopped parsley for garnish

In a large saucepan combine vinegar, 1 1/2 cup water, coriander seeds, mustard seeds, and celery seeds. Bring to a boil, reduce heat, cover and simmer for 5 minutes. Remove from heat, add bell peppers, onions, lemon, oil, capers, pepper sauce, Worcestershire, and 1 teaspoon salt.

In another large saucepan combine 4 cups of water, salt, and the bay leaves and bring to a boil. Add shrimp and cook until the shrimp are just opaque at the center, about 3 minutes depending on the size of your shrimp. Drain, discard bay leaves and let cool slightly.

Place the shrimp in a glass bowl and add the vinegar mixture; stir to combine and cover with plastic wrap. Top with a weighted plate to keep the shrimp submerged in the vinegar. Refrigerate at least 1 day or up to 2 days before serving, stirring occasionally.

Drain shrimp and the vegetable mixture, reserving 3 tablespoons marinade. Toss chickory with marinade. Place chickory on a plate, put some shrimp on top, and top with about 1/4 cup of the onion/pepper mixture. Garnish with parsley.
Moroccan Salad

Source: Zamouri Spices http://www.zamourispices.com/moroccansalad.html
Serves: 4

Ingredients:

- 1 cucumber, seeded and chopped
- \( \frac{1}{2} \) red onion, chopped
- 11/2 cups chopped tomatoes
- \( \frac{1}{3} \) cup cilantro, finely chopped
- 2 tablespoons olive oil
- 2 tablespoons rice wine vinegar
- Juice of 12 lemon, fresh squeezed
- Feta cheese (optional – not Moroccan!)

Mix chopped cucumber, onion, tomatoes cilantro, oil and vinegar in a large non-reactive bowl. Then squeeze lemon juice over the top of salad and mix. Sprinkle feta cheese to taste. Refrigerate.

Serve inside pita bread with Moroccan Kebabs (page 157) or as a side salad.
Asian Cucumber Salad

Source: *The Asian Grill* [9]

Serves: 4

**Ingredients:**

- 1 unpeeled English Cucumber, sliced paper thin
- 1/2 cup water
- 1/4 cup rice wine vinegar
- 2 tablespoons unsalted peanuts
- 1/4 cup minced fresh cilantro
- 2 teaspoons sugar
- 1/4 teaspoon salt
- 2 tablespoons white vinegar

Place the sliced cucumbers in a nonaluminum bowl. In another small bowl, combine water, vinegar, sugar, and salt. Pour over cucumbers and let sit at room temperature for 1 hour.

Meanwhile, toast the peanuts over medium-high heat in a heavy skillet until fragrant and beginning to brown, about 4 minutes. You’ll have to shake them or stir them continuously or they will burn. When the peanuts have cooled just a bit, remove any remaining skins, chop coarsely and set aside.

After the cucumbers have marinated for an hour, drain them, toss with the cilantro and divide into the desired portions. To serve, sprinkle with peanuts.
Duck Liver Crostini with Cucumber Salad

Source: Mario Batali

Serves: 4

Ingredients:

- 4 tablespoons virgin olive oil
- 1 medium red onion, thinly sliced
- 1 pound duck or chicken livers
- 2 tablespoons capers, rinsed and drained
- 2 anchovy filets, rinsed and patted dry
- 1 teaspoon crushed red pepper flakes
- 1 cup dry red wine
- salt and freshly ground black pepper to taste
- 1 large English cucumber
- 2 ounces extra virgin olive oil
- 1 ounce red wine vinegar
- 1 teaspoon sugar
- salt and pepper to taste
- 12 slices crusty bread, cut 3/4-inch thick

In a 12 inch skillet, heat oil slowly over medium heat. Add onion and cook slowly until soft but not brown, about 10 minutes. Add livers, capers, anchovies, and red pepper, cooking until lightly browned, about 10 minutes. Add wine and cook until only 3 to 4 tablespoons of liquid remain.

Pour liver mixture into bowl of a food processor and blend intermittently, leaving lumpy—not smooth. Season with salt and pepper to taste and remove to a small bowl.

Peel cucumber and remove seeds. Slice into 1/8-inch half moons and dress with oil, vinegar, sugar and season with salt and pepper.

Grill or toast bread on both sides and spread 1 tablespoon duck liver mixture over each. Divide among 4 plates and place 2 tablespoons of cucumber mixture on each plate. Serve immediately.
Black Bean Salad

Source: New Basics [66]

Serves: 4

One of the things I love about the New Basics cookbook is how pretty all of the dishes are. Whenever we’re entertaining and I want to serve something that looks and tastes good this is the first place I look. This recipe is called a salad, though it could be used like the Tomato Corn Salsa (page 41) to provide contrast to heavier dishes. It’s goes well with the Cheese Enchiladas (page 217) and Savannah Red Rice (page 313). To make it convenient, I used canned black beans (which taste fine, by the way).

Ingredients:

- 1 can of cooked black beans, drained and rinsed
- \( \frac{1}{2} \) red bell pepper, cored, seeded, and chopped into \( \frac{1}{4} \) inch dice
- 2 green onions, chopped
- 1 or 2 ripe plum tomatoes, peeled, seeded, and chopped into \( \frac{1}{4} \) inch dice
- 3 tablespoons extra virgin olive oil
- 11/2 tablespoons lemon juice
- \( \frac{1}{4} \) cup chopped cilantro
- \( \frac{1}{2} \) teaspoon black pepper
- salt to taste

Combine all the ingredients in a bowl and toss gently. Let the salad rest for at least an hour. It can be served at room temperature or chilled.
Stuffed Eggs with Anchovies and Cheese

Source: Tapas [51]
Serves: 8

Deviled eggs, Spanish style. Amazingly good.

Ingredients:

- 8 eggs
- 1 3/4 ounces canned anchovy filets in olive oil, drained
- generous 1/2 cup grated Manchego cheese
- 1/4 cup extra virgin olive oil
- 1 garlic clove, crushed
- 1 tablespoon lemon juice
- 4 black Spanish olives, pitted and halved
- 4 green Spanish olives, pitted and halved
- hot or sweet smoked Spanish paprika for dusting
- salt and pepper

Put eggs in the pan, cover with water, and slowly bring to a boil. Reduce heat to simmer gently for 10 minutes. Immediately drain the eggs and rinse under cold running water to cool. Gently tap the eggs to crack the shells and let stand until cold.

When eggs are cold, peel off the shells. Cut the eggs in half lengthwise, carefully removing the yellow yolks. Put the yolks in a food processor.

Add the anchovy fillets, cheese, oil, lemon juice, garlic and process until smooth. Season to taste with salt and pepper.

Using a teaspoon, spoon the mixture into the egg white halves. A pastry bag can be used if you want to make them look fancy. They won’t last long so the choice is yours. Arrange them on an egg dish and chill until ready to serve. To serve top each egg with an olive halve and dust with paprika.
Murphy’s Mexican Bean Dip

Source:  Kevin Murphy

Makes:  5-6 cups

Ingredients:

- 2 cans pinto beans with jalapeño peppers
- 1 medium onion, finely chopped
- 4-6 chile peppers, seeded and finely chopped
- \( \frac{1}{2} \) green bell pepper, finely chopped
- 1 cup medium salsa
- 1 \( \frac{1}{2} \) pounds Velveeta cheese, cut into \( \frac{1}{2} \) inch cubes
- chili powder, to taste

Purée beans in the food processor. Sauté onion, chiles, green pepper over medium heat until soft, not brown. Add the sautéed vegetables, salsa, and chili powder to the beans. Process again until smooth.

In a cast iron skillet heat a small amount of oil and heat over medium-low heat. Add the bean mixture and cover. Simmer for at least 30 minutes. Add the cheese, cover, and let melt. Stir, adjust seasoning to taste, and serve warm with your favorite tortilla chips!
Layered Bean Dip

Source: Old El Paso Can
Serves: 6–8

Ingredients:

- 2 16-ounce cans of refried beans
- 1 4-ounce can of chopped green chiles
- 1 tablespoon Emeril’s Southwest Seasoning Mix (page 4)
- 2 ripe avocados
- 2 tablespoons lemon juice
- 16 oz. picante sauce
- 1 1/2 cup sour cream
- 3 cups shredded lettuce
- black olive slices
- tortilla chips

In a medium bowl mix refrieds, chiles, and seasoning mix. Spread on a 12-inch round serving platter. Blend avocado, lemon juice, and 1/2 cup of picante sauce until smooth. Spread on top of bean mixture. Layer on sour cream. Top with shredded lettuce, cheese, picante sauce, and olive slices. Serve with tortilla chips.

Variation

Ingredients:

- 1 16-ounce cans of refried beans
- 1 4.5 ounce can of chopped green chiles
- 2 teaspoons chili powder
- 1/4 teaspoon ground cumin
- 1 tablespoon fresh lime juice for bean layer
- 2 tablespoons fresh lime juice for avocado layer
- 3 avocados, pitted and halved
- 1 cup sour cream
- 1/2 cup mayonnaise
- 1 cup salsa
- 3/4 cup sliced black olives
- 1 cup grated pepper Jack cheese
- 1/2 cup thinly sliced green onions
Here’s a variation of this dish from Pam Anderson (www.allrecipes.com [2]). Her version “juices” it up a little to make it easier to dip. Her recipe calls for only 1 can of refried beans. Add to this 1 tablespoon of lime juice, 2 teaspoons of chili powder and $\frac{1}{4}$ teaspoon of cumin.

The guacamole layer consists of 3 avocados, 2 tablespoons of lime juice, and a pinch of salt. Scoop the flesh out of the avocado halves and mash them up, adding lime juice and salt to taste. I cheat and use two packets of ready made guacamole and add some lime juice.

The sour cream layer consists of mixture of 1 cup of sour cream with $\frac{1}{2}$ cup mayonnaise. Top this with 1 cup of salsa (drain it if it’s runny), $\frac{3}{4}$ cup of sliced black olives, and 1 cup of grated pepper Jack cheese. Finally, top with $\frac{1}{2}$ cup of thinly sliced green onion tops.
Seafood

Lee Bailey’s Fried Catfish

Source: Lee Bailey [8]
Serves: 6

Fried Catfish

- 1 1/2 pounds catfish filets
- 3 tablespoons Creole mustard
- 2 tablespoons dry white wine
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- peanut oil for frying
- 1 cup yellow cornmeal
- 1/2 cup corn flour
- 1/3 cup corn starch
- 1 tablespoon Creole seasoning
  (Tony Chachere’s works fine)

Cut catfish filets into 1/2 x 2 inch strips. Combine mustard, wine, salt, and pepper. Add the catfish and toss to coat well. Cover and marinate for an hour.

Heat oil to 350°F.

Mix together the cornmeal, corn flour, cornstarch, and Creole seasoning. Spread the mixture out on a sheet of waxed paper. Roll the marinated strips in the mixture, lightly shaking off any excess. Fry until golden, about 4 minutes. Drain and serve with Tomato Tartar Sauce (page 34).

For John Folse’s take on frying catfish using a batter, see Fried Catfish on page 94.
Fried Shrimp, Oysters, or Catfish

Source: John Folse [29]
Serves: about 6 people

Batter

- 1 egg
- 1 cup mild
- 1 cup water
- 4 tablespoons yellow mustard
- salt and black pepper

In a one quart mixing bowl blend all ingredients well and set aside.

Frying

- 3 pounds of seafood
- oil for deep frying
- 4 cups yellow corn flour
- 2 tablespoons granulated garlic
- 1 teaspoon ground cayenne pepper
- 2 tablespoons cracked black pepper
- 2 tablespoons salt

Heat oil to about 350 °F. Combine flour, garlic, peppers, and salt and mix well. Dip shrimp in the egg batter and then into the seasoned corn flour. Deep fry a few at a time until they are golden brown (and float).
Cowtown Cakes

Source: Grady Spears and Robb Walsh [76]

Makes: 10 3-ounce cakes

Ingredients:

- 3 tablespoons vegetable oil
- 2 pounds catfish filets, cut into 1 inch dice
- ½ cup finely chopped red onion
- 1 jalapeño stemmed, seeded, and julienned
- ¼ cup finely diced red bell pepper
- 2 teaspoons minced garlic
- ½ cup mayonnaise
- ½ cup thinly sliced chives
- ½ cup minced cilantro
- 1 tablespoon Dijon mustard
- 1 ½ cups fresh or dried white bread crumbs
- 2 eggs, slightly beaten
- 1 teaspoon lime zest
- Kosher salt to taste
- fresh ground pepper to taste
- 1 ½ cups peanut oil
- ½ cup flour

Heat the oil in a skillet over medium heat. Add the red onion, catfish, red bell pepper, jalapeño pepper, and garlic. Sauté until the vegetables are wilted and the fish just cooked through, about 5 minutes. Remove from heat and place in a large bowl to cool for a few minutes. Add the mayonnaise, chives, cilantro, mustard, bread crumbs, eggs, zest, salt and pepper; mix thoroughly. Form into 10 3-ounce patties, packing tightly so that the cakes won’t fall apart during cooking.

Heat the peanut oil in a pan until the oil is hot (nearly smoking). Dust each side with a little flour and gently slip into the hot oil. Fry the cakes for about 2 minutes on each side, or until they are golden brown. It is best not to crowd them in the pan. Remove the cakes from the pan and drain on paper towels. Serve hot with Cowtown Coleslaw (page 55).
Emeril’s Grilled Tuna with tortilla sauce and tomato corn salsa

Source: *Emeril’s New New Orleans Cooking* [47]

Serves: 6

This recipe should be served with the Black Bean Chili (page 285), Tortilla Sauce (page 18), and Tomato Corn Salsa (page 41). It looks like quite a bit of effort, but it is well worth it. The Tortilla Sauce is magnificent and the Black Bean Chili makes a good side dish for many meals.

**Ingredients:**

- 2 cups Black Bean Chili (page 285) each
- 2½ cups Tortilla Sauce (page 18)
- ¾ cup Tomato Corn Salsa (page 41)
- 6 skinless and boneless yellowfin tuna steaks (about 6 or 7 ounces each)
- 2 tablespoons Emeril’s Southwest Seasoning Mix (page 4)
- 2 tablespoons olive oil
- 6 sprigs fresh cilantro

Prepare the Black Bean Chili and the Tortilla Sauce. Keep warm. Prepare the Tomato Corn Salsa and set aside.

Season the fish with the seasoning mix, using your hands to coat. Grill the Tuna steaks over high heat, 2 minutes a side for rare, 3 minutes a side for medium rare.

To serve, pour a generous 1/3 cup of the Tortilla Sauce in each of 6 plates, and top each with a tuna steak. Spoon 1/3 cup Black Bean Chili on each tuna steak and top with 2 tablespoons Tomato Corn Salsa.
Salmon with Thai Red Curry Sauce

Source: *Bon Appétit* [18]

Serves: 4-6

This recipe is served at Terra which is located in the Napa Valley. It is the creation of chef Hiro and is very, very good. Serve it on a bed of basmati rice and top it with Thai Slaw. I recommend popping a Tagamet about 30 minutes before dinner and serving with ice cold beer (of course Lee recommends serving ice cold beer with everything!)

Sauce

Ingredients:

- 4 1/2 teaspoon peanut oil
- 2 1/4 teaspoon minced garlic
- 2 1/4 teaspoon peeled, minced fresh ginger
- 1 tablespoon curry powder
- 1 tablespoon Thai red curry base
- 1 tablespoon paprika
- 1 1/2 teaspoon whole coriander seeds, lightly crushed
- 1 teaspoon ground cumin
- 2 1/2 cups unsweetened coconut milk
- 1/3 cup canned tomato purée
- 3 tablespoons soy sauce
- 3 tablespoons packed light brown sugar
- 4 or 6 6-8 ounce salmon fillets
- 2 tablespoons oil
- 1 recipe Thai Slaw (page 51)
- 4-6 cups cooked basmati rice
- 1/2 cup chopped unsalted roasted peanuts

Heat peanut oil in a heavy, large saucepan over medium heat. Add garlic and ginger and lightly sauté until golden brown, about 2 minutes. Add curry powder, curry base, paprika, coriander and cumin. Reduce heat to low and sauté until fragrant, about 1 minute. Add coconut milk, tomato purée, soy sauce and brown sugar. Bring almost to a simmer, whisking constantly. *Do not let the sauce boil or it will break.* Remove from heat.
Sprinkle salmon with salt and pepper. Heat 1 tablespoon olive oil in a heavy large skillet over high heat (to serve 6 you’ll probably have to use 2 skillets, putting 3 pieces of fish in each). Sauté until opaque, about 4 minutes per side.

To serve, lay a bed of \( \frac{3}{4} \) cup of basmati rice and place salmon fillet on top. Spoon sauce around the perimeter of the rice bed. Top the fish with Thai Slaw and sprinkle on some chopped peanuts.
Wasabi Crust Baked Salmon

Source: *Lee Bailey’s New Orleans* [8]

Serves: 4-6

This is a fantastic dish that is served with Orange Anaheim Pepper Sauce. If you like salmon, you better try this. If you don’t like salmon, then you better try this ... you’ll quickly change your mind.

The recipe makes enough wasabi crust for 2 pounds of fish. You can vary the size and number of portions to suit your tastes. Be forewarned, this is pretty rich.

**Ingredients:**

- 1 ounce wasabi
- $\frac{1}{2}$ cup water
- $1 \frac{1}{2}$ cups toasted bread crumbs
- $\frac{1}{4}$ cup mayonnaise
- 1 tablespoon honey
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons sesame seeds
- 2 pounds of salmon fillets cut into 4-6 ounce pieces, with any remaining bones removed
- 1 tablespoon cold unsalted butter, cut into bits
- 1 recipe Orange Anaheim Pepper Sauce (page 15)

Preheat oven to 425°F.

Mix wasabi with water to form a paste. Let it rest for 20 minutes. Place the bread crumbs, mayonnaise, honey, salt, and sesame seeds in a small bowl and combine with your hands to make a moist mixture.

Put several tablespoons of water on a baking sheet to prevent sticking. Lay the fillets on the wet sheet. Pat the wasabi mixture on top of each fillet to about $\frac{1}{4}$ inch thickness. Dot with the butter and bake for 6 to 7 minutes. Center of the fish should be slightly undercooked. Serve with the Orange Anaheim Pepper Sauce.
Beer-Battered Fish Tacos

Source: Jim Peyton [57]

Serves: 4 to 6

We eat these as a quicky meal. I buy frozen, battered fish from the supermarket, a package of corn tortillas (the thinnest and freshest I can find), and a bag of finely shredded cabbage. For the pico de gallo, I buy that as well or make the excellent and simple version suggested by Peyton (page 42).

Ingredients:

- 1 recipe Jalapeño Tarter Sauce (page 33)
- 1 cup all-purpose flour
- Kosher salt
- 1 cup beer
- 2 egg whites, beaten to soft peaks
- 1 pound firm fillets of mild white fish
- 12 to 16 corn tortillas
- 1 1/2 cups finely shredded green cabbage
- 2 limes, quartered
- pico de gallo (page 42)
- about 2 quarts of oil for frying

If you are going to use fresh fish and fry it yourself, cut the fillets into strips about 4 1/2 inches long and about 3/4 to an inch wide. Season the fish with salt.

Meanwhile, fill a large, deep, heavy pot with oil to about 1 1/4 inches deep. Heat oil to 350°F. Mix the four and 1 teaspoon salt in a medium bowl and stir in the beer until smooth. Gently fold in the beaten egg whites. To cook the fish, work in batches of about three or four pieces at a time. Using kitchen tongs, dip each piece in the batter, letting any excess drain off. Carefully submerge the fish in the hot oil, and fry until golden brown and cooked through, about 5 minutes. Transfer to a baking sheet lined with paper towels.

If using frozen fish, bake according to package directions. Heat the tortillas. We usually wrap a stack in damp paper towels and put them into the microwave. We have a styrofoam gizmo that the stack goes into. It takes anywhere from 30 seconds to a minute to heat a package. Corn tortillas dry out and stiffen rather quickly.
To assemble, put a piece of fish in a warmed, softened corn tortilla. Top with a little shredded cabbage and tartar sauce. A little pico de gallo is also a good condiment to put on top of the tartar sauce.
Tanzanian Fish Curry

Source: *African* [33]

Serves: 2 to 3

This tastes fresh and is very yummy. The basic recipe is from an African cookbook that Lee picked up in Finland, of all places. Easy, and highly recommended.

**Ingredients:**

- 1 pound of fish (I used tilapia filets)
- 1 lemon
- 3 tablespoons vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 3 tablespoons curry powder
- 1 14 ounce can chopped tomatoes
- 1 heaping tablespoon peanut butter
- 1 small green pepper, chopped
- 2 slices of fresh ginger
- 1 green chile, seeded and finely chopped
- 1 pint of fish stock or bottled clam juice
- 1 to 2 tablespoons fresh cilantro, chopped
- freshly ground pepper and salt to taste

Season the fish on both sides with salt and pepper; place inside a shallow bowl. Cut the lemon in half and squeeze the juice all over the fish. Cover with plastic wrap and let marinate in the refrigerator for a couple of hours.

Heat the oil in a large non-stick pot and fry the onion and garlic until soft, about 6 minutes. Reduce heat, add curry powder and cook, stirring, for another 5 minutes.

Stir in the tomatoes and peanut butter, mixing well. Then add green pepper, ginger, chile, and stock. Stir well and gently simmer for 20 minutes.

Most fish filets will cook very quickly in the simmering broth. Just before serving, put the fish into the broth and poach until just done. Add the cilantro, gently stir so as not to decimate the filets. Then serve in a shallow bowl over basmati rice.
Thai Red Curry Crawfish

Source: Lee
Serves: 4

Serve it on a bed of basmati rice with Asian Cucumber Salad see page 85.

Ingredients:

- 1 can coconut milk
- 2 tablespoon Thai red curry base
- 3 tablespoon fish sauce
- 2 teaspoons brown sugar
- 1 medium onion, thinly sliced
- 1 red bell pepper, thinly slice
- 1 cup sugar snap peas
- 4 ounces mushrooms, sliced
- 1 pound of cooked, peeled crawfish tails
- \( \frac{1}{4} \) cup chopped basil

Heat coconut milk and red curry base over medium heat for five minutes. Stir in brown sugar and fish sauce. Add the onions and bell pepper and simmer for 10 minutes or until vegetables begin to soften. Add the sugar snap peas, mushrooms, and crawfish and simmer for about 5 minutes. Add the basil and remove from heat. Serve on a bed of basmati rice.
Crawfish Pies

Source: Emeril’s New New Orleans Cooking [47]

Makes: 12

Ingredients:

- 2 tablespoons unsalted butter
- 1/4 cup minced onion
- 1/4 cup minced red bell pepper
- 1/4 cup minced green bell pepper
- 1/4 cup minced celery
- 1 1/2 tablespoons Emeril’s creole seasoning (page 3)
- 1/2 teaspoon salt
- 1 tablespoon minced garlic
- 2 cups peeled crawfish tails
- 1/2 teaspoon hot pepper sauce
- 1 teaspoon Worcestershire sauce
- 1/4 cup chopped green onions
- 1/2 cup heavy cream
- 1 large egg, slightly beaten
- 2 tablespoons bread crumbs
- 2 tablespoons olive oil
- 3 store-bought pie dough rounds

Melt the butter over high heat in a medium skillet. When the butter sizzles, add the onion, green and red peppers, celery, Creole seasoning, and salt; saute, shaking the skillet or stirring occasionally, for 3 minutes. Add the garlic and the crawfish tails and cook, stirring occasionally for 2 minutes. Stir in the hot pepper sauce, Worcestershire, green onions and cook for 2 minutes. Whisk in the cream. Slowly stir in the beaten egg. Remove from the heat and stir in the bread crumbs.

Preheat oven to 375 °F. Line a baking sheet with parchment paper.

Take out one of the pie dough rounds and, on a floured surface, roll it out to about 1/8 inch thickness. Trim the round pieces off so that you have a square. Cut the square into quarters.

Put about 1/4 cup of filling into one end of a square, flatten out the filling so that it comes to within about 1/2 an inch from the edges, and fold the other side over. Seal the turnover with the tines of a fork and place on the parchment. Repeat until you run out of either pie dough or filling (duh!).

Brush the tops with olive oil (or buttermilk, if desired) and bake until browned on top, about 25 minutes.
**Crawfish Fettuccine**

Source: Donald Link [49]  
Serves: 6 to 8

**Ingredients:**

- 3 tablespoons butter  
- 1 small onion, finely chopped  
- 1 small poblano chile, stemmed, seeded and finely chopped  
- 1 small jalapeño, stemmed, seeded and finely chopped  
- 3 cloves garlic, minced  
- 3 ounces Tasso, finely chopped  
- 1/2 cup  
- 1/4 teaspoon ground cayenne pepper  
- 1/4 teaspoon paprika  
- 1 teaspoon red pepper flakes  
- 3 dashes of hot sauce  
- 4 medium plum tomatoes, finely chopped  
- 1 pound crawfish tail meat  
- 3 tablespoons all-purpose flour  
- 2 cups heavy cream  
- 1 pound fettuccine  
- juice from 1/2 a lemon  
- 4 fresh basil leaves  
- 1/4 cup thinly sliced scallions  
- fresh grated Parmesan cheese, to taste

Bring a large pot of salted water to a boil. Melt 1 tablespoon of the butter in a medium saucepan over medium heat. Add the onion, poblano, jalapeño, garlic, tasso, salt, cayenne, paprika, red pepper flakes, and hot sauce and cook, stirring frequently, until the vegetables are softened but not browned, about 5 minutes.

Add the tomatoes and crawfish, reduce heat to medium low, and simmer for 10 minutes, until the juices have reduced by half.

Add the remaining 2 tablespoons butter and stir until melted; sprinkle with the flour and stir until combined. Add the cream and simmer over low heat for 10 more minutes while continuing to stir occasionally.

While the sauce simmers, cook the fettuccine according to package directions until al dente, drain well.

Stir the lemon juice, basil leaves, and green onions into the sauce. Spoon a generous amount of sauce onto portions of fettuccine and sprinkle lots of Parmesan on top.
Shrimp and Kale Pitas

Source: Food Network

Serves: 4

Ingredients:

- ½ cup plain yogurt
- 3 tablespoons extra-virgin olive oil
- Juice of 1 lemon
- 1 small clove garlic, finely grated
- Kosher salt
- ½ teaspoon cayenne pepper
- 1 small bunch kale, stems removed and leaves thinly sliced
- ¾ pound medium shrimp, peeled and deveined
- 1 15 ounce can chickpeas, drained and rinsed
- 1 pint grape tomatoes, halved
- ½ small red onion, thinly sliced
- 4 pieces pita bread, halved

Preheat the broiler. Whisk the yogurt, 2½ tablespoons olive oil, the lemon juice, garlic, ¼ teaspoon salt and the cayenne in a large bowl. Add the kale and toss to coat; set aside at room temperature while you prepare the shrimp.

Toss the shrimp with the remaining ½ tablespoon olive oil on a baking sheet. Broil until just cooked through, 4 to 5 minutes; let cool slightly.

Add the shrimp, chickpeas, tomatoes and red onion to the bowl with the kale; toss to coat. Stack the pitas on a plate and warm in the microwave, about 30 seconds. Fill with the shrimp-kale mixture.
Shrimp Fried Rice

Source: Mary Sue Milliken and Susan Feniger of FoodTV

Serves: 4

Ingredients:

- 4 tablespoons peanut oil
- 1 1/2 pound of medium shrimp
- 2 eggs, lightly beaten
- 1 bunch of green onions, chopped
- 2 teaspoon minced garlic
- 1 teaspoon grated ginger
- 1 small red bell pepper, chopped
- 3 cups cold cooked rice
- 1 1/2 cup frozen peas
- 1 1/4 pound barbecued pork strips
  (page 118)

Heat 2 tablespoons of the peanut oil in a wok or large skillet over high heat. Stir fry the shrimp until barely done, about 2 minutes, and remove from pan. Scramble the eggs until just set. Remove the eggs and wipe the wok clean with a paper towel.

Add remaining 2 tablespoons of oil, reduce heat to medium high, and add garlic, ginger, and onion. Stir fry until half cooked. Add the red bell pepper and cook about 2 minutes. Add cold rice, breaking up clumps with a wooden spoon. Continue cooking for 5 to 7 minutes or until the rice is hot. Add peas and toss to heat. Add pork, shrimp, eggs, and salt to taste. Toss to heat and mix, then serve.
Grits à Ya Ya

Source: Jim Shirley [70]

Serves: 4

This is Jim Shirley’s take on a Southern classic, Shrimp and Grits. He serves it at his restaurant in Pensacola (The Fish House) and it is really, really good. When he serves it, he tops it with fried, julienned sweet potato curls. Awesome. Watch your portion size though. This stuff is very rich and a little goes a long way.

For all of you who ‘know about’ all the famous people I went to High School with, I actually did go to Gulf Breeze High with Jim’s older sister, Kim. That probably means I went to school with Jim, though he is a lot younger than I (and so is Kim). Anyway, if you are ever in Pensacola, don’t miss the Fish House. It is sits right on beautiful Pensacola Bay and serves terrific food. Highly recommended.

Disclaimer: This version appeared on a local TV show, Coastal Cooking and is reprinted on its website. So, my blatant disregard of the copyright is really just disrespect! Buy the book! It’s a fun read, has nice pictures, and contains some great recipes. As a bonus, Jim suggests what to imbibe with your meal (or, while you are preparing it!)

Ingredients:

- 8 strips bacon, diced
- 1 tablespoon garlic, minced
- 1 tablespoon shallots, minced
- 3 tablespoons butter
- a splash white wine
- 1 pound peeled and deveined jumbo shrimp
- 1 portabella mushroom cap, sliced
- 1/4 cup diced scallions
- 2 tablespoons minced scallions
- 2 cups chopped fresh spinach
- 2 cups heavy cream
- 3 cups smoked gouda cheese grits
- salt, pepper, and hot sauce to taste

Heat a large saucepan over medium heat. Add bacon and cook for about 3 minutes, then add garlic and shallots. Saute and then add butter and a splash of white
wine. When the butter is half melted, add the shrimp. When the underside of the shrimp become white, flip them and add mushrooms, scallions and spinach. Saute for 2 minutes. Remove the shrimp. Pour in the heavy cream and let simmer while stirring. When reduced by one third, add salt, pepper and hot sauce to taste. Return shrimp to the sauce and combine. Spoon the sauce and shrimp onto heaping mounds of cheese grits.

Smoked Gouda Cheese Grits

Whatever you do, use decent stoneground grits in this recipe. Don’t use quick grits or, heaven forbid, instant grits. If that is all you can find, then cook something else.

The amount of liquid and grits to use in this depends a lot on what kind of grits you have. I think it best to use grits that are not too coarse, though if that is what you like go for it. Jim calls for Dixie Lily, and I have to confess that I’ve never tried them so it’s hard to tell you how they compare to other brands. I suspect that they are probably pretty finely ground. Coarser grits take considerably longer to cook, up to an hour and a half for some! In any event, calibrate your version with the basic recipe that you find on the grits package.

I use a cup of grits (not a pound) and reduce the Gouda a tad. Be sure to remove any of the tough outer skin of the smoked Gouda that may have been over smoked. Don’t let the mixture dry out and stick during cooking. Add the cream as needed. If you run out of cream, use more stock to keep the grits the consistency you desire. No one wants runny grits and no one wants a grits brick. Use your judgement. Anyway, I consider Jim’s grits recipe as a suggestion rather than a rule.

- 1 quart chicken stock
- 1 cup heavy cream
- 1 pound of grits
- \( \frac{1}{4} \) pound butter
- 1 pound smoked Gouda cheese, shredded

Bring chicken stock to a boil. Add the grits and cook on high heat for 5 minutes stirring rapidly. Add butter and cook on low heat for at least 10 minutes—until the grits are done to your liking. Use the cream to if you need more liquid. When the grits are done to your liking, add the shredded smoked gouda cheese. Stir to incorporate to smooth consistency.
Shrimp Creole

Source: *Patout’s Cajun Home Cooking* [55]

Serves: 6–8

Ingredients:

- 2 pounds medium fresh shrimp (3 pounds with heads)
- $\frac{1}{2}$ cup vegetable oil
- 3 medium yellow onions, chopped
- 2 large green bell peppers, chopped
- 5 ribs celery, finely chopped
- 8–10 large fresh tomatoes, peeled, seeded, and chopped
- 1 teaspoon minced garlic (optional)
- 3–4 cups shrimp broth
- 2 teaspoons salt
- 1 teaspoon cayenne pepper
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon white pepper
- 1 tablespoon fresh thyme, or 2 teaspoons dried
- 1 tablespoon fresh basil, or 2 teaspoons dried
- 1 to $1\frac{1}{2}$ teaspoons sugar
- 4 or 5 bay leaves
- 1 cup chopped green onion
- 1 cup chopped flat-leaf parsley

Melt the butter in a large Dutch oven over medium-high heat. Add onions, bell peppers, and celery and sauté, stirring often, until the vegetables are very soft, about 45 minutes. Add the optional garlic about 10 minutes before the vegetables finish cooking. Stir in the tomatoes, salt, peppers, herbs, sugar, and shrimp stock and return to simmer. Reduce heat to medium and let simmer for 2 hours, stirring occasionally. This is the Creole sauce and it may be prepared a day or two in advance and stored in the refrigerator.

When you are ready to serve, return the sauce to a simmer and add the shrimp. Cook until they turn pink, 5–7 minutes. Stir in the green onions and parsley and let cook 1 more minute. Serve on flat plates over beds of rice.
Salmon Kedgeree

Source: Gordon Ramsay [61]

Serves: 4

I have a confession to make. I am a fan of Gordon Ramsay despite the fact that he doesn’t like grits. Hopefully you have not formed your opinion of Mr. Ramsay solely from his U.S. show, *Hell’s Kitchen*; this show glorified the worst parts of his personality and does little to help you appreciate how he cooks or manages a kitchen or restaurant.

Instead, try watching *Kitchen Nightmares* or *The F Word*, which show on BBC America and you may soon be hooked. *Nightmares* is as much a course in business as a show about salvaging dysfunctional restaurants. In one episode of *The F Word*, Gordon actually comes to Stillwater to noodle catfish in Lake Carl Blackwell with our (former) plumber, Lee McFarlin. If you don’t know what noodling is, Google it—you’ll be surprised! Anyway, this Scot can flat sure cook and he has inspired a brief love affair with English pub food at our house.

Kedgeree is a breakfast dish often served in the UK. It is basically a vehicle for leftover fish and rice. It is garnished with boiled eggs. This recipe does the whole thing from scratch, which makes it look like a lot of work (and cleanup). It’s actually not too bad. Get everything ready to go (cook the fish, blanch the rice, and boil the eggs) and it prepares in a few minutes.

The origin of this dish is probably Scotland. It was carried to India during its colonization by the Brits, where it became very popular. Servicemen and bureaucrats brought it back to England with a few eastern touches.

This makes a fine dinner meal and Ramsay’s version is excellent.

**Ingredients:**

- 13 ounce salmon filet, skinned
- 1 teaspoon turmeric
- 1 1/8 cups basmati rice, rinsed
- pinch of saffron strands
- 4 tablespoons olive oil
- 4 ounces cherry tomatoes, halved
- 4 large eggs
- 1 3/4 cups fish stock
• 2 scallions or shallots, chopped  
• 5 tablespoons unsalted butter  
• 3 tablespoons chopped Italian parsley  
• salt and pepper to taste

Cut the salmon into chunks, sprinkle with tumeric, and set aside.

Blanch the rice: Put the rice in a pan with 2 cups cold water, bring to a boil, and simmer for 7 or 8 minutes, until the liquid is absorbed. Tip into a shallow bowl, sprinkle with saffron, and let stand.

Heat 2 tablespoons olive oil in a skillet and cook the salmon chunks for about 1 minute on each side. Remove and drain on paper towels. Add the tomatoes to the pan with another tablespoon of olive oil and cook, stirring, for 1 minute. Remove and set aside.

Boil the eggs for 6 to 8 minutes, then shell, halve, and set aside. Don’t overdo these. The yolks should be set but creamy. Bring the fish stock to a boil in a pan and keep at low simmer.

Heat the remaining oil in a medium pan and cook the shallots for 2 or 3 minutes to soften. Add half of the remaining butter, then the blanched rice and cook, stirring to coat in the butter.

Add a ladeful of stock and stir until the liquid is absorbed. Continue to add the stock, a ladeful at a time, stirring over the heat, until the rice is cooked. Add the remaining butter and stir until melted.

Gently fork the salmon through the rice. Add the tomatoes, parsley, and salt to taste, and heat through gently. Pile onto warm plates, add the egg halves, and grind some pepper over the ensemble.
Pork

Pork Chili Verde

Source: Barbara Pool Fenzl [26]

Makes: 4 Cups

This chili has a number of uses, including as a stuffing for the Pork Chili Enchiliadas recipe (see page 115) that follows. You can vary the saltiness of the dish by changing the amount of onion used; more onion makes it saltier. I don’t think you’ll need to add any salt to this dish, but the choice is yours. We’ve also used this as taco stuffing, in omelettes, and it could be used in tamales as well. This is really good stuff!

Ingredients:

- 8 fresh Anaheim chiles
- 1 teaspoon cumin seeds
- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 2 pounds boneless pork shoulder, cut into \(\frac{1}{2}\) inch pieces
- 3 garlic cloves, finely chopped
- 4 cups (or more) water

Char the Anaheim chiles over gas flame or charcoal grill until blackened on all sides. Enclose them in a paper bag for 10 minutes. Peel, seed, and chop the chiles.

Stir cumin seeds in heavy small skillet over medium-low heat until fragrant, about 4 minutes. Transfer to spice grinder, process until finely ground. Set aside.
Heat oil in heavy large pot over medium-high heat. Add onion; sauté 3 minutes. Add pork; cook until juices evaporate and meat browns, stirring often, about 20 minutes. Add chiles, cumin, and garlic. Sauté 5 minutes. Add 4 cups of water and simmer, uncovered, over low heat until meat is very tender and sauce just coats the meat, about 1 hour. Season with pepper (and salt) to taste.
Pork Chili Verde Enchiladas

Source: Barbara Pool Fenzl [26]
Serves: 6

Ingredients:

- 2 fresh Anaheim chiles
- 1 14 1/2 ounce can low-salt chicken broth
- 1 1/4 cups chopped onion
- 4 ounces tomatillos, husked, rinsed, quartered
- 1 jalapeño chile, seeded, diced
- 1 garlic clove, minced
- 1/4 cup chopped fresh cilantro
- 1 tablespoon lime juice
- 1/4 cup sour cream
- 12 6-inch corn tortillas
- 4 cups Pork Chili Verde (see 113)
- 2 1/4 cups shredded asadero cheese
- 2 plum tomatoes, peeled, seeded, chopped

Char the Anaheim chiles over gas flame or grill until blackened on all sides. Enclose them in a paper bag for 10 minutes. Peel, seed, and chop the chiles.

Combine broth, 1/2 cup onion, tomatillos, jalapeño, and garlic in a medium saucepan. Simmer over medium heat until liquid is reduced to about 1 cup, about 10 minutes. Transfer to a blender. Cool to room temperature. Add lime juice, cilantro, and chiles. Blend until smooth. Transfer to a bowl and whisk in the sour cream.

Preheat oven to 350°F. Lightly oil a 15 × 10 × 2-inch baking dish. Place 6 tortillas between 2 damp paper towels. Cook in microwave oven on high until warm, about 1 minute. Working with 1 warm tortilla at a time, dip tortillas into sauce; shake excess sauce back into bowl. Place tortilla on work surface. Spoon scant 1/4 cup Pork Chili Verde, 2 tablespoons cheese and 1 tablespoon onion down center of each. Roll up tortillas. Arrange enchiladas, seam side down in dish. Repeat with remaining 6 tortillas. Top enchiladas with remaining sauce and sprinkle with the cheese.

Bake enchiladas uncovered until heated through, about 20 minutes. Sprinkle tomatoes over the top and serve.
Green Chili Stew

Source:  Jeff Smith
Serves:    6

This recipe is very easy and quick. If you want a much authentic green chili stew, don’t fret. Try Pork Chili Verde on page 113.

I usually add about a handful of onion (cup), half a handful of chopped bell pepper (half a cup), and a clove or two of garlic. If good fresh tomatoes are unavailable, use good canned whole tomatoes (no basil). Instead of water, I’ll add about a half a bottle of beer.

Ingredients:

- 2 pounds pork, cut into 1-inch dice
- 3 stalks of celery, chopped
- tomatoes, peeled and chopped
- 2 small cans chopped green chiles
- \( \frac{1}{2} \text{ cup} \)
- 1 tablespoon La Victoria jalapeño pepper sauce
- salt and pepper to taste

Brown 2 pounds of pork in a Dutch oven. Add celery, 2 handfuls of tomato, green chiles, 1 tablespoon garlic, and the pepper sauce. Cover with water and simmer for about 25 minutes, or until the pork is tender.
Pork Kebabs

Source: *Bon Appétit* [24]

Serves: 4

Also, you can try Moroccan Style Kebabs found on page 157. They are excellent as well.

**Ingredients:**

- 1 1/2 pounds pork tenderloin, cut into kebabs
- 1 red onion, cut into 16 pieces
- 1/2 cup vegetable oil
- 1/4 cup dry red wine
- 3 tablespoons red wine vinegar
- 3 tablespoons soy sauce
- 1 tablespoon minced garlic
- 1 tablespoon peeled, grated ginger
- 1 1/2 teaspoon sugar

To make the marinade, mix the oil, red wine, vinegar, soy sauce, garlic, ginger and sugar. Thread the pork and onions onto skewers. Season with salt and pepper. Place the loaded skewers in a shallow baking dish. Pour the marinade over the kebabs and let stand for 2 hours at room temperature. The kebabs can marinate longer if placed in the refrigerator. Turn the kebabs occasionally while the marinate.

Prepare the grill. When grill is hot, cook kebabs until done, turning occasionally and being careful not to let them burn.
Barbecued Pork Strips

Source: Lee

Makes: 2 pounds

Ingredients:

- 2 1/2 pounds pork butt
- 2 tablespoons chicken stock
- 2 tablespoons soy sauce
- 1 tablespoon dry sherry
- 2 tablespoons hoisin sauce
- 1 or 2 tablespoons chile paste, to taste
- 2 cloves garlic, crushed
- 1 1/2 teaspoons grated ginger
- 1 1/2 tablespoons honey

Cut the pork butt into long strips about 1 to 1 1/2 inches square. Mix the remaining ingredients in a small bowl. Place the pork and the marinade in a large zip-lock bag and squeeze the air out before sealing. Marinate the pork strips for about 3 hours at room temperature or 6 hours in the refrigerator, turning every hour or so.

Prepare grill for indirect cooking using about 1/2 a chimney of lump charcoal and a chunks of hickory (see page 212 for some hints). Smoke the strips for 2 or 3 hours, adding charcoal and smoking wood as needed. Remove, wrap in foil, and let sit for 10 or 15 minutes. Can be served warm or in other dishes.
Pork Tenderloin Tacos

Source: Pam www.fortheloveofcooking.net

Serves: 4

Ingredients:

- 1-2 teaspoon olive oil
- ½ sweet yellow onion, diced
- 1 pork tenderloin, silver skin removed, cubed
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon oregano
- sea salt and freshly cracked pepper, to taste
- Tangy Slaw (page 59).

Heat the olive oil in a large skillet over medium heat. Add the onion and cook for 3–4 minutes, stirring often, until tender. Add the pork, cumin, coriander, garlic powder, paprika, chili powder, oregano, and sea salt and freshly cracked pepper, to taste. Stir until seasonings are coated evenly over the onions and pork. Cook the pork and onions for 5–6 minutes or until cooked through. Serve with tangy slaw (page 59).
Pork Tenderloin Stoganoff

Source: Cooks Country via www.takingonmagazines.com

Serves: 4

Ingredients:

- 3 tablespoons vegetable oil
- 10 ounces white or cremini mushrooms, quartered
- 1 large pork tenderloin (about 1 pound), cut into \( \frac{3}{4} \) inch chunks
- salt and pepper
- 1 onion, chopped fine
- 1 tablespoon all-purpose flour
- \( \frac{1}{4} \) cup white wine
- 1 cup low-sodium chicken broth
- 1 tablespoon ketchup
- \( \frac{1}{4} \) cup sour cream

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat until shimmering. Cook mushrooms until browned, 6-8 minutes. Transfer to bowl.

Pat pork dry with paper towels and season with salt and pepper. Add additional 1 tablespoon oil to empty skillet and set over medium-high heat until just smoking. Add pork and cook, stirring occasionally, until no longer pink, about 8 minutes. Transfer pork to bowl with mushrooms.

Add onion and remaining oil to empty skillet and cook until softened, about 3 minutes. Stir in flour and cook until golden, about 1 minute. Whisk in wine, broth and ketchup and simmer until slightly thickened, about 3 minutes.

Stir in mushroom-pork mixture and cook until heated through, about 1 minute. Let cool slightly, then whisk in sour cream. Season with salt and pepper. Serve.
Pork Milanese

Source: Giada De Laurentis [25]

Serves: 4

As I’ve stated elsewhere in this book, the meat selection in Stillwater is pretty limited. It’s actually hard to find a decent center cut pork chop. What we seem to have plenty of is ‘boneless pork loin’ which you can buy whole or sliced into what is mistakenly labeled ‘chops.’ These cuts don’t have enough fat on them in my opinion to substitute for a decent pork chop. They tend to cook up as tough, rubbery hockey pucks. But they are ubiquitous and for years I’ve been looking for someway to use these. Giada to the rescue. The secret is to pound them flat, then bread and pan fry them. I should have thought of this on my own, but I’m slow.

Ingredients:

- $\frac{1}{3}$ cup all-purpose flour
- 2 large eggs
- $1\frac{1}{4}$ cup plain dried bread crumbs
- $\frac{2}{3}$ cup grated Parmesan cheese
- 2 teaspoons dried basil
- 1 teaspoon dried thyme
- 4 8-ounce center-cut pork loin chops (1 inch thick)
- salt and freshly ground pepper (about 1 teaspoon each)
- 2 tablespoons butter
- $\frac{1}{3}$ cup vegetable oil
- 1 lemon, cut into wedges

You’ll need three wide, shallow bowls. I use 9-inch cake pans. Put the flour into one, the eggs (beaten) into the second, and the bread crumbs into the third. Season the bread crumbs with the Parmesan, basil and thyme and mix thoroughly.

Using a meat mallet, pound the pork on the work surface until they are $\frac{1}{4}$-inch thick. Sprinkle the pork with 1 teaspoon each of salt and pepper.

Working one piece at a time, dredge the pork in the flour to coat lightly, then dip into the beaten eggs, allowing the excess to drip off. Finally, coat the pork on both sides with the bread crumb mixture, pressing gently to adhere. Set the pork chops in a single layer on a baking sheet.
Preheat the oven to 150°F. Line a baking sheet with a rack. In a large heavy sauté pan with high sides, melt the butter in the oil over medium heat until hot. Carefully place 2 pork chops in the oil and cook until light golden brown, about 3 minutes per side. Transfer chops to the baking sheet and sprinkle with more salt to taste. Keep the cooked chops warm in the oven. Repeat with the remaining two chops.

Place 1 pork chop on each of 4 dinner plates and serve immediately with the lemon wedges.
Roasted Pork with Wild Mushroom Sauce

Source: Bon Appétit [19]
Serves: 8

This roast is great served with Roasted Chile and Cilantro Mashed Potatoes (see page 308).

**Pork Roast**

- a 3 1/2 pound center-cut boneless pork loin
- 3 teaspoons cumin
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon coarsely ground salt

Preheat the oven to 375°F. Thoroughly mix the cumin, ground peppers and salt in a small bowl. Rub the roast with seasoning mix, coating thoroughly. Place in the roasting dish and roast until meat thermometer inserted into the center registers 150°F. Depending on the thickness of the roast, I suggest you start checking the temperature after about 50 minutes. Be careful not to overcook! While the roast is cooking, you’ll want to begin preparation of the sauce.

When pork is done, remove from pan, place on a platter and tent with foil. The roasting pan will contain cooking juices and browned bits that need to be saved for the sauce; set the pan aside and finish the sauce.

**Wild Mushroom Sauce**

- 3 tablespoons unsalted butter
- 14 ounces of mushrooms (combine oyster, shiitake, and ordinary mushrooms to suit your tastes and budget)
- 1/2 cup chopped shallots
- 2 tablespoons minced garlic
- 1/2 teaspoon minced jalapeño chile
- 2 tablespoons finely chopped fresh cilantro
- 2 tablespoons finely chopped fresh oregano
Melt 2 tablespoons butter in a large skillet over medium-high heat. Add mushrooms, \( \frac{1}{2} \) cup less 1 tablespoon shallots, garlic, and jalapeño; sauté until mushrooms are very tender and beginning to brown, about 15 minutes. Remove from heat. Add chopped cilantro, oregano, and cumin. Season with salt and pepper and set aside.

While roast is resting, add broth to the roasting pan, scraping up any brown bits that may have accumulated. Transfer to a medium saucepan. In a medium bowl gradually whisk flour into the Sherry to blend. Whisk Sherry mixture, 1 tablespoon butter, 1 tablespoon shallots into the broth; bring to a boil and whisk until smooth. Stir in mushroom mixture and any remaining juices from the roast. Boil until sauce thickens to desired consistency, stirring occasionally, about 5 minutes. Season with salt and pepper to taste.
Coach’s Favorite Pork Roast

Source:  *Gourmet Our Way* [7]

Serves:  6 to 8

It doesn’t get any easier than this. It is also very tasty.

**Ingredients:**

- 4 pound pork roast (loin)
- 1 quart glass jar sauerkraut
- 1 package dried onion soup mix

Place roast in crockpot. Cover with soup mix and sauerkraut. Cook on low all day.
Cuban Sandwiches

Source: *Memories of a Cuban Kitchen* [62]

Makes: 2 very large sandwiches

Ingredients:

- 1 loaf of Cuban (page 337) or Italian bread
- 2 tablespoons mayonnaise
- dill pickles, thinly sliced lengthwise
- 2 slices of Swiss cheese
- 4 ounces of sliced pork
- 4 ounces of sliced boiled or baked ham
- 1 tablespoon melted butter

Preheat oven to 350°F. Trim the ends off the loaf and slice the bread in half lengthwise. Spread both cut surfaces with mayonnaise, layer one half with pickle slices, cheese, pork, and ham. Cover with the second slice of bread, and cut down the middle into two sandwiches.

Place the sandwiches on a lightly oiled baking sheet and brush the tops with butter. Place a heavy cast-iron skillet over both sandwiches to weight them down. Bake until crisp and hot, about 20 minutes.

Miami Sandwich

In this variation of the Cuban sandwich, toast the bread, assemble as if making a Cuban sandwich, and add 4 slices of bacon, 2 large lettuce leaves, and 4 tomato slices, before cutting in two. Do not bake the sandwich.
White Beans and Rice

Source: Patout’s Cajun Home Cooking [55]

Makes: 6–8 as a main dish

I always use a good smoked sausage to make this, adding andouille to taste if I have some on hand. The pressure cooker comes in handy, though this version does not call for one.

If using a pressure cooker, use it only for the beans and the onions–don’t pressure cook the sausage. Once the beans are cooked to your liking, then add the sausage. You can add the bell pepper whenever you prefer. If they are really nice ones I do it when I add the sausage. Finish with the parsley and green onions.

Ingredients:

- 1 pound of dried white beans
- 1 pound tasso, smoked sausage, or other cured ham
- 2 medium onions, chopped
- 1 large green bell pepper, chopped
- 1 teaspoon minced garlic
- 1 teaspoon black pepper
- ½ teaspoon cayenne pepper
- ½ teaspoon white pepper
- 2 cups chopped green onions
- 1 cup chopped fresh parsley

You can soak the beans in water overnight, but it is not necessary – it just takes unsoaked ones longer to cook.

If you are using tasso or ham, cut it in ½ inch dice; if you are using sausage, slice it ½ inch thick. Place the beans in a large Dutch oven and add water to cover by about 2 inches. Bring to a boil and add the onions, bell pepper, tasso, ham, or sausage, salt, and peppers. Reduce heat to medium and let simmer until beans are tender, stirring occasionally. Soaked beans will take about 1 ½ hours and unsoaked ones up to 3 hours. If the mixture begins to dry out, add water.

When the beans are tender, remove 2–3 cups of them, mash, and return to the pot. Mash more or less depending on how much liquid is in the pot. The mixture should be pretty thick after adding the mashed beans. Stir in the green onions and parsley and serve over rice.
Pork Vindaloo

Source: Robb Walsh [81]

Serves: 6

I took this to a tailgate and it was a surprising hit.

Ingredients:

- 3 pounds boneless pork shoulder, trimmed and cut into 1-inch cubes
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup vegetable oil
- 2 onions, chopped
- 8 cloves garlic, minced
- 1 tablespoon minced ginger
- 1 ½ teaspoons dried red pepper flakes
- 1 ½ teaspoons brown mustard seeds
- 1 ½ teaspoons freshly ground cumin
- 1 ½ teaspoons hot paprika or ground New Mexican long red chile
- 1 ½ teaspoons ground turmeric
- ½ teaspoon cinnamon
- ½ teaspoon freshly ground cloves
- ½ malt vinegar
- 1 cup chicken broth

Season the pork with salt and black pepper, tossing to coat. In a Dutch oven over medium–high heat, heat the oil, add the pork, and brown on all sides, 6 to 8 minutes. Remove the pork from the pan and set aside.

Add the onions to the pan, increase the heat to high, and sauté until brown, stirring as needed to prevent burning, 10 to 12 minutes. Add the garlic, ginger, red pepper flakes, mustard seeds, cumin, hot paprika, turmeric, cinnamon, and cloves, stirring constantly in order to coat the onion mixture. Sauté for about 1 minute or until the spices are fragrant, being careful not to burn. Add the vinegar and scrape the pan to deglaze. Add the chicken broth and bring to a boil.

Put the pork in a slow-cooker and cover with the sauce. Cook on low heat for 4 to 6 hours, until the pork is tender and the sauce has thickened. Taste and adjust salt and pepper to taste. Serve over rice.
Beef and Lamb

Bootlegger’s Beef

In my opinion, this is a perfect substitute for prime rib and a heck of a lot easier to make.

Source: Bon Appétit [52]

Serves: 4

Ingredients:

- 1 2-pound butt-end beef tenderloin roast, well-trimmed
- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 1 cup chopped carrot
- 1 4 teaspoon dried thyme
- 1 cup canned beef broth
- 1/3 cup whiskey
- 1 tablespoon all-purpose flour
- 1 tablespoon butter, room temperature
- 1 3 cup whipping cream
- 2 teaspoons coarsely crushed black peppercorns

Preheat oven to 400°F. Pat beef dry with paper towels, Sprinkle with salt and pepper. Heat oil in heavy, large, ovenproof skillet over medium heat. Add beef and brown on all sides, about 8 minutes. Add carrots, onion, and thyme.

Transfer skillet to oven and roast beef until meat thermometer inserted into thickest part reads 120°F for rare, about 30 minutes. Stir vegetables occasionally while the roast cooks. Transfer beef to platter and cover with foil to keep warm.
Place skillet with vegetables over medium-high heat. Add broth and whiskey and bring to a boil, scraping up any browned bits. Boil until liquid is reduced to $\frac{2}{3}$ cup, stirring occasionally, about 7 minutes. Strain sauce and return to skillet.

Mix flour and butter in a small bowl until smooth. Add to sauce in skillet and whisk until well blended. Add whipping cream, crushed black peppercorns and any accumulated juices from the beef. Simmer over medium heat until sauce thickens, whisking constantly, about 3 minutes. Season sauce to taste with salt.

Cut beef into thick slices and arrange on a platter. Spoon over sauce.
Hamburger Stroganoff

Source: Bunny’s archive

Serves: 4

This recipe also falls into the “canned soup category.” It’s easy and good.

Ingredients:

- 1 pound ground beef
- 2 tablespoons butter or olive oil
- 1 cup chopped onion
- 2 tablespoons all-purpose flour
- 1 clove garlic, minced
- 1 teaspoon salt
- \(\frac{1}{8}\) teaspoon each of black, white, and red pepper
- 2 teaspoons paprika
- \(\frac{1}{2}\) cup dry white wine
- 1 can cream of chicken soup
- 8 ounces of sliced fresh mushrooms
- 1 pint sour cream
- minced parsley
- rice or egg noodles

Heat the butter or olive oil in a large skillet and brown the hamburger. Add the onions and sauté until they begin to soften. Add the flour, garlic, and the seasonings and simmer for 5 more minutes. Add the wine and continue to simmer until it nearly evaporates. Add the soup and the mushrooms, continuing to simmer for a few minutes. Simmer at least until the mushrooms have released their liquid. Before serving add the sour cream and top with minced parsley. Serve with rice or egg noodles.
Carter’s Beef Brisket

Source: Carter Hill

Serves: Many happy people

Ingredients:

- 1 tablespoon minced garlic
- 5–6 pound beef brisket
- 1 tablespoon chili powder
- 1 teaspoon paprika
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{2}$ teaspoon sage
- $\frac{1}{2}$ teaspoon ground oregano
- $\frac{1}{2}$ teaspoon cayenne pepper
- $\frac{1}{2}$ teaspoon black pepper

Preheat oven to 200°F. Rub garlic on both sides of the brisket. Combine seasonings in a small bowl and mix well. Rub into both sides of the brisket.

Set brisket fat side up on a large piece of foil; wrap tightly. Put the wrapped brisket in a shallow roasting pan and bake 8–12 hours until tender. Serve hot or cold with Brisket Sauce (see page 25).
Lee’s Smoked Beef Brisket

Source: Lee
Serves: 6-8

Ingredients:

- 1 recipe Emeril’s Southwest Seasoning Mix (page 4)
- \(\frac{1}{2}\) cup red wine
- \(\frac{1}{4}\) cup soy sauce
- \(\frac{1}{4}\) cup packed brown sugar
- \(\frac{1}{4}\) cup vegetable oil
- \(\frac{1}{4}\) cup Worcestershire sauce
- 1 tablespoon lemon juice
- 5–6 pound beef brisket

Whisk together the seasoning mix, red wine, soy sauce, brown sugar, oil, Worcestershire sauce, and lemon juice. Marinate the brisket in the mixture in the refrigerator for 6 hours or longer, turning occasionally. Drain, reserving the marinade. Smoke the brisket in the smoker at 200°F for about 6 hours. Depending on the type of wood used, this should leave plenty of smokey flavoring on the meat (I use pecan and/or hickory).

Preheat the oven to 200°F. Remove the brisket from the smoker and place on a large piece of aluminum foil. Pull the edges of the foil up around the brisket so that you can pour the reserved marinade onto the meat without losing any. Add the marinade, seal the brisket in the foil, and place in a large shallow baking dish. The dish or pan should have sides just in case the marinade leaks out of the foil wrapping. Place the brisket into the preheated oven and allow it to cook for 5 or 6 more hours, or until tender.
Lamb Patties

Source: Emeril’s New New Orleans Cooking [47]

Makes: about 16 2-inch round patties

We use these in a variety of ways. One of my favorites is to eat them in pita bread pockets topped with spicy Tunisian relish (see page 45), shredded lettuce, and sour cream.

Ingredients:

- 1\frac{1}{2} pounds of lean ground lamb
- 2 tablespoons minced shallots
- 2 tablespoons minced garlic
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh thyme
- 2 teaspoons Emeril’s Creole seasoning (see page 3)
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 6 turns of freshly ground black pepper
- 1 large egg

Combine all ingredients in a bowl and work gently with your hands until thoroughly blended. Form into patties of desired size. Grill until just done.
Greek Style Lamb Patties

Source: *Cooks Illustrated*

Makes: about 12 2-inch round patties

Ingredients:

- 1 pound of lean ground lamb
- $\frac{3}{4}$ cups chopped onion
- 4 teaspoons lemon juice
- 2 tablespoons chopped fresh basil
- 2 medium cloves of garlic, smashed
- 1 tablespoon minced fresh oregano leaves
- 1 teaspoon chili powder
- $\frac{1}{2}$ teaspoon salt
- 6 turns of freshly ground black pepper
- 1 pita bread
- 2 teaspoons oil

Tear the pita bread into 1-inch pieces. (You should have $\frac{3}{4}$ cup pita pieces.) Process onion, lemon juice, salt, pepper, oregano, garlic, and pita bread pieces in food processor until smooth paste forms, about 30 seconds. Transfer onion mixture to large bowl; add lamb and gently mix with hands until thoroughly combined. Divide mixture into 12 equal pieces and roll into balls. Gently flatten balls into round disks, about 1/2 inch thick and 2 1/2 inches in diameter.

Grill over hot fire. Serve with Tzatziki and Moroccan Salad (see 84).
King Ranch Casserole

Source: Bunny’s archive

Serves: 6

Sometimes you just get the hankering for one of those “canned soup casseroles” like Mom used to make. Well this is one of those and it hits the spot once the hankerin’ commences.

Ingredients:

- 1½ pound ground beef (or poached chicken)
- 1 ½ cups onion
- 1 10-ounce can cream of mushroom soup
- 1 10-ounce can cream of chicken soup
- 1 10-ounce can Rotel tomatoes
- Doritos brand corn chips or corn tortillas
- 1 cup cheddar cheese

Brown the beef and onions in a large skillet. Mix in the soups, the tomatoes, and the Doritos. Transfer mixture to a casserole and cover with cheese. Cover and bake 30 minutes at 350°. Uncover and bake for another 30 minutes.
Pepper Crusted Beef Filet

Source: Lee – inspired by [20]
Serves: 2

This is a really good way to serve up a nice tasty filet. Serve it with Roasted Chile and Cilantro Mashed Potatoes (page 308) and you’ll be smiling.

Ingredients:

- 1 teaspoons crushed chipotle peppers
- 1 teaspoon cracked black peppercorns
- 1 teaspoon coarsely ground salt
- 1 teaspoon thyme
- 2 slices of thick slab bacon
- 2 8 ounce beef filet steaks, about 2 inches thick
- 1 recipe Horseradish Tequila Cream (page 21)

Mix the chipotle, black pepper, salt, and thyme. Sprinkle both sides of the filets with the mixture, coating well, and press seasoning into the steaks with your hands. Wrap the bacon around the filets using a toothpick to hold into place. Grill over very hot coals until cooked medium rare. Spoon 3 or 4 tablespoons of the Horseradish Tequila Cream onto the center of a plate and place filet on top. Garnish with sprigs of cilantro or parsley.
Maroni’s Meatballs

Source: Mike Maroni as written about by Bobby Flay [27].

Serves: 4 to 6

These meatballs are a bit different from the Cook’s Illustrated ones. First, they are made with beef. Second they are baked, not fried. And finally they contain a lot of egg. Like the others, they are tender and very good. I learned the recipe from the TV series, Throwdown, and it was a little odd in that Mike used a mixture of dry and wet measures without telling you which is which. Bobby Flay and his excellent team rectified this in his Throwdown cookbook and the results are nearly spot on—you should get the right texture if you follow the proportions listed. The Romano cheese gives these an earthy lamb sort of taste that some may not like. It needs it, but if you want to tone it down a tad use 2 ounces of Parmesan and of Romano (and don’t use that stuff in the can!).

Some other changes you can consider. I also make a paste from the bread crumbs and milk, a technique that has a fancy name I forget and that is called for in the Cook’s Illustrated recipe.

Ingredients:

- 1 pound ground chuck
- $1 \frac{1}{2}$ cups grated Pecorino Romano
- $1 \frac{1}{4}$ cups fresh bread crumbs
- 3 eggs, lightly beaten
- $\frac{1}{4}$ cup whole milk
- $\frac{1}{2}$ cup finely chopped fresh Italian parsley leaves
- $\frac{1}{4}$ cup finely chopped fresh basil leaves
- $\frac{1}{2}$ small Spanish onion, grated
- 3 tablespoons minced fresh garlic
- pinch of salt to taste
- Maroni’s meatball sauce (page 253).

Preheat oven to 350 degrees F. Spray a baking sheet with cooking spray.

Mix all ingredients thoroughly in large bowl. If mixture seems a little loose add more bread crumbs.
Roll meatballs loosely about the size of a golf ball and place on baking sheet. Place into preheated oven for approximately 35 to 40 minutes. When done they will be lightly browned.
Meatballs

Source: Best Recipes [22]

Serves: 4 to 6

You can make these with ground beef, but they are better if you mix in some ground pork. Cook’s Illustrated recommends 3 parts beef to 1 part pork. When done properly, these will be really tender and completely delicious. They can be eaten with spaghetti or on a sandwich.

Ingredients:

- 2 slices good-quality white sandwich bread
- ½ cup buttermilk
- 1 pound ground meat
- ¼ cup freshly grated Parmesan cheese
- 2 tablespoons minced fresh parsley
- 1 large egg yolk
- 1 small garlic clove, minced
- ½ teaspoon salt
- ground black pepper
- 1½ cups oil for frying
- meatball sauce (page 251).

Remove the crust from the slices of bread and tear into small pieces. Combine the bread and buttermilk into a small bowl. Let sit for 10 minutes, mashing occasionally with a fork, until a smooth paste forms.

Put the meat, cheese, parsley, egg yolk, garlic, salt and pepper into a medium bowl. Add the milk-bread mixture and combine until evenly mixed. Be careful not to overwork the meat—this will make the meatballs tough.

Form the meat into about 24 balls 1½ inch in diameter. Set aside while you heat the oil.

Heat a ¼ inch of oil in a large Dutch oven over medium high heat. After a few minutes, test the oil to see if it sizzles when you put a bit of meat into it. When it sizzles, add the meatballs in a single layer, being careful not to crowd them too much. You’ll need to leave enough room to be able to turn them with tongs a few times until they are done. Total cooking time will be about 10 minutes. The
meatballs should be nicely browned on all sides when done. Watch the temperature of the oil making sure it stays in the proper zone: not so hot that it smokes, but hot enough to still brown the meatballs.

As the meatballs finish cooking, move them to a plate lined with paper towels. If you have to do these in batches, then you may want to refresh the oil before cooking another batch. That means pour off the old oil, wipe out the Dutch oven with paper towels and start again. The meatballs tend to leave a lot of gunk in the pan (probably from the Parmesan and parsley) that will burn giving subsequent batches of meatballs an off flavor. Use your best judgement here. If it looks like there is a lot of debris in the oil, change it. If it looks pretty clean, then use it for another batch. You aren’t using that much oil so don’t be too stingy.
Greek Meatballs with Lemon and Arugula

Source: Food Network

Serves: 4

Ingredients:

- \(\frac{1}{3}\) cup converted rice
- 3 large eggs
- \(\frac{1}{2}\) pound lean ground lamb
- \(\frac{1}{2}\) pound lean ground beef
- \(\frac{1}{2}\) cup chopped deli-sliced provolone cheese (about 2 ounces)
- 1 small onion, finely chopped
- \(\frac{1}{3}\) cup chopped fresh mint
- \(\frac{1}{4}\) cup chopped fresh parsley
- 1 teaspoon finely chopped fresh marjoram (or 1/2 teaspoon dried)
- 2 cloves garlic, minced
- \(\frac{1}{4}\) teaspoon ground allspice
- Kosher salt and freshly ground pepper
- 3 cups low-sodium chicken broth
- \(\frac{1}{3}\) cup fresh lemon juice (from about 3 lemons)
- 3 cups baby arugula
- extra-virgin olive oil, for drizzling

Place the rice in a large microwave-safe bowl and add 1 cup water. Cover with plastic wrap, pierce with a knife a few times to vent, then microwave until the water is almost absorbed, 10 minutes. Uncover and fluff the rice with a fork; let cool completely.

Lightly beat 1 egg in a small bowl. Add to the bowl with the rice along with the lamb, beef, provolone, onion, half each of the mint and parsley, the marjoram, garlic, allspice, 1 teaspoon salt and \(\frac{1}{2}\) teaspoon pepper. Mix with your hands until just combined (do not overmix); cover and refrigerate 30 minutes.

Dampen your hands and form the meat into 18 balls (about 1\(\frac{1}{2}\) inches each). Bring the chicken broth to a boil in a large pot or Dutch oven. Add the meatballs, cover and cook over medium heat until tender, about 30 minutes, turning halfway through.

Whisk the remaining 2 eggs and the lemon juice in a small bowl until frothy. Remove 1 cup broth from the pot and gradually whisk it into the egg mixture. Push the meatballs to one side of the pot; reduce the heat to low and pour the egg mixture
into the other side. Cook, stirring gently, until the sauce thickens slightly, about 4 minutes. Remove from the heat and stir in the remaining mint and parsley; season with salt and pepper. Serve the meatballs and sauce in shallow bowls. Top with arugula, drizzle with olive oil and season with salt and pepper.
Ayfer’s Black-Eyed Pea, Ground Lamb, and Chard Stew

Source: Aglaia Kremezi [43]

Serves: 4-6

Ingredients:

- 1/3 cup olive oil
- 1 cup diced onion
- 1 cup dried black-eyed peas
- 1/2 pound lean ground lamb
- 1-2 tablespoons harissa
- 1 cup shredded tomato or canned diced tomato
- 1 to 3 tablespoons Aleppo pepper flakes
- 1 bunch of Swiss chard, stems removed, coarsely chopped
- 1 cup dry white wine

Place the peas in a medium saucepan and cover with cold water by 2 inches. Bring to a boil and cook for 5 minutes. Drain.

Add fresh water to the pan to cover the peas and bring to a boil. Reduce heat to low, cover, and simmer for about 15 minutes or until the peas are cooked. Drain.

Warm the olive oil in a skillet or sauté pan over medium high heat. Add the onion and sauté, sprinkling with salt to taste, for about 4 minutes or until tender. Add the meat and sauté until firm and no longer pink, about 8 minutes. Add the pepper paste and toss for 30 seconds. Add the tomatoes, Aleppo pepper, peas, and wine. Bring to a boil, reduce the heat, and simmer for 10 minutes, or until the peas are very tender. Add the chard and toss to wilt.

There should be only a little sauce in the pan; the dish should have the consistency of a moist pilaf. If it is too wet, increase the heat for a few minutes to reduce the sauce. Taste and add salt, along with pepper if you like. Serve in soup plates or bowls.
Keftedes me Saltsa Domata

This translates to meatballs in tomato sauce and the sauce is quite similar to a couple of dishes I had while in Greece.

Source: Saveur

Serves: 4

Ingredients:

- 5 tablespoons extra-virgin olive oil, plus more for frying
- 2 tablespoons dried oregano
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon freshly ground nutmeg
- 1/8 teaspoon cayenne pepper
- 1 medium red onion, grated
- 1 large egg and 1 yolk, beaten
- Kosher salt and freshly ground black pepper, to taste
- 1 cup milk
- 3 1/2 inch thick slices stale country bread, crusts removed
- 1 pound ground beef, pork, or lamb
- 1/2 cup flour, for dredging
- 4 cloves garlic, minced
- 1 1/2 tablespoons tomato paste
- 2 bay leaves
- 1 (28-oz.) can whole peeled tomatoes, drained and pureed
- 1 cup beef broth
- 1 tablespoons fresh lemon juice
- 2 tablespoons chopped flat-leaf parsley, for garnish

In a medium bowl, combine mint, 2 tablespoons oil, 1 tablespoons oregano, 1/8 teaspoon cinnamon, 1/8 teaspoon nutmeg, cayenne, onions, and eggs; season with salt and pepper. Put milk and bread in a bowl; let soak 5 minutes. Drain bread; squeeze out milk. Mix bread, onion mixture, and meat. Divide mixture into 20 balls; flatten slightly into patties or roll into ovals. Dredge each meatball in flour. Pour enough oil into a 12-inch skillet to reach a depth of 1/2 inch; heat over medium-high heat. Working in 3 batches, cook meatballs until browned, 6-8 minutes. Transfer meatballs to paper towels. Discard oil; wipe out skillet. Heat remaining oil in skillet over medium heat. Add garlic; cook 1 minute. Stir in tomato paste and bay leaves; cook 2 minutes. Add remaining oregano, cinnamon, and nutmeg, along with the
tomatoes and broth. Cook, stirring, until thickened, 15-20 minutes. Season with salt, pepper, and lemon juice. Nestle meatballs in sauce; cook until sauce coats meatballs, about 5 minutes. Garnish with parsley.
Flank and Greens

Source: Paul Prudhomme [60]
Serves: 6

Seasoning Mix

Ingredients:

- 1 tablespoon sweet paprika
- 2 teaspoons dry mustard
- 2 teaspoons salt
- 1 1/2 teaspoons onion powder
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 3/4 teaspoon white pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne
- 1 1/2 pounds flank steak
- 2 cups chopped onions
- 12 cups mixed, washed, and chopped greens
- 6 cups defatted beef stock
- 5 tablespoons all-purpose flour, browned
- 6 cups cooked long-grain rice

Combine the seasoning mix in a small bowl.

Remove all visible fat from the flank steak. Scallop the meat (see [60], page 7 for guidance on the scalloping technique.) Sprinkle all surfaces of the scalloped steak evenly with 2 tablespoons of the seasoning mix and rub well.

Preheat a heavy 5-quart pot over high heat to 350°.

Add the seasoned meat and brown it on all sides, about 2 to 3 minutes (for me this takes closer to 5). Add the onions, the remaining seasoning mix, and 1 1/2 cups of greens. Cover and cook, scraping the bottom of the pot to clear all the brown bits, for about 8 minutes. Add 1 cup of stock and cook, covered for 15 minutes, checking occasionally for sticking. Add the browned flour and mix until it is completely absorbed. At this point the brown flour is no longer visible and the meat looks moist and pasty. Add the remaining stock and greens, bring to a boil. Reduce heat
to medium and cook until the meat and greens are tender, about 20 minutes. You’ll want to check the pot occasionally to make sure it doesn’t stick; if it starts to stick, add small amounts of water or stock and resume cooking.

Serve over rice.
Carne Asada

Source: carlsbadcravings.com/best-grilled-carne-asada-recipe/

Serves: 6

Ingredients:

- 1 tablespoon ground cumin
- 1 tablespoon garlic powder
- 2 teaspoons smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 1 teaspoon salt
- \(\frac{1}{2}\) teaspoon black pepper
- \(\frac{1}{2}\) teaspoon cayenne
- \(\frac{1}{2}\) – 2 pounds flank steak
- 2 tablespoons olive oil
- \(\frac{1}{4}\) cup reduced sodium soy sauce
- \(\frac{1}{4}\) cup orange juice
- 2 tablespoons lime juice
- 1 tablespoon brown sugar
- 1 teaspoon liquid smoke

Spice Mix: Combine the cumin, garlic powder, paprika, onion powder, chili powder, salt, and peppers in a small bowl.

Marinade: Combine olive oil, soy sauce, orange juice, lime juice, brown sugar and liquid smoke in a large freezer bag whisk to combine. Add 3 tablespoons Spice Mix to Marinade and whisk to combine. Add steak and seal bag, removing excess air. Marinate in the refrigerator 4–12 hours.

When ready to grill, mix remaining spice mix with 2 tablespoons olive oil to create a spice rub.

Discard marinade and pat steaks dry with paper towel (just so steak is not wet, not to remove marinade/spices). Rub steak evenly all over with Spice Rub and let rest at room temperature for 30–60 minutes.

Grease and preheat outdoor grill to medium-high heat. Grill steak for 7 to 10 minutes per side, turning once, for medium-rare. For medium or medium well, continue cooking steak over indirect flame for an additional 5–10 minutes per side, depending on thickness. Remove steak and let rest 10 minutes before thinly slicing against the grain on a diagonal.
Serve with tortillas, shredded cheese, tomatillo avocado ranch dressing (page 40), pico de gallo (page 42), sour cream, guacamole (page 43), lettuce, and/or tomato.
Korean Steak, Stubb-Style

Source: *Stubb’s Legendary Kitchen* [78]

Serves: 4

**Ingredients:**

- 2 pounds beef flank steak
- 4 scallions
- \( \frac{1}{3} \) cup brown sugar, packed
- \( \frac{1}{4} \) cup soy sauce
- 2 tablespoons minced garlic
- 2 tablespoons minced fresh ginger
- 4 teaspoons sesame oil
- 2 tablespoons sesame seeds, toasted
- \( \frac{1}{4} \) teaspoon crushed red pepper flakes
- 1 tablespoon dry sherry

Score the beef on each side with intersecting cuts \( \frac{3}{4} \) inch apart to create a diamond pattern; cut only lightly into the meat, about \( \frac{1}{8} \) inch deep. Slice the scallions diagonally into \( \frac{3}{4} \) inch lengths.

In a baking dish or shallow pan, combine the brown sugar, soy sauce, garlic, ginger, sesame oil and seeds, pepper flakes, and sherry. Stir in the scallions, then add the beef, coating well with the marinade. Cover and marinate, refrigerated, preferably for 8 hours, turning the beef once or twice.

Grill the steak over direct high heat, flipping once, long enough to lightly char the scored edges of the meat, making them crisp and crunchy, without overcooking the interior (8 to 10 minutes for medium rare).

Let the steak rest for 10 minutes. If desired, boil the marinade for 1 full minute or more, to use as a sauce. Slice the steak against the grain into thin strips and serve drizzled with the cooked marinade.
Toasted Pecan Burgers

An actual recipe for hamburgers is a little embarrassing, but this one has an unusual ingredient: toasted pecans. The pecans give the burger a little toothiness. Awesome. I use Head Country rub for the barbecue seasoning. It is absolutely outstanding on beef. As for the barbecue sauce, I use Stubb’s original. Not too sweet and it is a little vinegary—something I like with my 'cue.

Source: Stubb’s Legendary Kitchen [78]

Serves: 4

Ingredients:

- 1 pound of ground chuck
- \( \frac{1}{4} \) cup chopped red onion
- \( \frac{1}{4} \) cup chopped pecans, toasted
- 1 tablespoon finely chopped green pepper
- 3 tablespoons barbecue sauce
- 2 tablespoons barbecue seasoning or rub

Lightly mix the ingredients and form into 4 patties. Grill over direct heat until you achieve the desired level of doneness. I like mine slightly pink—which takes about 8 to 10 minutes.

Serve on toasted buns with mayonnaise and lettuce.
BURGERS WITH CREAMY FETA SAUCE AND TOMATO-CUCUMBER RELISH

Burgers with Creamy Feta Sauce and Tomato-Cucumber Relish

Source: Serious Eats

Serves: 4

Ingredients:

- 1 small cucumber, seeded and cut into fine dice (about 1 1/2 cups)
- 1 large ripe tomato, seeded and cut into fine dice (about 1 cup)
- Kosher salt
- 1 tablespoon lemon juice
- Freshly ground black pepper
- 1/2 cup Greek-style yogurt
- 1/4 cup mayonnaise
- 1/2 cup cup finely crumbled feta cheese
- 1 medium clove garlic, minced (about 1 teaspoon)
- 20 ounces freshly ground beef, divided into four 5-ounce patties
- Sliced white or sweet onion (such as Vidalia)
- 4 toasted hamburger buns

Combine cucumber and tomato in a colander or fine mesh strainer set in the sink or a bowl. Season with 1/2 teaspoon salt and toss to combine. Let drain at least 15 minutes. Discard liquid and transfer to a small bowl. Toss with 1 teaspoon lemon juice and season with pepper. Set aside.

While tomatoes drain, combine yogurt, mayonnaise, feta, garlic, remaining 2 teaspoons lemon juice, and 1 teaspoon black pepper. Season to taste with salt.

When ready to serve, season burger patties generously with salt and pepper and cook burgers to desired doneness on a hot grill or in a skillet on the stovetop, 125°F for medium rare or 135°F for medium.

Place onion slices on bottom bun. Top with burger patty. Top with sauce and cucumber/tomato relish. Close burgers and serve immediately.
Oklahoma Onion Burgers

Source: Serious Eats

Serves: 2

These are fast becoming my favorite hamburger.

Ingredients:

- 1/3 teaspoon canola oil
- 5–6 ounces freshly ground beef, divided into two balls
- Kosher salt and freshly ground black pepper
- 1 medium onion, thinly sliced
- (about 1 cup sliced onions)
- 2 slices American cheese
- 2 soft hamburger buns
- Mustard, pickles, and other condiments, if desired

Spread canola oil in the inside of a large cast iron skillet with a paper towel. Heat over high heat until lightly smoking. Add balls of beef and press down with the back side of a spatula until completely flattened. Season generously with salt and pepper.

Working quickly, spread onions evenly over cooking burgers and press down to embed onions into meat. Let cook with no further pressing until burgers are well browned, about 2 minutes.

Carefully flip burgers with a stiff spatula, making sure to pick up all browned meat from skillet. Let cook until onions start to soften, about 1 minute. Add cheese and top with top bun. Place bottom bun upside-down over top bun to allow it to steam in the onion vapors.

When buns are soft, transfer bottom buns to a plate. Add condiments if desired. Lift up onions, burger, and top bun together and transfer to bottom bun. Repeat with second burgers. Serve immediately.
Braised Lamb with peppers and tomatoes

Source: Linda Tubby [79]

Serves: 4

I buy a lot of cookbooks. This one by Linda Tubby is one of the best I own. There are a number of excellent dishes in it including this one that uses a leg of lamb. It calls for choricero chile, which is a dried red chile. I have no idea what they taste like since I can’t get these in Stillwater. A jar of 12 is about $20 from the http://www.spanishtable.com so I may try them. I have used ancho and pasilla and guajillo. I think the ancho or guajillo work best. As for the piquillo peppers, any roasted red pepper will work fine. There is not much to this dish, so I am sure that the more authentic you can make it the better. Tubby also suggests that you can substitute 1 teaspoon of hot paprika and 2 teaspoons of sweet for the dried chile. You can also cook this in the oven.

Ingredients:

- 1/4 cup olive oil
- 1 large onion
- 4 garlic cloves, crushed
- 1 dried choricero or other mild red chile
- 3 pound leg of lamb
- 10 ounces jarred piquillo peppers
- 2 cups chopped tomatoes
- small bunch fresh chopped parsley leaves
- salt and pepper to taste

Soak the dried chile in boiling water for 20 minutes. Coarsely chop the piquillo peppers. Remove the lamb from the bone and cut into 1-inch pieces.

Heat 2 tablespoons of the oil in a heatproof casserole dish, add the onion and garlic, and sauté for about 7 minutes until soft and just golden. Scrape the flesh from the soaked chile and mix it into the onions. Transfer to a plate and wipe out the casserole dish.

Heat the remaining oil in the casserole dish and sauté the lamb in batches until golden on all sides. Fold in the onion mixture, the chopped roasted peppers, tomatoes, salt, and pepper. Bring to a boil and immediately reduce the heat so the surface
just gently bubbles. Cook uncovered for 30 minutes, stirring occasionally to prevent it sticking. If it gets so thick that it prevents the meat from cooking, stir in a little boiling water to loosen the mixture.

Cover and continue cooking for another 30 minutes until the meat is very tender. Remove from the heat and let rest for about 5 minutes. Serve sprinkled with chopped parsley. This is really good on egg noodles.

You can also cook this in the oven. Use 350°F uncovered for 30 minutes, cover and for another 30 minutes.
Moroccan Kebabs

This is delicious. I usually make this with top sirloin, since that is easiest to find around here. I'm sure it is excellent with cubed lamb (leg) as well. I don’t know how Moroccan cumin and paprika differ from the usual kinds that I use. Someday I’ll see if Zamouri will sell me some so I can see how they compare to the stuff I buy from the Spice House.

Note, I make these with pork as well. That is decidedly NOT Moroccan, but it is delicious.

Source: Zamouri Spices http://www.zamourispices.com/moroccankebabs.html

Serves: 4

Ingredients:

- 2 teaspoons ground Moroccan cumin
- 1 teaspoon ground coriander
- 1 teaspoon Moroccan paprika
- 1 teaspoon ground black pepper
- 1 1/2 to 2 pounds beef top sirloin
- 1 medium red onion, chopped
- 2 cloves garlic, finely chopped
- 1 cup finely chopped cilantro
- 2 tablespoons olive oil
- 1 1/2 teaspoons salt (or to taste)

Cut the beef, lamb, or pork into 3/4 to one inch cubes.

Combine cumin, coriander, paprika and pepper in a medium bowl. Add the cubed meat, onion, garlic, cilantro, oil and salt. Mix thoroughly and cover with plastic wrap. Let marinate in refrigerator overnight or at least 4 hours.

Insert Kebabs on the skewers. Place on heated grill for six minutes each side – or until done.

Serve with Pita and Moroccan Salad (page 84).
BEEF AND LAMB

Beef Stew

Source: Rick Rodgers and Arlene Ward [63]

Serves: 4 to 6

First the bad news. You need a pressure cooker for this one. The good news is that it goes together quickly and I can get it done in an hour. Not bad for a chuck roast. It tastes great, by the way and you can add more vegetables as desired.

Ingredients:

- 2 tablespoons vegetable oil, plus more as needed
- 2 1/2 pounds beef chuck roast, cut into 1 1/2 inch pieces
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 large onion, chopped
- 2 garlic cloves, finely chopped
- 2 cups beef broth (homemade or low-sodium canned)
- 1 tablespoon tomato paste
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 4 medium carrots, cut into 1 inch pieces
- 1 pound red-skinned potatoes, scrubbed and cut into 1 inch pieces
- 3 tablespoons unsalted butter, room temperature
- 3 tablespoons all-purpose flour

Heat a tablespoon of oil over medium-high heat in a 5 to 7 quart pressure cooker. In batches, adding more oil as needed, brown the meat. Remove meat to a plate, season with salt and pepper and set aside.

Pour off fat from the cooker and add a tablespoon of oil, again over medium-high heat. Add the onion and garlic, stirring occasionally until onion starts to soften—about 2 or 3 minutes. Stir in the stock, tomato paste, thyme, and bay leaf. Return the beef and any accumulated juices to the pot.

Lock the lid and bring to high pressure over high heat. Adjust heat to maintain this pressure for about 20 minutes. Remove from heat and quick-release pressure. Let stand for about 5 minutes.
Skim off any visible fat from the surface, add carrots and potatoes. Replace the lid and bring the stew back to high pressure. Cook for 5 minutes. Remove from heat, quick-release pressure and remove lid. Now transfer the meat and vegetables to a deep serving bowl. Cover and keep warm.

Bring the cooking liquid, uncovered, back to a boil over medium-high heat. In a small bowl, using a rubber spatula, work the butter and flour together until a smooth paste forms. Now gradually whisk about 1 cup of the cooking liquid into the paste. Now whisk this mixture into the boiling liquid, stirring occasionally, until the sauce is thickened, about 5 minutes. Pour the sauce over the vegetables, season with additional salt and pepper to taste, and stir gently to mix. Serve it and enjoy.
Beef Meatloaf

Source: David Pazmiño [56]

Serves: 6 to 8

This meatloaf is really very good. It calls for a little gelatin in the binding mixture, which mimics the texture added by veal in a traditional loaf. Here in Stillwater, veal is often not available so it helps to have an alternative when you just have to have a meatloaf. I sometimes combine Paul Prudhomme’s meatloaf (page 162) with this one. In that version, I prepare the vegetable mixture as in Paul’s recipe and then make the meat mixture called for here. It’s good and spicy that way!

Ingredients:

- 3 ounces Monterey Jack cheese, finely grated
- 1 tablespoon unsalted butter
- 1 medium onion, finely chopped
- 1 medium celery rib, finely chopped
- 1 medium garlic clove, minced
- 2 teaspoons minced fresh thyme
- 1 teaspoon paprika
- $\frac{1}{3}$ cup tomato juice
- $\frac{1}{3}$ cup low-sodium chicken broth
- 2 large eggs
- $\frac{1}{2}$ teaspoon unflavored gelatin
- 1 tablespoon soy sauce
- 1 teaspoon Dijon mustard
- $\frac{2}{3}$ cup crushed saltine crackers
- 2 tablespoons minced fresh parsley leaves
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 pound ground chuck
- 1 pound ground sirloin

A juicy meatloaf will produce some excess fat as it cooks and you don’t want your meatloaf swimming in it. So, take a 10 × 12 inch piece of heavy duty aluminum foil and fold it in half (i.e. 10 × 6 inches). Put it over a metal cooling rack and poke holes in it with a skewer. The idea here is to create a rimless baking pan that you can place inside of a larger baking dish.

Adjust the oven rack to the middle position and heat the oven to 375°F. Spread the grated cheese on a paper plate and put it in the freezer.
Heat the butter in a skillet over medium-high heat until foaming. Add the onion and celery and cook for 6 or 7 minutes, stirring occasionally, until it begins to brown (about 6 or 7 minutes). Add garlic, thyme, and paprika, stirring until fragrant (about one minute). Reduce heat to low and add the tomato juice. Cook, stirring to scrape up browned bits from the pan. After a minute or two the mixture will have thickened a bit and you can remove it from the heat. Set aside to cool.

Whisk the broth and eggs in a small bowl until combined. Sprinkle the gelatin over the liquid and let stand for 5 minutes. Stir in soy sauce, mustard, saltines, parsley, salt, pepper, and onion mixture. Crumble the frozen cheese into a coarse powder and sprinkle it over the mixture. Now add the beef and mix gently with your hands (or a fork). Be careful not to over work the meat because it will tend to make your loaf tough and dry.

Shape the mixture into a loaf that is about 10 inches long, 6 inches wide and 2 inches tall. Put it on your prepared rimless rack and place the rack inside a larger baking dish. Put the meatloaf into the oven and bake until an instant read thermometer inserted in the middle reads about 135 or 140°F. That will take about an hour. While the meatloaf cooks, prepare the glaze. Once the meatloaf is done, remove it from the oven and turn on your broiler.

Glaze

- ½ cup ketchup
- 1 teaspoon hot pepper sauce
- ½ teaspoon ground coriander
- ¼ cup apple cider vinegar
- 3 tablespoons packed light brown sugar

While the meatloaf cooks, combine the ingredients for the glaze in a small saucepan. Bring it to a simmer over medium heat and cook until thick and syrupy, about 5 minutes. Spread half the glaze over the cooked meatloaf with a spatula and place the loaf under the broiler. Broil until the glaze bubbles at the edges, about 5 minutes. Remove it from the oven and spread the remaining glaze over the meatloaf. Put it back in the oven and broil until the glaze bubbles again and starts to brown, about 5 more minutes. Remove the loaf from the oven and let it cool for about 20 minutes before slicing.
Cajun Meatloaf

Source: Chef Paul and Mom

Serves: 6–8

This is meatloaf as it was supposed to be made. The original recipe can be found in *Chef Paul Prudhomme’s Louisiana Kitchen* [58] which uses pork instead of veal, breadcrumbs instead of corn flakes, and calls for more salt than my version. I also can be caught adding a few more vegetables than called for in the official concoction. I like my version of the meatloaf even better than Chef Paul’s wonderful creation.

**Seasoning Mix**

- 2 whole bay leaves
- $\frac{1}{2}$ tablespoon salt
- 1 teaspoon ground cayenne pepper
- 1 teaspoon black pepper
- 1 teaspoon white pepper
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon ground nutmeg
- 4 tablespoons unsalted butter
- $\frac{3}{4}$ cup finely chopped onions
- $\frac{1}{2}$ cup finely chopped celery
- $\frac{1}{2}$ cup finely chopped green bell pepper
- $\frac{1}{4}$ cup finely chopped green onions
- 2 teaspoons minced garlic
- 1 tablespoon Tabasco sauce
- 1 tablespoon Worcestershire sauce
- $\frac{1}{2}$ cup evaporated milk
- $\frac{1}{2}$ cup catsup
- $\frac{1}{2}$ pounds ground beef
- $\frac{3}{4}$ pound ground veal
- 2 eggs, lightly beaten
- 1 cup finely ground corn flakes, bread crumbs, or saltines

Combine seasonings in a small bowl and set aside.

Melt butter in a 1 quart saucepan over medium heat. Add onions, celery, bell peppers, green onions, garlic, Tabasco, Worcestershire, and seasoning mix. Sauté until mixture starts sticking, about 6 minutes, stirring occasionally and scraping the pan bottom well. Stir in milk and catsup. Continue cooking for about 2 minutes, stirring occasionally. Remove from heat and allow mixture to cool to room temperature.
Place ground beef and veal in an ungreased 13x9 inch baking pan. Add eggs, the cooked vegetable mixture, and corn flake crumbs; remove the bay leaves. Mix thoroughly by hand and shape the mixture into a loaf that is about 1\(\frac{1}{2}\) inches high, 6 inches wide, and 12 inches long. Bake uncovered at 350\(^\circ\)F for 25 minutes, then raise heat to 400\(^\circ\)F and continue cooking until done, about 35 minutes. Serve with Very Hot Cajun Sauce for Beef (page 23) and Garlic Mashed Potatoes (page 308).

Mom always used corn flakes as a filler in meatloaf and I hate to go against her technique. But, as time has passed I’ve started using more traditional things like crushed saltine crackers and bread crumbs. Feel free to use whatever your mom likes!

Note: When I was in 6th grade I learned an important lesson from my dad: Never use rye bread crumbs as filler in a meatloaf.
Cajun Shepherd’s Pie

Source: Chef Paul

Serves: 6–8

This is recipe is essentially a flattened Cajun meatloaf covered with julienned vegetables and topped with mashed potatoes. It should be served with Not So Very Hot Cajun Sauce for Beef (23).

Meatloaf Seasoning Mix

- $1 \frac{1}{2}$ teaspoon salt
- 1 teaspoon ground cayenne pepper
- $\frac{3}{4}$ teaspoon black pepper
- $\frac{3}{4}$ teaspoon white pepper
- $\frac{3}{4}$ teaspoon ground cumin
- $\frac{3}{4}$ teaspoon thyme

Combine seasonings in a small bowl and set aside.

Meatloaf

- $1 \frac{1}{2}$ pounds ground beef
- $\frac{1}{2}$ pound ground pork
- 2 eggs, lightly beaten
- 1 cup fine dry bread crumbs
- 3 tablespoons unsalted butter
- $\frac{3}{4}$ cup finely chopped onions
- $\frac{3}{4}$ cup finely chopped celery
- $\frac{1}{2}$ cup finely chopped green bell pepper
- 1 tablespoon minced garlic
- $\frac{1}{2}$ teaspoon Tabasco sauce
- 1 tablespoon Worcestershire sauce
- $\frac{1}{4}$ cup evaporated milk

Place ground beef and pork in an ungreased 13 x 9 inch baking pan. Add eggs and breadcrumbs, mixing thoroughly by hand.

In a 1-quart saucepan, combine 3 tablespoons of butter, the vegetables, Worcestershire, Tabasco, and seasonings. Sauté over high heat for about 5 minutes, stirring frequently and scraping the bottom of the pan. Remove from heat and allow to cool.
Add the cooled sautéed vegetables and evaporated milk to the meat mixture and mix well by hand. Form into a 12x8-inch loaf (basically leave about $\frac{1}{2}$-inch from sides of the pan) and bake at 450°F until brown on top, about 30 minutes. Pour off the drippings, reserving about 2 or 3 tablespoons. Set the drippings and meat aside.

- 1 recipe mashed potatoes (page 308)
- 1 1/2 cups julienned carrots
- 1 cup julienned onions
- 1 1/2 cups julienned zucchini
- 1 cup julienned yellow squash
- 1/2 teaspoon Emeril’s Creole Seasoning Mix (page 3)
- 1 recipe Not So Very Hot Cajun Sauce for Beef (page 23)

In a large skillet combine the reserved drippings with the carrots, onions, and the creole seasoning. Sauté over high heat for 1 1/2 minutes. Add the zucchini and yellow squash and continue sautéing for 3 or 4 minutes. Remove from heat.

Mound the undrained vegetables on top of the meat loaf, away from the edges. Layer the mashed potatoes evenly over the top of the vegetables and the edge of the meatloaf. Bake at 525°F until brown on top, about 8 to 10 minutes. Serve immediately with about $\frac{1}{2}$ cup Not So Very Hot Cajun Sauce under each serving.
Grillades

Source: Lee

Serves: 6

Lest you think I really made this up myself, I want to say that I basically used a composite of several recipes that I have. Most are based on veal round (which we can’t get), though a few use regular beef round steak that is called for here. They all are versions of steak smothered in onions, peppers, celery and gravy with tomatoes thrown in. They differ in how they spice things up. This one does not have any herbs in it (a few recipes include a little thyme, oregano, and/or basil). Sometimes I use beef stock that is flavored a bit with these so I don’t include any here. It does include mushrooms and wine, which a few recipes omit. Also, it can be simmered on the stove rather than baked in the oven. You’ll want to adjust the amount of pepper to use to your own tastes.

Ingredients:

- 2 pounds beef top round, sliced thin and cut into 2 to 3 inch pieces
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground white pepper
- 1/2 cup all-purpose flour
- 6 tablespoons vegetable oil
- 2 tablespoons butter
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 1 cup chopped celery
- 1/4 cup all-purpose flour
- 6 tablespoons vegetable oil
- 2 tablespoons butter
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 1 cup chopped celery
- 1 pound of button mushrooms, brushed, cleaned and quartered
- 1 tablespoon minced garlic
- 3/4 cup red wine
- 3 cups beef stock
- 2 cups peeled, seeded, and chopped tomatoes
- 2 bay leaves
- 1 teaspoon salt
- 1/4 cup chopped green onion
- 1/4 cup finely chopped parsley

Mix the cayenne, black, and white pepper in a small bowl. In a mixing bowl, add the beef. Season with 3/4 teaspoon of the pepper mixture, add the flour and toss the
meat, coating completely. Turn the meat out onto a floured surface and pound it lightly with a meat mallet. Turn the meat over and pound it again.

Preheat oven to 350°F.

Heat a large, heavy bottomed skillet or Dutch oven over medium high heat. When the pan is hot, add 2 tablespoons of oil and brown the floured beef in batches, adding more oil as necessary. This will take about 3 or 4 minutes per side. As the beef is browned, remove from the pan and set aside.

Add the butter to the pan. When melted, add the onion, celery, bell pepper and mushrooms. Cook, stirring often, until soft, about 8 to 10 minutes. Add the garlic and cook for about a minute. Pour in the red wine and scrape up all the browned bits from the bottom of the skillet.

Add the stock, tomatoes, bay leaves, and the remaining pepper and bring to a boil. Return beef to the pan and reduce heat to a simmer. Place a lid on the pan and put it into the oven for about 2 hours. Stir occasionally to prevent sticking and to make sure it doesn’t dry out, adding more stock if necessary. When done, the meat will be fork tender. Remove from the oven and stir in the parsley and green onion. Adjust seasoning to taste and serve with grits (page 316) or mashed potatoes.
Cajun Meat Sandwiches

Source: John Folse [29]

Serves: 8

These sandwiches are kind of like a Cajun sloppy Joe–except no sauce. I once made one for my beloved niece, Jimikaye Beck. Jimikaye is not exactly picky about food, but she is strongly opinionated and she is not afraid to tell you she doesn’t like something; I’m pretty sure she had never had (nor wanted to have) any chicken livers–she doesn’t like things very spicy, either. Anyway, I made these and she was game to try (and hence, beloved!). Well, I have to say that she devoured her sandwich with Cajun gusto. A big success, I’d say. I think about her every time I make these and I wonder if she’d still like them as much as I do.

Ça c’est bon!

Ingredients:

- 1 pound ground beef
- 1 pound ground pork
- \( \frac{1}{2} \) pound chicken livers
- 2 cups chopped onion
- 1 cup chopped celery
- \( \frac{1}{2} \) cup chopped green bell pepper
- \( \frac{1}{4} \) cup minced garlic
- \( \frac{1}{2} \) cup sliced green onions
- \( \frac{1}{4} \) cup chopped parsley
- 2 cups chicken stock
- salt and pepper to taste
- dash of hot sauce
- 1 loaf French bread sliced lengthwise

In a heavy bottomed skillet, brown beef and pork over medium high heat. During cooking, chop up the meat with a spoon so that each grain is separated. This will take about 30 minutes.

Meanwhile, poach the chicken livers in water for 15 minutes. Remove from the water and set aside to cool. Reserve the poaching water. Once the livers have cooled, chop them up and add to the browned meat.

Once the meat is cooked, drain off excess fat and add the onion, celery, bell pepper, and garlic. Blend into the meat and cook for an hour, stirring occasionally. During
the cooking process slowly add just enough stock and some of the reserved poaching liquid from the livers to retain moisture. Season to taste with salt and pepper and add the dash of hot sauce. Add the green onions and parsley. Spread the mixture onto the bottom half of the bread and top with other half. Place a toothpick at one-inch intervals and slice the sandwich in between.
Piri Piri Beef Sandwiches

Source: Emeril’s New New Orleans Cooking [47]

Serves: 4

Ingredients:

- $\frac{1}{2}$ cup Piri Piri (page 24)
- $\frac{1}{2}$ cup chopped fresh cilantro
- 1 tablespoon Kosher salt
- 2 pounds sirloin or other lean, tender beef, trimmed and cut into 2-inch cubes
- 1 loaf of crusty bread, (like the Cuban bread on page 337)

Combine the Piri Piri with the cilantro and kosher salt in a bowl, and marinate the meat in this mixture for 3 or 4 hours in the refrigerator. About half an hour before removing the marinade from the refrigerator, prepare the grill. Thread the meat on skewers, using about 5 cubes of meat per skewer. Grill the skewers until done to your liking, basting occasionally with the marinade. To serve, push the meat from the skewers onto the bread and eat sandwich style.
El Real’s Chili Con Carne

Source: Robb Walsh [81]
Serves: 6

Ingredients:

- 2 tablespoons cumin seeds
- 8 ounces bacon, chopped
- 3 pounds beef chuck, cut into \( \frac{1}{4} \) inch cubes
- 2 onions, chopped
- \( \frac{1}{4} \) cup Homemade Chili Powder (page 12)
- 2 teaspoons sweet paprika
- 1 teaspoon dried Mexican oregano
- 1 teaspoon freshly ground black pepper
- \( \frac{1}{2} \) teaspoon dried thyme
- \( \frac{1}{2} \) teaspoon salt
- 4 large cloves garlic, minced
- \( \frac{3}{4} \) cups beef broth
- 1 28 ounce can pureed tomatoes
- 2 dried ancho chiles, stemmed and seeded

Toast the cumin seeds in a large skillet over medium-high heat until fragrant, about 1 or 2 minutes. Crush the seeds in a molcajete.

Cook the bacon in the skillet over medium-high heat until crisp. Remove the bacon and reserve. Over high heat, brown the beef in the bacon drippings and set aside. Over medium heat, sauté the onions in the remaining drippings until lightly browned, 8 to 10 minutes.

Add the toasted cumin, chili powder, paprika, oregano, black pepper, thyme, salt, and garlic to the cooked onions and sauté for 1 minute. Crumble in the bacon, add the beef broth, 1 cup of water, the tomatoes, ancho chiles, and the beef.

Bring to a boil, reduce the heat, cover partially, and simmer until the meat is very tender, about 2 hours, adding water as needed to maintain the desired consistency. Alternatively, transfer to a slow-cooker set on low and cook for at least 6 hours and up to 8, until the meat is very tender.

Remove the anchos, puree in a blender, and return to the pot. Serve in a bowl with chopped onions, and shredded cheese, with saltines, over tamales, rice or potatoes, Frito pie or combined with beans.
Mom’s Chicken Curry

Source: Jeanne Adkins

Serves: 6

This is one of the Adkins’ family favorites – way to go Mom!

Ingredients:

- 2 chickens, poached and cut into chunks
- 2 medium onions, chopped
- 2 medium cooking apples, chopped
- juice from \( \frac{1}{2} \) lemon
- 1 cup milk
- 1 cup chicken broth
- 2 cloves garlic, pressed
- 3 tablespoons dry sherry
- 2 tablespoons curry powder (to taste)
- cayenne pepper to taste (optional)

Sauté onions and garlic in butter. Add curry powder, milk, and apple. Simmer 20 minutes. Add salt and pepper to taste. Add the sherry and some additional stock if the mixture is too dry. Cook 2 hours, adding liquid as necessary. Add lemon juice and chicken and let stand 1 - 1\( \frac{1}{2} \) hours. Serve over rice with a variety of condiments.

Note: In Indian cooking, there is no such thing as ‘curry powder’. Curry powder as we have come to know was probably an English invention for those who wanted an easy way to simulate the wonderful flavors of Indian cooking. Hence, commercial curry powders vary widely by content and taste. Hot curry powders include...
cayenne (or other red peppers). Mom swears that a good rule-of-thumb is to use a combination: 1 tablespoon McCormick’s mild and 1 tablespoon McCormick’s (Hot) Madras.

Condiments

- chunk pineapple
- sliced banana
- seeded and cubed cucumber
- slivers of toasted almonds
- yogurt
- raisins
Pad Woo Sen

Source: Lee
Serves: 4

This is a classic stir-fry dish. The listed ingredients are what I like to put in it. Kathy likes vegetables and I oblige her to the greatest extent possible. Snow peas are great, but you could use broccoli, or asparagus, or pretty much whatever you like and that looks good at your market. I make it in discrete steps.

Ingredients:

- 4-6 small bundles of mung bean noodles
- 1 pound chicken, shrimp, or pork, cut into bite sized pieces
- 4 tablespoons fish sauce
- 2 teaspoons sugar
- 1 clove of garlic, grated
- 1 tablespoon grated ginger (optional)
- 1 serrano pepper, seeded and chopped (optional)
- Korean pepper flakes (to taste—also optional)
- 1/2 cup cooking oil
- 2 eggs
- 1/2 red bell pepper, sliced
- 2 cups bean sprouts
- 3 green onions
- chicken or shrimp broth
- 2 cups vegetables (snow peas are good) (optional)
- salt and pepper to taste

If you are using shrimp, peel them and place the shells in a small saucepan. To make broth, cover the shells with water, add a few vegetable trimmings and bring to a gentle simmer. Simmer for 5 or ten minutes and remove from heat. Strain through a very fine mesh strainer and set aside.

Put the shrimp in a small bowl and add the grated garlic, ginger, sugar, fish sauce, and some pepper flakes. Set aside.

If you use chicken, just cut it into bite sized pieces and marinate as indicated above. You’ll want to have a little broth handy to moisten things up later.

Crack the eggs in a small bowl and whisk until slightly frothy. Set aside.
Check the instructions on the package of bean noodles and follow the directions for preparing them. If there aren’t any instructions, bring a quart of water to a boil, turn off the heat, and immerse the bean noodles in the hot water until soft, about 15 minutes. The texture should not be mushy, but you want them to be fairly soft and ready to eat as is. You are just going to warm them up at the end of the stir fry.

Heat your wok or a large, flat bottomed skillet over high heat. When hot, pour a couple of tablespoons of oil in the pan and swirl it around. Add the marinating shrimp to the pan and cook until the shrimp are just barely done. Remove the shrimp to a large bowl – one big enough to hold everything once its done.

If anything in the wok is burnt, wipe it out and heat it up again. Add a couple of tablespoons of oil and quickly cook the scrambled eggs. Within a minute, they will be done. Add these to the bowl that contains the cooked shrimp.

If anything in the wok is burnt, wipe it out and heat it up again. Add a couple of tablespoons of oil and quickly cook the vegetables (bell pepper, snow peas, bean sprouts and green onion). Don’t overcook these. They should be fairly crisp. If you have a lot of vegetables, then you can do them one at a time to get each one just the way you like it.

Add the bean noodles and heat those up, stirring to mix everything together. Add some broth to moisten and mix the flavors. Once warmed up, add the shrimp and eggs and heat those up, tossing to mix. Add a little more stock if it seems too dry and if the bean noodles aren’t a consistent color.

Once it’s warmed up, turn off the heat and dish out to a serving plate. Garnish with cilantro if you have some or some matchstick cut green onions.
Enchiladas Especiales Tacuba Style

Source: Rick Bayless Season 7 of Mexico: One Plate at a Time

Serves: 4

Whenever I smoke chicken, I always cook two. After the initial feast, there is always chicken leftover, which means that I’m always on the lookout for a recipe to use as a vehicle for great smoked chicken. Rick suggests a rotisserie chicken from the deli. These store-bought birds tend to be really salty, but they are actually a good match in this low spice dish. This one is very quick and easy to do. Kathy loved it so I’m putting it in this book. Enjoy!

Ingredients:

- 2 fresh poblano chiles
- 1 cup (lightly packed) roughly chopped spinach leaves
- 2 cups milk
- 2 cups chicken broth
- 6 tablespoons (3 ounces) butter or vegetable oil
- 3 garlic cloves, peeled and finely chopped
- ½ cup flour
- Salt
- 3 cups coarsely shredded cooked chicken
- 12 corn tortillas
- A little vegetable oil for brushing or spraying
- About 1 cup Mexican melting cheese (Chihuahua, quesadilla, asadero or the like) or Monterey Jack, brick or mild cheddar
- A little chopped cilantro for garnish

Make the sauce. Roast the poblanos directly over a gas flame or on a baking sheet 4 inches below a very hot broiler, turning regularly, until the skins have blistered and blackened on all side, about 5 minutes for an open flame, about 10 minutes under the broiler. Place in a bowl, cover with a kitchen towel and, when able to handle, rub off the blackened skin, tear open and pull out the seed pod and stem. Quickly rinse to remove any stray seeds or bits of skin. Roughly chop and put in a blender jar. Add the spinach.
In a medium (3-quart) saucepan, combine the milk and broth, set over medium-low heat to warm.

In a large (4-quart) saucepan, melt the butter (or heat the oil) over medium. Add the garlic and cook for a minute to release its aroma, then add the flour and stir the mixture for a minute. Raise the heat to medium-high. Pour in the warm broth mixture and whisk constantly until the sauce boils. Reduce the heat to medium and simmer for 5 minutes. Remove from the heat.

Pour half the hot sauce into the blender with the chiles and spinach. Cover loosely (I remove the center part of the lid, secure the lid, then drape a cloth over the whole thing) and blend until smooth. Pour the mixture back into the saucepan with the remaining sauce. Taste and season with salt, usually about 2 teaspoons.

Finish the enchiladas. Heat the oven to 350°F. Smear about $\frac{1}{4}$ cup of the sauce over the bottom of each of four to six 9-inch individual ovenproof baking/serving dishes or smear about 1 cup of the sauce over the bottom of a 13x9-inch baking dish. Stir 1 cup of the sauce into the chicken.

Lay half of the tortillas out on a baking sheet and lightly brush or spray both sides of the tortillas with oil; top each tortilla with another one and brush or spray those with oil. Bake just to warm through and soften, about 3 minutes. Stack the tortillas and cover with a towel to keep warm.

Working quickly so that the tortillas stay hot and pliable, roll a portion of the chicken up in each tortilla, then line them all up in the baking dish(es). Douse evenly with the remaining sauce and sprinkle with the cheese. Bake until the enchiladas are hot through (the cheese will have begun to brown), about 20 minutes. Garnish with the cilantro and serve immediately.
Chicken Tikka Masala

Source: America’s Test Kitchen

Serves: 4

This recipe is taken verbatim from America’s Test Kitchen website. I fix it fairly often because its easy, good, and I can find all of the ingredients at the local store. In Stillwater, this can be a challenge since the grocery scene has deteriorated considerably since I moved here. Let’s put it this way, I can get all of this stuff at Walmart (except whole yogurt, which requires a trip to IGA). Anyway, visit the Test Kitchen website and browse the excellent Cook’s Illustrated magazine, the source of many recipes in this volume.

Ingredients:

- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper
- 1 teaspoon table salt
- 2 pounds boneless, skinless chicken breasts
- 1 cup plain whole-milk yogurt
- 2 tablespoons vegetable oil
- 2 medium garlic cloves, minced
- 1 tablespoon grated fresh ginger
- 1 fresh serrano chile
- 1 tablespoon tomato paste
- 1 tablespoon garam masala
- 1 (28-ounce) can crushed tomatoes
- 2 teaspoons sugar
- 1/2 teaspoon table salt
- 2/3 cup heavy cream
- 1/4 cup chopped fresh cilantro leaves

Peel the garlic and ginger. Trim the chicken breasts of fat.

Combine cumin, coriander, cayenne, and salt in small bowl. Sprinkle both sides of chicken with spice mixture, pressing gently so mixture adheres. Place chicken on plate, cover with plastic wrap, and refrigerate for 30 to 60 minutes. In large bowl, whisk together yogurt, oil, garlic, and ginger; set aside.
Heat oil in large Dutch oven over medium heat until shimmering. Add onion and cook, stirring frequently, until light golden, 8 to 10 minutes. Add garlic, ginger, chile, tomato paste, and garam masala; cook, stirring frequently, until fragrant, about 3 minutes. Add crushed tomatoes, sugar, and salt; bring to boil. Reduce heat to medium-low, cover, and simmer for 15 minutes, stirring occasionally. Stir in cream and return to simmer. Remove pan from heat and cover to keep warm.

While sauce simmers, adjust oven rack to upper-middle position (about 6 inches from heating element) and heat broiler. Using tongs, dip chicken into yogurt mixture (chicken should be coated with thick layer of yogurt) and arrange on wire rack set in foil-lined rimmed baking sheet or broiler pan. Discard excess yogurt mixture. Broil chicken until thickest parts register 160 degrees on instant-read thermometer and exterior is lightly charred in spots, 10 to 18 minutes, flipping chicken halfway through cooking.

Let chicken rest 5 minutes, then cut into 1-inch chunks and stir into warm sauce (do not simmer chicken in sauce). Stir in cilantro, adjust seasoning with salt, and serve.
Chicken Parmesan

Source: Best Recipes [22]
Serves: 4

Ingredients:

- 1 recipe of breaded chicken cutlets (182)
- 1 recipe of smooth tomato sauce (252)
- 2 teaspoons salt
- 8 ounces spaghetti or linguine
- 3 ounces mozzarella cheese, shredded
- \(\frac{1}{4}\) cup freshly grated Parmesan cheese

Prepare the tomato sauce and keep warm. Prepare the cutlets and keep warm on a wire rack. Meanwhile, bring 3 quarts of water to a boil in a large pot. Adjust an oven rack to the top position and heat the broiler.

Cook the pasta in the boiling water according to package instructions.

Place the wire rack that you’ve used to hold the finished cutlets on a sheet pan. Top each cutlet with 3 tablespoons of mozzarella and 1 tablespoon Parmesan. Broil until the cheese melt and are spotty brown, about 3 minutes.

Drain the spaghetti. Transfer a chicken cutlet and a portion of spaghetti to each of 4 plates. Spoon 1 to 2 tablespoons of sauce over part of each cutlet, then sauce the spaghetti as desired. Serve immediately with additional grated Parmesan.
Breaded Chicken Cutlets

Source: *Best Recipes* [22]

Serves: 4

This recipe is all about the technique. It starts with pounding the chicken breasts to a uniform thickness and brining them in salt water for a short time. After you brine the chicken, do not be tempted to add more salt. They will be plenty salty enough. Brining makes them a bit juicer and is worth the effort. However, you may find that the chicken gets too salty. If so, reduce the amount of salt used or the time spent in the brine. I tend to use less salt than called for here and only brine it for 15 or 20 minutes. Usually that is plenty to achieve the desired result. All of this can be done in a big zip-lock bag if you have one.

Then, bread the brined and dried chicken cutlets in 3 stages-flour, egg, breadcrumbs and let them dry a bit more on a wire rack. I use 9-inch cake pans for the coating. Pan fry the cutlets in olive oil until brown.

Use some hearty bread (day old French loaves) for the bread crumbs. These might be good with Panko, too, but I haven’t tried it (yet). This recipe serves as a starting point for some delicious chicken Parmesan.

**Ingredients:**

- 4 boneless, skinless chicken breasts
- \(\frac{1}{4}\) cup table salt
- 1\(\frac{1}{2}\) cups homemade bread crumbs
- \(\frac{3}{4}\) cup unbleached all-purpose flour
- 2 large eggs
- 1 tablespoon plus \(\frac{3}{4}\) cup olive oil
- ground black pepper

Trim the tenderloin and fat from the chicken breasts. Use a meat pounder to pound the chicken to an even thickness (about \(\frac{1}{2}\)-inch). Dissolve the salt in 1 quart of cold water. Add the cutlets and refrigerate until the cutlets are seasoned, about 30 minutes.

Line a baking sheet with a triple layer of paper towels. Remove cutlets from the ‘brine’ and put them on a single layer on the towels. Cover with another triple layer
of towels and press firmly to remove as much moisture as you can. Allow the cutlets to dry for about 10 minutes and carefully peel the paper towels off of them. Sprinkle the cutlets with pepper and set aside.

Put the breadcrumbs in a shallow dish. Spread the flour in another shallow dish. Beat the eggs with 1 tablespoon olive oil and put this mixture in a third dish. Put a wire rack big enough to hold all four breasts over a baking sheet.

Working one at a time, dredge each breast in the flour, shaking off excess. Using tongs, dip both sides of the cutlets in the egg mixture, taking care to coat thoroughly. Allow excess egg mixture to drip back into the dish. Finally, dip each cutlet in the bread crumbs, coating thoroughly. Press down on the chicken with your fingers to form an even, cohesive coating of bread crumbs. Place the breaded cutlets on the wire rack and allow the coating to dry for 5 minutes or so.

Meanwhile, heat 6 tablespoons olive oil in a heavy bottomed, nonstick skillet over medium high heat. It should heat until it shimmers, but don’t let it smoke. Lay two cutlets gently in the skillet and cook until deep golden brown and crisp on the first side. Gently press down on the cutlets while cooking to get them evenly brown on the bottom. When the cutlets feel firm, flip them over and brown the other side (about three minutes).

When the first two are golden brown on both sides and cooked through, remove them to a towel lined plate and keep them warm in a 200°F oven, if desired. Discard the oil, wipe the pan clean with paper towels and use the remaining 6 tablespoons oil to repeat this procedure for the remaining two cutlets.
Chicken-Andouille Hash

Source: Louisiana Real & Rustic [45]

Serves: 4

This is another use for smoked chicken. As you may gather from looking at some of the other recipes, smoked chicken is a staple around our house. I like to do 2 at a time in the Kamado on Sunday and then use the meat in various ways throughout the week, especially at busy times of the year.

Ingredients:

- 1 pound of smoked chicken, shredded into bite-sized pieces
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon cayenne
- 1 cup chopped onion
- $\frac{1}{2}$ cup chopped green bell pepper
- 2 tablespoons vegetable oil
- 4 ounces andouille, chopped
- 2 tablespoons Creole mustard
- 2 cups peeled and grated potatoes
- 4 eggs

Preheat oven to 475 °F. Season chicken with $\frac{1}{2}$ teaspoon of salt and $\frac{1}{8}$ teaspoon of cayenne. Season the onions and bell peppers with the remaining salt and cayenne.

Heat the oil in a large skillet with an ovenproof handle, over medium high heat. Cook the andouille for about 3 minutes, stirring constantly. Add the onions and bell peppers and cook, stirring constantly, until soft, about 6 minutes. Add the chicken and stir until heated through. Add the mustard and mix well. Add the potatoes. Brown and fold. With the back of a spoon, pat down the mixture into the bottom of the skillet. Cook for an additional minute. Brown and fold and pat down the mixture again. Cook for another 2 or 3 minutes or until the potatoes are tender. Crack the eggs on top to the hash and bake, in the skillet, for 2 to 3 minutes, or until the eggs set.

Variation: When I do this dish, I am usually cooking for just Bunny and me. In this case, I skip the baking of the hash and just fry a couple of eggs, sunny side up, to top the hash. Also, Emeril’s recipe uses raw chicken cut into $\frac{1}{2}$ inch pieces, which he browns in the skillet before heating the andouille.
CHICKEN WITH MUNG BEANS

Chicken with Mung Beans

Source: African [33]
Serves: 4 to 6

Ingredients:

- 6 chicken thighs
- \( \frac{1}{2} \) - \( \frac{2}{3} \) teaspoon ground ginger
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{4} \) teaspoon freshly ground pepper
- 2 ounces mung beans
- 4 tablespoons vegetable oil
- 2 onions, finely chopped
- 2 cloves of garlic, crushed
- 5 tomatoes, peeled, seeded, and chopped
- 1 green chile, seeded and finely chopped
- 2 tablespoons lemon juice
- 1\( \frac{1}{4} \) cups coconut milk
- 1\( \frac{1}{4} \) cups water or stock
- 1 or 2 tablespoons chopped cilantro
- salt and freshly ground pepper to taste

Mix the ground ginger, salt, and pepper in a small bowl. Season the chicken with the mixture and set aside in a cool place to marinate. Meanwhile, boil the mung beans in plenty of water for about 35 minutes until soft. Mash well.

Heat oil in a large skillet over moderate heat and fry the chicken until evenly brown. Transfer to a plate and set aside, reserving the oil and chicken juices in the pan. Sauté the onions and garlic for 5 minutes. Then add tomatoes and chile and cook for another 2 minutes, stirring well.

Add the mashed mung beans, lemon juice, and coconut milk to the pan. Simmer for 5 minutes, then add the chicken and a little water if the sauce is too thick. Stir in the cilantro and simmer for about 35 minutes, or until the chicken is thoroughly cooked. Season to taste with salt and freshly ground black pepper. Serve on a bed of rice garnished with some additional chopped cilantro if desired.
Smoked Chicken Pizza

Source: Emeril

Makes: 1 12 inch pizza

Ingredients:

- 2 cups chopped smoked chicken
- 1 tablespoon Emeril’s Creole Seasoning (page 3)
- 1/2 cup pesto
- pizza dough (page 341) or Boboli
- 6 ounces Mozzarella cheese
- 4 Roma tomatoes

Preheat oven to 400 °F. Cover a large cookie sheet or jelly roll pan with aluminum foil and spray lightly with Pam. Cut the tomatoes in half, place on the foil, and roast until they give up most of their moisture and are slightly brown along the edges, about 30 minutes. Remove from oven, let cool slightly, and julienne.

Increase temperature to 450 °F. Season chicken with olive oil and Creole seasoning. Spread pesto on the dough, top with slices of Mozzarella, chicken, and tomatoes. Place in the oven and bake for 15-20 minutes, or until the crust is golden brown. If using a Boboli, reduce cooking time to about 10 to 12 minutes. Remove and serve.
BBQ Chicken Pizza

Source: Emeril

Makes: 1 12 inch pizza

Ingredients:

- 2 boneless chicken breasts
- 1 tablespoon Emeril’s Creole Seasoning (page 3)
- ½ cup Emeril’s BBQ sauce (page 30)
- pizza dough (page 341)
- 6 ounces Mozzarella cheese
- 1 small red onion, julienned
- ¼ cup chiffonade of basil

Preheat oven to 450 °F. Place baking stone in oven. Preheat grill. Season chicken breast with olive oil and Creole seasoning. Place on the grill and cook for 5-6 minutes on each side. Remove from grill, let cool slightly, and julienne.

Spoon sauce over dough. Layer cheese over the sauce. Sprinkle the chicken, red onion, and basil over the cheese. Place in the oven and bake for 15-20 minutes, or until the crust is golden brown. Remove and serve.
Chicken in the Pot

Source: Ronnie Fein [53]

Serves: 4

Comfort food!

Ingredients:

- 1 chicken (3 to 4 pounds), rinsed, patted dry, and cut into 8 pieces
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 1 large onion, sliced
- 1 large clove of garlic, minced
- 8 ounces fresh mushrooms
- 1 28-ounce can plum tomatoes, drained, seeded, chopped
- 3 tablespoons each minced fresh parsley and basil
- 1/2 cup black olives, pitted and chopped
- 2 teaspoon capers, drained
- 3 sprigs of fresh thyme (or 1/2 teaspoon dried)
- 1/4 cup hearty red wine

Sprinkle chicken with salt and pepper. Heat butter and oil in a 12-inch sauté pan over medium high heat. Add chicken and sauté until browned on both sides (about 10 or 15 minutes). Remove from pan and set aside.

Discard all but a thin film of fat from the pan. Add onion and mushrooms and sauté, stirring frequently to prevent scorching, until pan juices evaporate (4 or 5 minutes). Add the minced garlic clove.

Return chicken and the accumulated juices to the pan, moving vegetables to the top. Add the tomatoes, parsley, basil, olives, capers, thyme, and wine; bring to a boil. Lower heat, cover, and simmer until chicken is cooked through, basting 3 or 4 times, about 25 minutes.

To serve, place a portion of chicken on each plate and top with vegetables. Ladle juices over the chicken, vegetables, and accompanying starch (fettucine or polenta).
Emeril’s Smothered Chicken

Source: *Louisiana Real & Rustic* [45]

Serves: 4 to 6

More comfort food!

Ingredients:

- 8 chicken thighs, rinsed, and patted dry
- 2 teaspoon salt
- \(\frac{1}{2}\) teaspoon ground cayenne pepper
- 1 tablespoon flour
- \(\frac{1}{4}\) cup vegetable oil
- 8 cups thinly sliced onion (about \(2\frac{1}{2}\) pound)
- 1 cup thinly sliced green bell pepper
- 1 bay leaf
- \(\frac{1}{4}\) cup water
- 8 ounces fresh mushrooms, sliced
- 1 cup young sweet green peas
- 1 cup whole kernel corn
- 3 tablespoons minced fresh parsley
- 12 ounces angel hair pasta

In a mixing bowl, toss the chicken with \(1\frac{1}{2}\) teaspoons salt, \(\frac{1}{4}\) teaspoon cayenne, and flour. In a large cast-iron skillet, heat oil over medium-high heat. When oil is hot, add the chicken and brown, cooking for about 6 to 8 minutes per side. Remove the chicken to a platter and cover with foil.

Drain all but 2 or 3 tablespoons of the fat from the skillet. Add the onions, \(\frac{1}{2}\) teaspoon cayenne, and \(\frac{1}{2}\) teaspoon salt to the skillet. Stirring constantly, wilt and brown the onions, scraping the bottom of the skillet to loosen any brown bits, about 10 minutes. Add the bell peppers and bay leaf. Continue stirring and scraping the bottom of the pan to loosen brown particles, for about 15 minutes. Return the chicken to the pan, add water, cover, and reduce heat to medium. Stir occasionally and cook for about 30 minutes, or until the chicken is tender.

Add the corn, peas, and mushrooms, cover, and cook for 15 minutes more, stirring occasionally. Cook angel hair pasta al denté according to package instructions. Add parsley, remove bay leaf and serve on the pasta.
Notes: If at any time the vegetables start to get too dry and stick excessively, add a little water, dry white wine, or domestic beer to add moisture. Whether this is necessary depends on the type of skillet you use (non-stick vs inadequately seasoned iron) and how much fat you leave in the pan before adding the vegetables. In general, the more fat you use, the less it will stick. The idea is to add as little as possible as late as possible so that the onions caramelize. If you have too much liquid, they won’t achieve the desired color or taste.
Stewed Chicken

Source: Cat Cora

Serves: 4-6

In Greek this is called Kota Kapama and its hard to believe that something so simple could taste so good. The recipe calls for Myzithra cheese. An internet search reveals that this is a mild sheep’s (or goat’s) milk cheese. It’s a fresh cheese that is similar to Ricotta in the way it is make. It is drier though and can be grated. I think Romano works fine. You want something with a little bite and saltiness.

Ingredients:

- 1 chicken, 3 pounds, cut into 8 serving pieces
- 1 teaspoon ground cinnamon
- 2 teaspoon Kosher salt
- 1 teaspoon freshly ground black pepper
- 5 clove garlic
- 2 tablespoons extra virgin olive oil
- 4 cups coarsely chopped yellow onions
- ½ cup dry white wine
- 2 cups water
- ½ cup grated Myzithra cheese
- 1 6 ounce can tomato paste (6-ounces)

Pat the chicken pieces dry with paper towels so they don’t spatter in the pan. Mix the cinnamon, salt, and pepper together in a small bowl and rub the chicken pieces on all sides with the mixture. Mince 3 of the garlic cloves and set aside.

Heat the olive oil in a large, deep, non-aluminum skillet over high heat. A 12-inch skillet with sides about 3 inches high will allow you to brown all the chicken pieces at once. If you don’t have a skillet large enough, brown the chicken in 2 batches, using 1 tablespoon of oil for each batch. Don’t crowd the pieces in the pan or the chicken will steam rather than brown.

Add the chicken to the skillet and brown for 4 to 5 minutes on each side, shifting the pieces with a metal spatula so the chicken doesn’t stick to the skillet. When the pieces are nicely browned on all sides, remove from the pan and set aside.
Reduce the heat to medium-high and add the onions and minced garlic. Cook for about 3 minutes, stirring constantly, until the onions have softened and are a rich golden brown. Add the wine and scrape the bottom of the pan with a spatula or spoon to deglaze, loosening any browned bits.

When the wine has evaporated, add the water, tomato paste, and remaining 2 whole garlic cloves. Return the chicken to the pan. The liquid should cover about three-quarters of the chicken. Reduce the heat to low, cover skillet with a lid, and simmer for about 1 hour, or until the chicken is tender and thoroughly cooked. (If the sauce becomes too thick, thin it with a little more water.) Taste and adjust the seasoning.

Serve with buttered noodles, rice, orzo, or macaroni. Sprinkle the grated cheese over the top of each serving.
Buttermilk Fried Chicken

Source: *Cook’s Illustrated* [4]

Serves: 4

Soaking the chicken for 2 or more hours in buttermilk produces a fried chicken that is mahogany brown in color. The batter like coating is produced by using all-purpose flour (as opposed to corn flour or a mixture of corn and wheat flour) as a coating. The resulting texture is crunchy, but soft. The flavor is slightly acidic, but sweet. In short, it’s wonderful.

Ingredients:

- 1 whole chicken cut into 8 or 9 pieces
- 1 1/2 cups buttermilk
- 2 teaspoons salt
- 1 teaspoon pepper
- 2 cups all-purpose flour
- 3–4 cups vegetable shortening for frying

Place the chicken in a gallon sized zip-lock bag. Mix buttermilk with 1 teaspoon salt and 1/2 teaspoon pepper. Pour mixture over chicken, seal the bag, and refrigerate for at least 2 hours (up to 24 hours) before cooking.

Measure flour and remaining salt and pepper into a large, doubled, brown paper sack. Shake to combine. Drop half of the chicken into the bag and shake thoroughly to completely coat with flour. Remove chicken from bag and shake off excess flour from each piece. The coated pieces can be placed on a large wire rack set over a jelly-roll pan until ready to fry. Repeat process with remaining chicken.

Spoon enough shortening to measure 1/2-inch deep into a 12-inch skillet. Heat to 350°F. Place chicken pieces, skin side down, into hot oil; cover with lid and cook for 5 minutes. Check the pieces to make sure that they are frying evenly, rearranging if required. Cover again and cook until the chicken is evenly browned, about 5 more minutes. Turn chicken and cook *uncovered* until chicken is brown all over, about 10 to 12 minutes. Remove to wire rack over jelly-roll pan until ready to serve.
Chicken Thighs with Basque Ketchup

Source: Gerald Hirigoyen [39]

Serves: 4

This simple recipe is another winner from Gerald Hirigoyen’s excellent book. It calls for a ground chile called piment d’Espelette, but don’t worry, you can substitute some ground ancho chile (I buy mine online from Penzey’s or the Spice House–see Sources on page 359). The most difficult step is making the Pipérade, which is basically a stew of sweet peppers and onions. It whips up easily and is especially good when you can get tasty fresh tomatoes. The other key ingredient is the sherry vinegar. I suggest using Vinagre de Jerez, which is a generic name for many brands from Spain. It’s not hideously expensive, though it is not as cheap as what you are used to getting at an American supermarket.

Ingredients:

- 4 skin on chicken thighs
- Kosher salt and freshly ground pepper
- 2 tablespoons olive oil
- 2 tablespoons dark brown sugar
- ½ cup sherry vinegar
- 1 heaping cup Pipérade (page 319)
- 2 teaspoons piment d’Espelette or ground ancho chiles
- chopped fresh parsley for garnish

Purée the Pipérade in a blender.

Preheat the broiler.

Sprinkle the chicken on all sides with salt and pepper. Heat a sauté pan over high heat until hot. Add the olive oil and warm it until it ripples. Add the chicken, skin side down, and cook for 3 or 4 minutes, or until the skin is golden brown. Using tongs, turn and cook on the second side for 3 minutes, or until lightly browned. Transfer the chicken to a plate and discard the oil.

Return the pan to high heat and add the brown sugar, whisking until it melts. Remove from the heat and whisk in the sherry vinegar. Return the pan to medium heat and whisk the mixture for about 1 minute, or until it has thickened and reduced.
Stir in the pipérade and the piment. Return the chicken to the pan, cover, decrease the heat to low, and cook for 10 minutes, or until the thighs are cooked through.

Transfer the chicken, skin side up, to a broiler pan and broil for about 2 minutes, or until the skin crisps.

To serve, spoon a pool of the sauce on each warmed plate and top with a chicken thigh. Sprinkle with parsley.
Buffalo Chicken Wings

Source: Chef Paul Prudhomme’s Seasoned America [59]

Serves: 6–8

These chicken wings are really good. They will not be on the next Weight Watchers menu, however. Marinated in butter, fried in oil, dipped in more butter. Whoa! But the taste is exquisite. Great football food.

**Seasoning Mix**

- 2 teaspoons salt
- 2 teaspoons paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- $\frac{3}{4}$ teaspoon white pepper

**Chicken Wings**

- 1 1/4 sticks unsalted butter
- 1 tablespoon plus 1 teaspoon Tabasco
- 24 chicken wings, room temperature
- 2 cups vegetable oil
- Blue Cheese dipping sauce (page 39)
- assorted veggies for dipping

Combine seasoning mix in a small bowl. Melt 5 tablespoons butter and 2 teaspoon Tabasco in a small saucepan over low heat. Pour into small bowl and set aside to cool slightly.

Remove the tips of the chicken wings and cut each wing at the joint into two pieces. Place the chicken wings in a large bowl, sprinkle with 2 tablespoons of the seasoning mix, and add the butter/Tabasco mixture. Work the seasonings into the wings with your hands. Note: if the wings are chilled, the mixture will congeal, causing the coating to be uneven; this is not good. Set chicken aside while you heat the oil.

Heat the oil in a large skillet or wok over high heat. Once the oil reaches 350°F, add as many wings as will easily fit in the skillet. Fry until crisp and golden brown,
about 8 to 12 minutes. Remove to wire rack over jelly-roll pan until all of the wings are cooked. Repeat with remaining wings.

Make a finishing sauce by melting the remaining butter (5 tablespoons), 2 teaspoon Tabasco, and the remaining seasoning mix in a small saucepan. Dip the cooked wings into the finishing sauce and place on a serving platter. Serve with Blue Cheese (page 39) dipping sauce and assorted vegetables if desired.
Buffalo Chicken Wings II

Source: Here in America’s Test Kitchen [21]

Serves:  6–8 as appetizers

Like the Paul Prudhomme wings, these are really good. They don’t require as much butter and are easier to make. My favorite variation is to use the Paul Prudhomme seasoning mixture (196) instead of the red pepper, black pepper, and salt called for in this version.

Sauce

- 4 tablespoons unsalted butter
- $\frac{1}{2}$ cup Frank’s Louisiana Hot Sauce
- 2 tablespoons Tabasco sauce
- 1 tablespoon dark brown sugar
- 1 teaspoon cider vinegar

Chicken Wings

- 1 teaspoon ground cayenne pepper
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 3 tablespoons cornstarch
- 18 chicken wings, room temperature
- 1–2 quarts peanut oil for frying
- assorted veggies for dipping

Melt the butter in a small saucepan over low heat. Whisk in the hot sauces, brown sugar and vinegar until combined. Remove from heat and set aside.

Remove the tips of the chicken wings and cut each wing at the joint into two pieces.

Preheat the oven to 200°F. Line baking sheet with paper towels. Heat $2\frac{1}{2}$ inches of oil in a large Dutch oven over medium high heat to 360°F. While the oil heats, mix the cayenne, black pepper, salt and cornstarch in a small bowl. Dry the chicken with paper towels and place pieces in a large mixing bowl. Sprinkle spice mixture over the wings and toss with a rubber spatula until evenly coated. Fry the wings in the hot oil until golden brown and crisp, about 12 minutes. You’ll probably have to
do this in 2 or more batches. After each batch, transfer wings to the baking sheet
with a slotted spoon and place them back into the preheated oven.

To serve, pour sauce mixture into a large bowl and add the wings. Toss until wings
are uniformly coated. Serve with Blue Cheese dipping sauce (page 39) or with
Creamy Blue Cheese Dressing (page 38).
Spicy and Sweet Chicken Wings

Source: Gerald Hirigoyen [39]

Serves: 4–6 as appetizers

These wings are really terrific. Hot and sweet and so easy to do. Don’t let the fish sauce throw you off. It is widely available as is the Sriracha (can you say, “Walmart”). Hirigoyen recommends using the middle section of the wing, but I’ve also done it using the drumettes and it works just as well. This surprised me because I really don’t like the drumette section of the wing in conventional wing recipes. Go figure....!

Ingredients:

- 2 tablespoons minced fresh garlic
- 2 tablespoons minced fresh ginger
- 1 lemon
- \( \frac{1}{2} \) cup soy sauce
- 1 tablespoon Vietnamese fish sauce (nuoc mam)
- 2 tablespoons Sriracha chili sauce
- \( \frac{1}{4} \) cup honey
- 2 pounds of chicken wings
- 2 tablespoons grapeseed or canola oil

Remove the tips of the chicken wings and cut each wing at the joint into two pieces. Juice the lemon and grate the zest.

Marinade: In a bowl, whisk together the ginger, garlic, lemon zest and juice., soy sauce, nuoc mam, Sriracha, and honey until well blended. Add the wings and toss to coat well. Let marinate at room temperature for 30 minutes or in the refrigerator for up to 2 hours.

Heat a large sauté pan over medium heat until hot. Add the oil and warm it until it ripples. Add the chicken wings and cook, stirring occasionally, for 20 minutes or until golden and the liquid is beginning to thicken. Increase the heat to medium-high and reduce the liquid for about 5 minutes, or until it has glazed the wings.

Remove from the heat and serve the wings hot or a room temperature.
I love sausages. If you have the right gear, they are easy to make. You need a grinder and a stuffer. I have not had much success using the grinder itself to stuff sausages, so I use a vertical stuffer that features a hand crank that operates a piston. Crank the handle and the piston forces the meat through a stuffing tube and into the casing. I can stuff 5 pounds of sausage in less than five minutes once everything is setup. And, it’s fun.

There are (at least) two keys to making sausage.

1. It must have enough fat. Pork fat. From the hog’s back, not its belly (e.g., no bacon fat). Use whatever kind of meat you want, but avoid fat from lamb and, to a lesser extent, beef (tastes ok but doesn’t render properly in most sausages). If you want to eat lean, then cook up some tenderloin, and don’t eat sausage. Shoot for a minimum of 20% fat. More than that is better. Stay under 50%, though.

2. It must be properly salted. Shoot for between 1.5–2% of the weight of the meat. I prefer the low end. The best way to accomplish this is to use metric measurements. One kilogram of meat (2.2 pounds) needs 15 grams of salt (1.5%). By weighing everything, you don’t have to fuss over what kind of salt you are using (e.g., kosher, table, sea). Also, salt the meat just before stuffing it. If you salt the meat more than 20 minutes before actually stuffing it, the mixture will become very firm and it will be difficult to push through the stuffing tube. That can be hard on the gears of your stuffer. Most recipes have you add water to the mixture to loosen things up for stuffing—typically an ounce or two per pound of meat.

As time passes, I intend to convert these recipes to metric measurements and to
replace the dry measurements with weights where it improves the consistency of the outcome. Stay tuned.
Boudin

Source: *Louisiana Real & Rustic* [45]

Makes: 4½ pounds

Ingredients:

- 2½ pounds pork butt, cut into 1 inch chunks
- 1 pound pork liver, rinsed in cool water
- 2 quarts water
- 1 cup coarsely chopped onion
- ½ cup chopped bell pepper
- ½ cup chopped celery
- 4½ teaspoons salt
- 2½ teaspoons cayenne pepper
- 1½ teaspoons ground black pepper
- 1 cup chopped parsley
- 1 cup chopped green onions, green parts only
- 6 cups cooked medium grain white rice

Put the pork, liver, water, onions, bell peppers, celery, 1 teaspoon of salt, ¼ teaspoon of cayenne, and ¼ teaspoon of black pepper into a large heavy pot. Bring to a boil over high heat. Reduce to a simmer for about 1½ hours, or until pork and liver are tender. Remove from the heat and drain, reserving 1½ cups of the broth.

Grind the pork and the liver together with ½ cup of parsley and ½ cup of the green onions in a meat grinder fitted with a ¼ inch die. Transfer the mixture to a large mixing bowl. Add the rice and the remaining seasonings, green onion, and parsley. Mix well. Add the broth ½ cup at a time, mixing thoroughly.

Either stuff the mixture into prepared 1½ inch diameter casings or role into walnut size balls.

Serve warm. The sausage can be reheated in a 325°F oven.
Boudin II

Source: *Real Cajun* by Donald Link [49]

Makes: 4 pounds

This is extremely good boudin.

**Ingredients:**

- 2 pounds pork shoulder, boneless, cut in 1-inch cubes
- ½ pound pork liver, cut in 1-inch cubes
- 1 onion, chopped
- 2 celery ribs, chopped
- 1 poblano chile, chopped
- 3 jalapenos, chopped
- 6 garlic cloves, coarsely chopped
- 4 tablespoons kosher salt
- 1 tablespoon black pepper
- 1 tablespoon white pepper
- ½ teaspoon curing salt
- 1 teaspoon cayenne
- 1 teaspoon chili powder
- 7 cups cooked white rice
- 1 cup chopped flat leaf parsley
- 1 cup chopped scallions

Combine pork, liver, vegetables and seasonings in a bowl. Cover, refrigerate and marinate for 1 hour or overnight. Place mixture in a large pot and cover the meat with water (by 1 to 2 inches). Bring to a boil, reduce heat, and simmer until the meat is tender, about 1 hour and 45 minutes.

Remove pot from the heat and strain, reserving the liquid. Allow the mixture to cool slightly, then put the liver and other solids through a meat grinder set on coarse grind. Although you can grind the pork butt, I chop it with a knife, which improves the texture.

Place the meat in a large bowl. With a wooden spoon or rubber spatula, mix in rice, parsley, scallions and the reserved cooking liquid. Stir vigorously for 5 minutes. The mixture will look very wet, and it’s spicy. After poaching, the rice absorbs the moisture and much of the spice.

At this point, you can feed the sausage into the casings. Poach the links gently in hot (not bubbling) water for about 10 minutes, then serve. Alternatively, use the
mixture as stuffing for chicken, or roll it into boudin balls, dredge in bread crumbs, and fry in hot oil until golden brown.
Bratwurst

Source: Lee

Makes: 5\(\frac{1}{2}\) pounds

These brats are supposedly Sheboygan style. I think that means that they are fresh, and not cured or smoked. Whatever style they are, they are mighty good. I found the recipe on the internet and tried it during the 1997 Super Bowl in honor of the Packers. Of course, I was cheering for the Patriots, but that is another story. At any rate these brats beat the pants off of any store-bought ones I’ve tried—of course I am prejudiced!

Ingredients:

- 4 pounds pork butt, cut into 1 inch chunks
- 1 pound veal
- \(\frac{1}{4}\) cup fresh bread crumbs
- 2 eggs
- 5 teaspoons salt

- 1 cup milk
- \(\frac{1}{2}\) teaspoons ground white pepper
- \(\frac{1}{4}\) teaspoon ground cloves
- \(\frac{1}{2}\) teaspoon onion powder or 1 onion, minced
- \(\frac{1}{2}\) teaspoon mace

Grind the pork and veal using small die of your grinder. Mix the remaining ingredients together and stuff into 1\(\frac{1}{2}\) inch casings.

To cook the bratwurst, prepare your charcoal grill for indirect cooking. Grill the brats at 200\(^{\circ}\)F for about an hour. Remove from the grill and steam in beer for about 15 minutes or until thoroughly done. Serve with sautéed onions and bell peppers on hogie rolls. Pass the spicy mustard, please!
Bangers

Source:  Rytek Kutas [44]
Makes:  about 5 pounds

Ingredients:

- 5 pounds of fat pork butts
- $\frac{1}{2}$ cup bread crumbs
- $2 \frac{1}{4}$ tablespoons salt
- $\frac{1}{2}$ teaspoon mace
- $\frac{1}{2}$ teaspoon sage
- $\frac{1}{2}$ teaspoon ground ginger
- 1 teaspoon ground white pepper

Chill meat to 32-34°F and grind through a $\frac{1}{4}$ inch grinding plate. Mix all ingredients very well with about 1 cup of water. When possible use cooled pork stock instead of water. Stuff into casings and enjoy.
Andouille

Source: John Folse [29]

Makes: about 5 pounds

This is very good andouille. If you want to keep the meat pink (a good idea, actually), I suggest adding a teaspoon of curing salt.

Ingredients:

- 5 pounds of pork butts
- 1/2 pound pork fat
- 1/2 cup chopped garlic
- 1/4 cup cracked black pepper
- 2 tablespoons ground cayenne pepper
- 1 tablespoon dried thyme
- 4 tablespoons salt
- casings

You can coarsely grind or cut the pork and fat into 1/4 inch cubes. I prefer to cut it rather than grind since that approximates what Benoit does. Blend it all together and stuff into casings. Smoke the andouille at 175°F for 4 or 5 hours. Freeze and use as needed.
Simple Pork Sausage

Source: Donald Link [49]

Makes: about 6 pounds

Ingredients:

- 6 pounds pork butt
- 1 1/2 pounds pork fat back
- 4 tablespoons salt
- 1 tablespoon sugar
- 2 teaspoons ground fennel
- 2 teaspoons paprika
- 1 tablespoon dried oregano
- 2 teaspoons ground black pepper
- 2 teaspoons red pepper flakes
- 2 teaspoons ground cayenne pepper
- 1 teaspoon ground white pepper
- 3 tablespoons Worcestershire sauce
- 1 tablespoon minced garlic

Cut the pork and fat back into 2-inch cubes. Whisk together the salt, peppers, sugar, and spices. In a large bowl mix the spice mixture, the Worcestershire, the pork, and the garlic until evenly coated. Refrigerate the meat, covered, overnight.

Grind the pork to a medium grind and stuff into hog casings if desired. These can be gently poached in water or beer, grilled, or smoked.
Smoked Pork Sausage

Source: Alex Patout [55]

Makes: about 4 to 5 pounds

Ingredients:

- 5 pounds pork butt
- 2 tablespoons salt
- ½ teaspoon ground black pepper
- ½ teaspoon ground cayenne pepper
- ½ teaspoon ground white pepper
- 1 ½ quarts water

Debone the pork butt, cutting the meat into 1 inch chunks. Place the bones into a large stockpot, cover with water, and bring to a boil. Skim, reduce to a simmer, and cook for an hour or two.

Coarsely grind the pork in a meat grinder. Transfer to a bowl and mix in the peppers. Add enough broth to make the mixture very moist (about 2 or 3 cups). When ready to stuff, add the salt and mix thoroughly. Stuff into 1 to 1 ½ inch casings.

To smoke the sausage, prepare your Weber charcoal grill for indirect cooking. Just before placing the sausage on the grill, add 2 or three chunks of hickory. Grill the sausage at 200°F for about 3 hours, adding hickory chunks as needed to generate a light smoke during the cooking process.
JALAPEÑO SAUSAGE

Jalapeño Sausage

Source: Bob Palmgren at www.foodnetwork.com

Makes: about 2 1/2 pounds

This is a very interesting recipe and great if you want to avoid having to stuff casings. It comes from Bob Palmgren of RJ’s Bob-Be-Que Shack in Mission, Kansas. Don’t oversmoke this though. It really will soak up whatever smoke you apply.

Ingredients:

- 2 1/2 pounds of pork butts, coarsely ground
- 16 corn husks
- 2 teaspoons kosher salt
- 1 tablespoon sugar
- 1 1/2 ounce chicken base dissolved in 2 ounces cold water
- 1 tablespoon chopped fresh garlic
- 1 1/2 teaspoon grated nutmeg
- 1/2 teaspoon ground allspice
- 1/4 cup chopped and seeded jalapeños
- 1 tablespoon crushed black peppercorns
- 1/2 teaspoon ground cayenne pepper

Heat a smoker or grill to 250°F.

Soak corn husks in warm water for 15 minutes. Mix all of the dry ingredients together in a large bowl and add the ground pork. Combine well. Put approximately 6 ounces of the sausage mixture 8 of the open wet corn husks. Put another corn husk on top and wrap and tie each end with string. Smoke until the sausage temperature reaches 160°F on an instant-read thermometer. Transfer the husks to a serving platter and serve.
Indirect Cooking on the Weber Grill

The Weber Kettle is a wonderful cooking device. Of all the outdoor cooking equipment that I own, it is my favorite. Its versatility is unparalleled and a basic unit can be had for less than $100. It is the best value in outdoor cooking. I recently bought another one that has their “gourmet” cooking system, which has a heavy circular center grate that can be removed and replaced with an iron griddle, wok, or vertical chicken roaster. It is a lot of fun and the results are great.

One of the things that I really like about the Weber is that it is efficient. I can smoke a 6 pound pork butt to perfection with less than 3 pounds of charcoal. If you are going to use your Weber kettle for smoking, you’ll need to purchase a cooking rail or a set of charcoal baskets. The metal rail clips onto the bottom grate of the grill and keeps the charcoal corralled to one side of the kettle. Later models like my new one use baskets to hold the charcoal.

Place the meat on the other side away from the direct flame of the fuel. Air is drawn through the bottom of the kettle to fuel the fire. This generates smoke which is then drawn across the meat, exiting the cooking chamber though the holes in the lid of the kettle. The trick is to keep the lid holes on the opposite side of the grill from the fuel. This ensures that any smoke that is generated will be drawn across the meat.

The other secrets are to not use too much charcoal and to put chunks of hickory or other hardwood on the coal as needed to produce the necessary flavoring smoke.
Hold the Meat!

Turkish Vegetables Stuffed with Rice

This is one of the preparations that CIA chef Bill Briwa composes in his The Joy of Mediterranean Cooking course. Simple and terrific. Bunny gave it five stars. At this point I’ve only stuffed peppers, but it would work equally well with eggplant, squash, onions or tomatoes.

Source: Bill Briwa

Serves: 4

Ingredients:

- 1 cup rice
- 2 tablespoons currants, soaked in water
- \( \frac{1}{4} \) cup extra virgin olive oil
- 2 tablespoons pine nuts
- 2 medium onions, finely chopped
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon ground black pepper
- 1 teaspoon sugar
- 1 teaspoon salt
- \( \frac{1}{2} \) cup hot water
- \( \frac{1}{2} \) bunch mint, finely chopped
- 1 bunch dill, finely chopped
- vegetables for stuffing

Soak the rice in \( 1 \frac{1}{2} \) cups of water until it becomes chalky white.

Sauté onions in a hot pan with olive oil. Once the onions become translucent add cinnamon, allspice, black pepper, salt and sugar. Add the rice and water to the
pan along with the currants and bring the water to a boil. Turn the heat down and simmer until the water is absorbed and the rice is tender.

Once the rice is done, pour the mixture into a shallow pan and spread it out so that it can cool. Add pine nuts, mint and dill. Mix.

Hollow out your vegetables. Bell peppers, eggplant, onions, tomatoes are all good for this. Season the vegetables with a little salt and stuff with the rice mixture.

Heat oven to 375°F. Place the stuffed vegetables in a shallow pan, add a little water, stock, yogurt whey or suitable liquid to the bottom of the pan. Drizzle with some olive oil, salt and pepper and bake for 30-35 minutes, until vegetables are done.
Potatoes Niçoise

Source: *American Wholefoods Cuisine* [31]

Serves: 4–6

This dish is very easy to make and is awfully good. The liquids in the onions and tomatoes combine with the garlic to make a rich broth. It’s best to use an iron skillet and to let the potatoes form a crust on the bottom of the pan.

**Ingredients:**

- 4 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 1/2 pounds potatoes, thinly sliced
- 1 teaspoon thyme
- 1 1/2 teaspoon dried basil
- 4 tablespoons minced parsley
- 2 teaspoons salt
- 3 medium red onions, thinly sliced
- 3 medium tomatoes, thinly sliced
- 1/2 teaspoon nutmeg
- 1 cup shredded Swiss cheese
- 8 or more pitted black olives

Heat 2 tablespoons oil in a heavy 15-inch skillet and sauté garlic briefly to extract flavor. Remove pan from heat and cover with half the potatoes, thyme, basil, salt, and parsley. Top with half the onions and half of the tomatoes. Repeat these layers. Sprinkle top with nutmeg and drizzle with the remaining 2 tablespoons of oil. Place over low to moderate heat, cover, and cook until potatoes are quite tender, about 40 to 50 minutes. Remove from heat, sprinkle cheese evenly over the top, decorate with olives, and cover until cheese melts. Cut into wedges and serve.
Grilled Portobello Mushroom Burgers

Source:  *Bon Appétit* [16]

Serves:  4

**Basil-Mustard Sauce**

- $\frac{1}{2}$ cup mayonnaise
- 2 tablespoons chopped fresh basil
- 1 tablespoon Dijon mustard
- $\frac{1}{2}$ teaspoon fresh lemon juice

Mix ingredients in a small bowl. Season with salt and pepper. Refrigerate until ready to use.

**Marinade**

- $\frac{1}{3}$ cup olive oil
- 1 tablespoons minced garlic

Whisk ingredients olive oil and minced garlic together in a small bowl.

**Burgers**

- 4 4- to 5-inch portobello mushrooms with stems removed
- 4 hamburger buns
- romaine lettuce leaves
- tomato slices

Preheat or prepare grill. Brush mushroom caps on both sides with marinade and season with salt and pepper. Grill until tender and golden brown, about 4 minutes per side. Meanwhile, lightly toast the buns on the grill. To assemble, place bottom half of bun on plate, top with a mushroom, a tomato slice, lettuce and some of the basil–mushroom sauce. Cover with the top of the bun and serve.
Cheese Enchiladas with Green Sauce

Source: Bon Appétit [15]
Makes: 1 1/2 cups

Sauce

- 1/2 cup green onions
- 1/2 4-ounce can diced green chilies
- 1 3/4 teaspoons ground cumin
- 1 1/2 teaspoons ground coriander
- 1/4 teaspoon crushed red peppers

Cook spinach according to package instructions. Drain well. Set aside. Melt butter in heavy skillet over medium heat. Add flour and stir mixture 2 minutes. Do not brown the flour. Gradually whisk in whipping cream and milk. Simmer until thick, about 5 minutes. Stir in spinach, cilantro, green onions, chilies, cumin, coriander and red pepper. Purée in batches in processor until almost smooth. Season with salt and pepper.

Filling

- 3/4 cup vegetable oil
- 12 6-inch corn tortillas
- 4 cups grated mild cheddar cheese
- 2 cups grated Monterey Jack

Topping
• 1/2 cup sour cream

Heat oil in heavy skillet. Using tongs soften tortillas in oil, drain on paper towel. Combine cheeses in bowl. Combine onion and cilantro in bowl. Place 1/4 cup cheese mixture in center of 1 tortilla. Spoon 2 teaspoons onion mixture over the cheese. Roll tortilla and place seam down in glass baking dish. Stir cream into sauce; pour over enchiladas. Sprinkle with 1 1/2 cup reserved cheeses. Bake at 375°F until cheese melts and enchiladas are heated through (25 minutes).

Serve with Fiesta Chicken Salad (see page 75).
V E G E T A B L E  L A S A G N A

Vegetable Lasagna

Source: New Basics [66]

Serves: 6

Ingredients:

- 1 eggplant
- 1 teaspoon coarse salt
- 8 tablespoons olive oil
- 1 green bell pepper, cut into julienne
- 1 red bell pepper, cut into julienne
- 1 large onion, slivered
- 12 ounces fresh mushrooms, thinly sliced
- $\frac{1}{4}$ cup unbleached all-purpose flour
- 8 ounce package of lasagna noodles
- 3 cups commercial or homemade spaghetti sauce
- $\frac{1}{2}$ cups béchamel sauce (page 37)
- $\frac{1}{4}$ cup freshly grated Parmesan
- $\frac{1}{4}$ cup chopped fresh parsley
- 5 ounces of chèvre
- $\frac{1}{2}$ cup slivered fresh basil
- 8 ounces mozzarella cheese, grated

Slice the eggplant into $\frac{1}{4}$-inch-thick rounds. Sprinkle with the coarse salt, and let drain in a colander for about an hour. Wipe off the salt and pat dry.

Heat 2 tablespoons of olive oil in a large skillet. Add the bell peppers and onion, and sauté over medium-low heat until cooked, but not browned, about 10 minutes. Remove the vegetables from the skillet, leaving the liquid in the skillet. Add another tablespoon of oil and sauté the mushrooms until cooked, about 5 minutes. Remove the mushrooms from the skillet, and add 3 more tablespoons olive oil. Dredge the eggplant with the flour, shaking off any excess; sauté the slices on both sides until lightly browned. Remove the eggplant slices and drain on paper towels.

Meanwhile, preheat oven to 350°F. Cook lasagna noodles according to package instructions. When done, drain rinse under cold water, and drain again.

Prepare the béchamel sauce (page 37). I recommend adding just a bit more milk so that the finished sauce is slightly thinner than usual. Mix the béchamel with the Parmesan. Pour half of the béchamel into a medium bowl and whisk in the chèvre.
To assemble the lasagna, first spread a small amount of tomato sauce on the bottom of a 13x9-inch baking dish. Then arrange half the lasagna noodles over the sauce. Cover with the peppers, onion, mushrooms, and eggplant, in layers. Spread the béchamel/chèvre mixture over the vegetables. Sprinkle with half of the basil. Top with more tomato sauce, and add another layer of lasagna noodles. Spread the remaining béchamel over the lasagna and sprinkle with the remaining basil. Sprinkle mozzarella on top.

Cover the dish with foil and bake for 30 minutes. Uncover and bake until brown and bubbly; about 15 minutes.

Note: This dish is even better if made with homemade pasta. We roll the pasta into very thin sheets and make 4 or 5 layers of the eggplant, béchamel, vegetables, and tomato sauce. Homemade pasta is very tender and does not need to be pre-cooked. Also, adding the cheese to the béchamel tends to thicken it so don’t make your béchamel too thick.
Macaroni and Cheese

Source: *Cook’s Illustrated* [6]

Serves: 4 as a main dish

**Ingredients:**

- 1 cup fresh bread crumbs from French bread
- 2 large eggs
- 1 12 ounce can of evaporated milk
- 1/4 teaspoon hot red pepper sauce
- 2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon dry mustard, dissolved in 1 teaspoon water
- 1/2 pound elbow macaroni
- 5 1/2 tablespoons unsalted butter
- 12 ounces sharp Wisconsin cheddar, American, or Monterey Jack cheese, grated (about 3 cups)

Heat oven to 350°F. Melt 1 1/2 tablespoons of the butter and mix with bread crumbs and a pinch of salt. In a small baking pan toast the crumbs until golden brown and crisp, about 15 to 20 minutes. Remove from oven and set aside.

Mix eggs, 1 cup of evaporated milk, pepper sauce, 1/2 teaspoon of salt, pepper, and mustard mixture in a small bowl; set aside.

Heat 2 quarts of water to boil in a large heavy-bottomed saucepan. Add 1 1/2 teaspoons of salt and the macaroni; cook until almost tender, but not quite done. Drain and return to pot over low heat. Add butter toss to melt.

Pour egg mixture over buttered noodles along with 8 ounces of the cheese. Stir until thoroughly combined and cheese starts to melt. Gradually add the remaining milk and cheese, stirring constantly, until mixture is hot and creamy, about 5 minutes. Serve immediately topped with the toasted bread crumbs.
Trisha’s Crockpot Macaroni and Cheese

Source: Trisha Yearwood [83]

Serves: 12 side servings

Ingredients:

- cooking spray
- 8 ounces cooked elbow macaroni
- 12-ounce can evaporated milk
- 1 1/2 cups whole milk
- 1/4 cup (1/2 stick) of butter, melted
- 1 teaspoon salt
- ground black pepper to taste
- 2 large eggs, beaten
- 20 ounces Cheddar cheese, grated (about 5 cups)
- dash of paprika for garnish

In a large 4-quart crockpot sprayed with cooking spray, mix the macaroni, evaporated milk, milk, butter, salt, pepper, eggs and all but 1 1/2 cups of the grated cheese. Sprinkle the reserved cheese over the top of the mixture and then sprinkle with paprika. Cover and cook on low heat for 3 hours and 15 minutes. Turn off the crockpot, stir the mixture and serve hot.

Cook’s Note: If you don’t have a crockpot, grease a 9 x 13 x 2-inch pan with butter, add the mixture and bake at 350 °F for 50 minutes.
Enchiladas

Source: Joy of Cooking [64]

Makes: about 24

Well, it’s embarrassing that my enchilada recipe comes from the 1975 edition of Joy of Cooking, but so it does. For the 20 years I’ve been cooking these I’ve hoped to stumble across the perfect, authentic recipe . . . the recipe to end all enchilada recipes . . . . I’m still waiting to find one I like better. I’ve made a few changes, but not many. The editors of the new Joy of Cooking [65] thought so little of this recipe as to not include it. Oh well, try it and see what you think. It is very, very easy and is made from ingredients that are readily available at your grocer.

Ingredients:

- 24 corn tortillas
- \(\frac{1}{2}\) cup peanut oil
- 2 tablespoons olive oil
- \(\frac{1}{2}\) large white onion, chopped
- 1 clove of garlic, crushed
- 4 ounce can of roasted chiles (optional)
- 1 tablespoon chili powder
- 1 cup tomato purée
- \(\frac{1}{2}\) cup chicken stock
- 1 teaspoon cumin
- salt and pepper to taste
- shredded Monterey Jack or pepper Jack cheese

Preheat oven to 350°F. Heat the olive oil in a skillet or heavy saucepan sauté the onion, garlic and optional chiles until soft. Add the chili powder, tomato purée, stock and cumin and stir thoroughly. Season with salt and pepper to taste. Let the sauce heat through and set aside.

Heat the peanut oil in a 12 inch skillet. When the oil begins to shimmer, carefully place a tortilla in the oil and let sit until soft. Remove and place on a plate. Spread some sauce in the middle of the tortilla and fill the centers with equal portions of finely chopped onion and shredded cheese. Roll the tortilla and place it seam side down in a large baking dish. Repeat with the remaining tortillas.

When all of the tortillas have been stuffed (or the dish is full) pour the remaining sauce over the top and sprinkle with more cheese. Heat thoroughly in the oven for
about 15 minutes and serve.

Note: The recipe calls for a cup of tomato purée. I find that this seldom makes enough sauce to suit me so I add more and adjust the seasoning to taste. Also, if you are really industrious, try making them with the Enchilada Sauce found on page 17. I won’t say that they are better that way, but the flavor is a bit more complex. Whatever you do, do not use that disgusting enchilada sauce that comes in a can. What is that stuff, anyway?
Falafel

Source: *Bobby Flay’s Throwdown* [27]

Makes: about 30 balls

This recipe is Einat Admony’s ([www.taimfalafel.com](http://www.taimfalafel.com)) as it appeared on Flay’s show, *Throwdown*. For those of us out in America’s heartland who can’t get to the *Taïm Falafel & Smoothie Bar* in NYC, we are forever in your debt for sharing this. In case you are curious, Taïm is Hebrew (pronounced *tah-eem*) and means tasty or delicious. That sums it up. The texture of these is very light and delicate, but they won’t fall apart when you fry them. I’ve been trying to cook falafel for 20 years and this was my first real success. Hence, a place in this book. Enjoy!

**Ingredients:**

- 2 cups dried chickpeas
- 1 small onion, coarsely chopped
- 1 clove garlic, coarsely chopped
- 1 cup coarsely chopped flat leafed parsley
- 2 fresh mint leaves, chopped
- 1⁄4 cup coarsely chopped cilantro
- 1 1⁄2 tablespoons Kosher salt
- 1 1⁄2 teaspoon freshly ground black pepper
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- vegetable oil for frying

Put the chickpeas in a large bowl and cover with water by about 2 inches. Refrigerate overnight (18 to 24 hours).

Drain the chickpeas and toss them into a bowl with onion and garlic. Run the mixture through the medium blade of a meat grinder. Toss with the parsley, cilantro, mint, salt, pepper, cumin, and coriander and run through the grinder again.

Heat 4 inches of oil to 350 °F in a large pot over medium heat. Using a tablespoon, shape the falafel mixture into balls and fry, adjusting the heat as necessary, until browned, about 3 minutes. Drain on paper towels.

Serve in pitas with chopped cucumber, tomato, parsley, and yogurt.
HOLD THE MEAT!
Pasta Dishes

Spaghetti with Rubies

Source: A Fresh Taste of Italy [69]

Serves: 4

Ingredients:

- 2 bunches of beets
- ¼ cup olive oil
- 2 cloves of garlic, minced
- pinch of crushed red pepper
- coarse salt to taste
- 1 pound of thin spaghetti

Preheat oven to 400°F. Trim tops of beets, wash under cool water, and scrub with a brush. Wrap beets in aluminum foil and bake for 45 minutes, until tender. Let cool, peel, and chop coarsely.

In skillet large enough to hold the pasta, combine oil, garlic, and red pepper. Cook over medium heat until garlic is fragrant and oil is sizzling. Add beets and turn in oil mixture until just heated through.

Cook pasta according to package directions until almost al dente. Drain spaghetti, reserving ½ cup of cooking water. Pour spaghetti into skillet with beets. Add some water. Simmer over medium heat, constantly turning spaghetti with beets, until pasta is evenly colored, about 2 minutes. Season with salt and pepper to taste. Add some finely chopped fresh basil if desired.
Pasta Florentine

Source: *Gourmet Our Way* [7]
Serves: 3

**Ingredients:**

- 4 to 8 cups chopped fresh spinach
- ½ pound fresh mushrooms
- 4 tablespoons unsalted butter
- 1 teaspoon minced garlic
- juice from one lemon
- 2 tablespoons dry Marsala
- 8 ounces cream
- salt and freshly ground black pepper to taste
- ½ pound linguine
- ¼ cup grated Parmesan cheese

Cook spinach in boiling, salted water until tender (about 3 minutes). Drain well and set aside. Slice mushrooms, add lemon juice, and mix well.

Melt butter in skillet over medium heat. Add garlic and Marsala. Sauté 3 minutes. Add mushrooms and sauté an additional 5 minutes. Add cream and bring mixture to a boil. Season with salt and pepper. Remove from heat.

Cook pasta al denté. Drain and add spinach and mushroom mixture. Toss and serve in shallow bowls, topped with grated Parmesan.
Pasta with Peas and Bacon

Source: Emeril
Serves: 4

Ingredients:

- 1 pound cheese tortellini
- \(\frac{1}{4}\) cup bacon, julienned
- 2 tablespoons chopped onion
- \(\frac{1}{2}\) cup frozen peas
- 2 tablespoons grated Parmesan cheese
- 6 ounces cream
- salt and pepper to taste

Place tortellini in a pot of boiling water and cook al dente.

In a large skillet, cook the bacon until crispy. Remove bacon with a slotted spoon, place on a paper towel to drain. Pour out all of the bacon grease except for a tablespoon. Add the onion and cook for two minutes, or until golden. Pour in cream and reduce slightly until it thickens.

Add the drained pasta to the cream mixture. Add the bacon along with the peas and cheese. Reduce for one minute. Toss and adjust seasonings. Serve in pasta bowls with grated Parmesan and chopped parsley if desired.
Penné with Sausage, Peas, and Mascarpone

Source: *Bon Appétit* [17]

Serves: 6

This is one of Jason’s favorites. Try it and you’ll see why!

**Ingredients:**

- 3/4 pound hot Italian sausages
- 3/4 pound mild Italian sausages
- 1 cup chopped onion
- 1 1/4 cups whipping cream
- 3/4 cup chicken broth
- 1 pound penné
- 2 cups frozen peas
- 2/3 cup mascarpone cheese
- 3/4 cup grated Parmesan cheese

Remove casings from sausages and cut into bite sized pieces. Sauté in Dutch oven over high heat until brown, about 12 minutes. Using a slotted spoon, transfer to a bowl. Pour off all but a tablespoon of fat, add onion, and sauté until light brown, about 5 minutes. Add cream; boil 5 minutes. Add broth; boil until reduced to sauce consistency, stirring occasionally, about 8 minutes. Return sausages to the pot.

Cook penné according to package directions. Meanwhile bring sauce to a simmer over medium heat. Add peas and mascarpone and simmer until peas are tender, about 6 minutes.

Drain pasta. Add to sauce; toss to coat. Mix in Parmesan. Season to taste with salt and pepper. Transfer to large bowl and serve. Garnish with flat leaf parsley if desired.

*Note:* If you can’t find mascarpone, mix 6 tablespoons of cream cheese with 5 tablespoons whipping cream.
Penné with Two Cheeses

Source: Bon Appétit [15]

Serves: 6

Ingredients:

- 6 tablespoons olive oil
- 1 1/2 cup chopped onion
- 1 teaspoon minced garlic
- 3 28-ounce cans Italian plum tomatoes, drained
- 2 teaspoon dried basil
- 1 1/2 teaspoons dried crushed red peppers
- 1/4 cup pitted brine cured olives
- 1 3/4 cups grated Parmesan cheese
- 2 cups canned chicken broth
- 1 pound penné or rigatoni
- 2 1/2 cups grated havarti cheese
- 1/3 cup grated Parmesan cheese
- 1/4 cup chopped fresh basil

Heat 3 tablespoons oil in heavy large Dutch oven over medium-high heat. Add onion, garlic, and sauté until onion is translucent. Mix in tomatoes, dried basil, and crushed red peppers. Bring to boil, breaking up tomatoes with spoon. Add broth, bring to a boil. Reduce heat and simmer until mixture thickens and is reduced to about 6 cups (1 hr to 1 hr 10 minutes). Season with salt and pepper.

Preheat oven to 375°F. Cook pasta and drain. Return pasta to the pot. Toss with 3 tablespoons oil. Pour sauce over and toss to blend. Mix in havarti. Transfer to a 13x9x2 inch glass baking dish. Sprinkle with olives, then Parmesan. Bake until pasta is heated through, about 30 minutes. Sprinkle with basil and serve.
Shrimp and Pasta with two cheeses

Source: *Southern Living* [30]

Serves: 4

Ingredients:

- 1 tablespoon roasted garlic (see page 309)
- 1 pound of large shrimp, peeled and deveined
- 3 tablespoons lemon juice
- 8 ounces uncooked bow tie pasta
- 6 plum tomatoes, peeled, seeded and chopped
- ¼ cup olive oil
- ¼ cup whipping cream
- 3 ounces basil flavored feta cheese, crumbled
- ⅔ cup capers, drained
- ⅓ cup chopped Italian parsley or fresh basil
- ⅓ cup grated Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon dried crushed red pepper

Bring 2 quarts of water and the lemon juice to a boil in a large pot. Add pasta and cook for 10 minutes, stirring occasionally. Add shrimp and cook for 2 more minutes, or just until the shrimp turn pink.

While the pasta is cooking, the remaining ingredients can be combined in a small bowl. When the pasta is done, drain it and toss together with remaining ingredients in a large bowl. Serve with additional pepper and Parmesan, if desired, and garnish with a few sprigs of Italian parsley.
Stir-Fried Pork with Twice Cooked Noodles

Source: *Bon Appétit* [17]

Serves: 3

I’ve modified this from the original by using less sugar and soy sauce. I also suggest adding some hot peppers to the marinade.

**Noodles**

- 1 10-ounce package of Chinese egg noodles
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 4 or 5 tablespoons peanut oil

Cook noodles in large pot according to package directions. Drain, rinse in cold water until cool, and drain well. Put the cooked noodles into a large bowl and add the soy sauce and sesame oil. Mix well. Heat a large silversmiths skillet over high heat and add 2 or 3 tablespoons peanut oil. Swirl this around a bit, turn down the heat to medium or medium-high, and toss in the noodles. Compress the noodles into a 1-inch thick pancake. Cook until the bottom is golden brown (15 minutes) and remove to a plate. Add 1 or 2 more tablespoons oil to the skillet and return the noodles to the pan, browned side up. Cook until the pancake is brown on the bottom, about 6 minutes. Set aside and prepare the stir-fry.

**Sauce**

- 3 tablespoons hoisin sauce
- 2 tablespoons rice wine, saki, or dry sherry
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1/4 teaspoon sesame oil

Stir all ingredients in a medium bowl until well-blended and set aside.

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2If you don’t use a nonstick skillet, use more oil to prevent sticking.
Pork

- $\frac{3}{4}$ pound of tender pork, cut into strips (1$\frac{1}{2}$ x $\frac{3}{4}$ x $\frac{1}{4}$ inch)
- 3 tablespoons soy sauce
- 2 tablespoons rice wine, saki, or dry sherry
- 2 tablespoons minced garlic
- 4 teaspoons cornstarch
- 1 teaspoon sugar
- 1$\frac{1}{2}$ tablespoons peanut oil
- $\frac{1}{4}$ teaspoon sesame oil
- 2 tablespoons water
- 6 green onions cut into ‘match-sticks’

Stir the pork and next 6 ingredients into a medium bowl until well-blended. Heat the peanut oil in a wok. Add the sauce, bring to a simmer. Add the pork and stir-fry for 3 minutes, add the water, and $\frac{3}{4}$ of the onions. Continue to stir-fry until the pork is cooked, adding water as needed to achieve the consistency you desire.

To serve, place the noodles onto a large platter and top with the stir-fried pork in hoisin sauce. Sprinkle with the remaining green onions. Divide into thirds and serve.
Pappardelle with Crawfish, Tomatoes, and Lemon Basil

Source: Mario Batali

Serves: 4

Pappardelle is a fresh pasta made in long strips about $\frac{3}{4}$ inch wide with fluted edges (sort of like skinny lasagna noodles). If you can’t find or don’t want to make pappardelle, you can use fettucine or linguini noodles instead. The good thing about pappardelle is that the flutes hold the tasty sauce really well.

Ingredients:

- 1 pound of cooked crawfish tails, peeled, seeded, and chopped into $\frac{3}{4}$ inch cubes
- 4 tablespoons virgin olive oil
- 2 cloves garlic, peeled, and thinly sliced
- 4 jalapeño peppers, cored, seeded, and julienned
- 1 pound very ripe plum tomatoes, peeled, seeded, and chopped into $\frac{3}{4}$ inch cubes
- 1$\frac{1}{4}$ cup fresh lemon basil leaves
- zest from 1 lemon
- salt and pepper to taste

Bring 6 quarts of water to boil in a large pot and add 2 tablespoons of salt.

In a large skillet, heat oil until smoking. Add garlic and jalapeño peppers and cook until garlic is light golden brown, about 2 minutes. Add tomatoes to the pan and cook until soft and beginning to get saucy. Lower heat to simmer and allow to cook while pasta cooks.

Drop pappardelle into boiling water and cook until tender. Drain pasta in colander and toss crawfish tails into tomato pan. Once the tails have gotten hot, pour sauce over pasta and toss to coat well over simmering heat. Add lemon basil and zest, season with salt and pepper. Serve immediately.
Spinach Pasta

Source: Emeril

Makes: a lot

The large quantity of eggs in this pasta makes it really “toothy.” When I’ve made it, I used semolina pasta flour which adds to the firm texture. I think it works better when not rolled too thin, maybe to number 5 on the old Atlas pasta machine. It makes fantastic fettucine.

**Ingredients:**

- 1 pound fresh spinach, blanched, squeezed dry, and rough chopped
- 4 eggs
- 3 tablespoons plus 1 teaspoon olive oil
- 4 cups flour
- 1 1/2 teaspoons salt

In the work bowl of a food processor combine spinach, eggs and olive oil and pulse 5 times. Add salt and flour and process until a smooth, tight dough is formed. Turn out onto a lightly floured work surface and knead briefly into a tight ball. Wrap dough in plastic wrap and set aside to rest for at least 30 minutes. Cut into 6 to 8 pieces and feed through a pasta-roller into long, thin sheets. Cut into desired shapes and set aside to dry or cook immediately in a large pot of boiling, salted water. Boil until just cooked through.
Tagarin

Source: Mario Batali

Makes: a lot

When properly made, this pasta is very delicate and tender. The first time I made it I incorporated too much flour too quickly and the dough became much too stiff. Once pasta dough comes together, it is impossible to add more liquid, so be careful. Be patient and have plenty of eggs on hand in case you have to start over. Your efforts will be rewarded!

Ingredients:

- 8 egg yolks, jumbo
- 1 tablespoon extra virgin olive oil
- 3 cups flour
- 1 teaspoon salt

Make a mound of the flour in the center of a large wooden cutting board. Form a well in the center of the mound and add the egg yolks, oil, and salt. Using a fork, beat the eggs, oil, and salt together. Begin to swirl the liquid around the inside of the well, slowly incorporating flour into the egg mixture. As you expand the well, keep pushing the flour up around the perimeter to retain the well shape. The dough will come together when about half of the flour is incorporated.

As the dough starts to come together begin kneading it with both hands. Once you have a cohesive mass, remove the dough from the board, push aside unused flour, and scrape up any left over crusty bits. Lightly flour the board and continue kneading for 3 minutes. The dough should be elastic and slightly sticky. Continue to knead for another 3 minutes, dusting the board as necessary. Wrap the dough in plastic wrap and let rest for 30 minutes before rolling it out with a pasta machine.
Tagarin with Gorgonzola and Walnuts

Source: Mario Batali
Serves: 4

Ingredients:

- 1 recipe tagarin pasta (see page 237), rolled to thinnest setting and cut into fettucine like strips.
- 1 cup whipping cream
- \( \frac{1}{2} \) cup walnuts
- \( \frac{1}{2} \) cup Gorgonzola, broken into thumbnail-sized pieces

Bring 6 quarts of water to a boil and add 2 tablespoons salt.

In a large sauté pan, bring cream and walnuts to a boil and remove from heat. Drop pasta into water and cook until tender, about 45 seconds. Drain well and toss into pan with nuts. Sprinkle with Gorgonzola, toss two or three times, and serve immediately.
Pasta with Tuna and Bread Crumbs

Source: Michele Scicolone [68]

Serves: 4

Ingredients:

- 1 small yellow onion, chopped
- $\frac{1}{4}$ cup olive oil
- 2 garlic cloves, crushed
- pinch of red pepper flakes
- $\frac{1}{4}$ cup dry white wine
- 1 7-ounce can of tuna packed in olive oil, drained, flaked
- $\frac{1}{2}$ cup chopped fresh parsley
- 1 pound linguine or spaghetti
- $\frac{1}{2}$ cup toasted fine bread crumbs

In a skillet large enough to hold the cooked pasta and sauce, sauté the onion in olive oil over medium heat until tender, about 5 minutes. Add garlic and the red pepper flakes and cook until garlic is golden, about 1 minute. Pour in the wine and reduce by half, about 1 minute. Stir in the tuna and parsley and remove from heat.

Cook pasta according to package directions until al dente. Drain, reserving a ladleful of the cooking water.

Add the drained pasta to the sauce and stir and toss over medium heat, adding some of the cooking water if too dry. Transfer to a warmed serving bowl, sprinkle with the bread crumbs, and serve immediately.
Risotto with Beets and Parmesan

Source: Michele Scicolone [68]

Serves: 4

Ingredients:

- 4 beets
- 3 ounces Parmigiano-Reggiano cheese
- 6 cups chicken stock
- 3 tablespoons unsalted butter
- 1 tablespoon olive oil
- 1 yellow onion, finely chopped
- 2 cups Arborio (or other good quality short grained rice)
- ¼ cup dry white wine
- salt and freshly ground pepper to taste

Preheat oven to 450°F. Trim tops of beets, wash under cool water, and scrub with a brush. Wrap beets in aluminum foil and bake until tender, about 45 minutes. Let cool, peel, and chop coarsely.

Using a vegetable peeler, shave off thin curls of the cheese, using about half of the cheese. Grate the remaining cheese and set aside.

Bring the chicken stock barely to a simmer.

In a large saucepan over medium heat, melt 2 tablespoons of the butter with the oil. Add the onion and sauté until tender, about 5 minutes. Stir in the rice and cook, stirring, until the grains are hot and coated, about 2 minutes. Add the wine and continue to cook and stir until the liquid is absorbed. Add the beets and cook, stirring for 1 minute.

Add the stock ¼ cup at a time, stirring constantly and making sure the liquid has been absorbed before adding more. When the rice is about half cooked, stir in the salt and pepper. The risotto is done when the rice grains are creamy on the outside and firm, yet tender to the bite, 20-25 minutes total.

Stir in the grated cheese and the remaining tablespoon of butter. Spoon into warmed soup plates, and top with the shaved Parmesan.
Baked Ziti

Source: Cook’s Illustrated [1]

Serves: 8-10

Ingredients:

- 1 pound whole milk cottage cheese
- 2 large eggs, lightly beaten
- 3 ounces grated Parmesan cheese (about 1 1/2 cups)
- 1 pound ziti or other short, tubular pasta
- 2 tablespoons extra virgin olive oil
- 5 medium garlic cloves, minced (about 5 teaspoons)
- 1 (28-ounce) can tomato sauce
- 1 (14.5-ounce) can diced tomatoes
- 1 teaspoon dried oregano
- 1/2 cup plus 2 tablespoons chopped fresh basil leaves
- 1 teaspoon sugar
- 3/4 teaspoon cornstarch
- 1 cup heavy cream
- 8 ounces low-moisture whole-milk mozzarella cheese, cut into 1/4-inch pieces (about 1 1/2 cups)
- table salt and ground black pepper

Adjust oven rack to middle position and heat oven to 350°F degrees. Whisk cottage cheese, eggs, and 1 cup Parmesan together in medium bowl; set aside. Bring 4 quarts of water to boil in large Dutch oven over high heat. Stir in 1 tablespoon salt and pasta; cook, stirring occasionally, until pasta begins to soften but is not yet cooked through, 5 to 7 minutes. Drain pasta and leave in colander (do not wash Dutch oven).

Meanwhile, heat oil and garlic in 12-inch skillet over medium heat until garlic is fragrant but not brown, about 2 minutes. Stir in tomato sauce, diced tomatoes, and oregano; simmer until thickened, about 10 minutes. Off heat, stir in 1/2 cup basil and sugar, then season with salt and pepper.

Stir cornstarch into heavy cream in small bowl; transfer mixture to now-empty Dutch oven set over medium heat. Bring to simmer and cook until thickened, 3 to 4 minutes. Remove pot from heat and add cottage cheese mixture, 1 cup tomato sauce, and 3/4 cup mozzarella, then stir to combine. Add pasta and stir to coat thoroughly with sauce.
Transfer pasta mixture to 13- by 9-inch baking dish and spread remaining tomato sauce evenly over pasta. Sprinkle remaining $\frac{3}{4}$ cup mozzarella and remaining $\frac{1}{2}$ cup Parmesan over top. Cover baking dish tightly with foil and bake for 30 minutes.

Remove foil and continue to cook until cheese is bubbling and beginning to brown, about 30 minutes longer. Cool for 20 minutes. Sprinkle with remaining 2 tablespoons basil and serve.
Garlicky Linguine with Shrimp

Source: Rick Bayless: Season 7 of Mexico: One Plate at a Time

Serves: 4

This stuff is amazing.

Ingredients:

- \( \frac{2}{3} \) cup Slow-Cooked Garlic Mojo (page 46)
- 1 pound medium shrimp, peeled and deveined
- Salt
- 1 to 3 canned chipotle chiles en adobo, seeded and finely chopped
- 3/4 cup grated Mexican queso anejo, Parmesan or Romano
- 1 pound dried linguine
- 2 or 3 tablespoons coarsely chopped watercress, parsley or cilantro

Fill a very large (6- to 8-quart) pot about 2/3 full of water. Add 2 tablespoons salt, cover and bring to a boil over high heat.

Meanwhile, spoon 2 tablespoons of the oil from the mojo into a very large (12-inch) skillet. Set over medium-high heat. Pat the shrimp dry, sprinkle with salt and, when the oil is hot, lay them in the skillet. Cook until the shrimp just lose their translucency in the center, about 1 minute per side. Remove the skillet from the heat and stir in the chopped chile(s) and the rest of the mojo.

Slide the pasta into the boiling water, stir, then let boil until the pasta is as done as you like (usually about 6 minutes for al dente linguine).

Remove \( \frac{1}{2} \) cup of the pasta water, then pour the pasta into a colander set in a sink. Return the pasta and the \( \frac{1}{2} \) cup water to the pot. Scrape in the shrimp mixture, sprinkle with the chopped watercress, parsley or cilantro, toss together and divide among warm plates. Sprinkle with the grated cheese and serve without hesitation.
Catalan Pasta

Source: Linda Tubby [79]

Serves: 4

Ingredients:

- \(\frac{1}{4}\) cup olive oil
- 12 ounces pork spareribs, chopped into 2-inch pieces, sprinkled with salt
- 8 ounces fresh spicy pork sausages (not chorizo), cut into 1-inch lengths
- 8 ounces fideos pasta or Jewish vermicelli
- 2 cups chicken stock
- sea salt and freshly ground black pepper

Sofregit

- 4 tablespoons olive oil
- 2 medium onions, finely chopped
- 1 garlic clove, finely chopped
- 4 tomatoes, peeled, seeded and chopped
- \(\frac{1}{2}\) teaspoon sweet paprika

Pleada

- 1 thick slice of country bread, fried in olive oil
- 1 garlic clove, chopped
- \(\frac{1}{2}\) cup pine nuts, lightly toasted in a dry skillet
- 3 tablespoons finely chopped flat-leaf parsley

Heat 1 tablespoon of the oil in a paella pan, shallow heatproof casserole dish, or skillet with ovenproof handle. Add the spareribs and sausage, saute for 3 minutes on each side, then transfer to a plate. Wipe the pan clean and heat the remaining 3 tablespoons of the oil, add the pasta, and saute over high heat for about 4 minutes until evenly golden. Transfer to a bowl.
To make the sofregit, heat the \( \frac{1}{4} \) cup oil in the same pan, add the onions and garlic, and sauté for 5 minutes over low heat. Increase the heat, add the tomatoes, then cook for about 3 minutes until thickened. Stir in the paprika.

Add the ribs and sausages, and push them down into the tomatoes, add the stock, salt, and pepper, and bring to a boil. Fold in the crisp pasta.

Bake in a preheated oven at 375°F for 5 minutes. Stir in \( 1 \frac{3}{4} \) cups boiling water and return to the oven for another 5 minutes. Push the crisp noodles from the top under the liquid and bake for another 10 minutes.

Meanwhile, to make the picada, cut the fried bread into pieces and put in a small processor with the garlic, pine nuts, and parsley. Pulse to form a paste. Loosen with about \( \frac{1}{4} \) cup boiling water, then fold into the pan of pasta.

Set the pan under a preheated broiler about 8 inches from the heat for about 5 minutes just to crisp the top a little (don’t let it burn). Serve from the pan.
Couscous Jambalaya

Source: *Emeril’s New New Orleans Cooking* [47]

Makes: 5 cups

One of the things I love about this recipe and the others from *Emeril’s NNO Cooking* is that once you get all the stuff chopped and measured, they go together very quickly. I call it restaurant style because it usually requires high heat and lots of pan flipping . . . really impressive if anyone happens to be watching!

Also, be careful with the garlic, you’ll ruin this dish if you use too much. Emeril’s version calls for 2 tablespoons, which is quite a load – feel free to use whatever quantity your family can tolerate.

Ingredients:

- ¾ pound raw shrimp, peeled and chopped
- 1 small chicken breast, boned, skinned, and chopped
- 1 tablespoon Emeril’s Creole Seasoning Mix (page 5)
- ¼ cup olive oil
- 4 ounces chopped andouille sausage
- ⅛ cup chopped onions
- ¼ cup chopped green bell peppers
- ¼ cup chopped celery
- 1 tablespoon minced garlic
- ½ cup peeled, seeded, and chopped Italian plum tomatoes
- 2 bay leaves
- 1 teaspoon Worcestershire sauce
- 1 teaspoon hot pepper sauce
- 1 cup chicken stock
- 1 teaspoon salt
- freshly ground black pepper to taste
- 1½ cups couscous

In a bowl, combine the shrimp, chicken, and seasoning mix, using your hands to blend thoroughly. Heat 2 tablespoons of the olive oil in a large nonreactive skillet over high heat. Add the seasoned shrimp and chicken and stir-fry for 1 minute. Add the andouille, onions, bell peppers, celery, and garlic and stir-fry for 1 minute. Stir in tomatoes, bay leaves, Worcestershire, hot sauce, stock, salt, and pepper and bring to a boil. Cook for 10 minutes, stir in couscous and turn off heat. Cover the
skillet and allow to sit for 5 minutes. Remove cover and stir in the remaining olive oil. Serve immediately.
Jeanetta’s Crawfish Fettucine

Source: Jeanetta Bigler

Serves: 12

Jeanetta, we love you! This is great stuff that she learned from her loving Mom. Also, I know that Jeanetta has a new version that goes a lot easier on the fat. Good thing since none of us appear to be getting skinnier.

Ingredients:

- 3 sticks butter
- 3 onions, chopped
- 3 ribs celery, chopped
- 2 bell peppers, chopped
- 1/4 cup flour
- 4 tablespoons parsley, chopped
- 2 pounds crawfish tails
- 1 quart half-and-half
- 1 pound Velveeta cheese, 1/2 inch cubes
- 2 tablespoons jalapeño peppers, chopped
- 3 cloves garlic, crushed
- 1 pound fettucine noodles
- grated Parmesan cheese

Melt butter in large heavy saucepan. Add onions, celery, and bell pepper. Cook 10 minutes until clear. Add flour, blend in well. cover and cook 15 minutes, stirring occasionally. Add parsley and crawfish tails. Cover and cook 20 minutes, stirring often. Add cream, cheese, jalapeño peppers and garlic. Mix well. Add salt and pepper to taste. Cook covered on low heat for 20 minutes, stirring occasionally. Cook noodles, drain, and add sauce. Mix thoroughly and pour into 3 quart buttered casserole dish. Sprinkle with Parmesan. Bake at 350°F for 12 minutes or until heated through.

Notes: Can substitute shrimp for crawfish tails or use a combination of the two. You can also use Jalapeño Velveeta instead of regular Velveeta and the jalapeño peppers. Also, you can probably cut the butter by 1/3 (or more) and replace 1/2 of the half-and-half with chicken broth.
Peruvian Pesto

Source:  Milk Street
Serves:  4

Ingredients:

- 12 ounces linguine or fettucine
- 1 cup chopped yellow onion
- ½ cup extra-virgin olive oil
- ¼ cup water
- 3 cloves garlic, peeled and smashed
- 12 ounces baby spinach
- ¼ cup heavy cream
- 1 cup grated Parmesan (2 ounces)
- 4 ounces queso fresco, crumbled (about 1 cup)

Bring a large pot of well-salted water to a boil. Add the pasta and cook until just tender but not fully cooked, about 2 minutes less than package directions. Drain the pasta, reserving 1 1/2 cups of the cooking water.

Meanwhile, in a food processor, combine the onion, oil, ¼ cup water, garlic and 1 teaspoon each of salt and pepper. Add a third of the spinach and process until smooth, about 30 seconds. Add the remaining spinach in 2 batches, processing until smooth after each.

Transfer the spinach mixture to a 12-inch nonstick skillet over medium-high heat. Bring to a boil and cook, stirring occasionally, until it begins to thicken, 3 to 5 minutes. Add the reserved pasta water and return to a simmer, then add the pasta and stir to coat. Simmer, stirring occasionally, until the pasta is al dente and the pesto no longer appears watery, 3 to 5 minutes. Stir in the heavy cream. Off the heat, stir in the Parmesan, then taste and season with salt and pepper. Transfer to a serving dish, sprinkle with the queso fresco and serve with lime wedges.
Laura’s Chicken Pesto

Source: Laura Alexander

Serves: 4

Ingredients:

- 1 chicken breast, boned and cut into bitesized pieces
- 1 tablespoon olive oil
- 1 clove minced garlic
- 1 cup chicken broth
- 1 tablespoon pesto or more to taste
- 1 bunch broccoli, cut into bitesized pieces
- 4 Roma tomatoes, peeled, seeded, chopped
- 1 pound linguine

In a large skillet, heat oil over medium high heat. Add chicken and cook until brown. Add garlic, stir for 30 seconds or until garlic cooks, being careful not to let it brown. Add chicken broth and pesto and simmer until reduced to about $\frac{1}{2}$ to $\frac{1}{3}$ of a cup. Add broccoli, cover, and cook until tender crisp. Add tomato, toss, cover, and remove from heat.

Serve hot over linguine with fresh Parmesan.
Meatball Sauce

Source: *Best Recipes* [22]

Serves: 4 to 6

Here is a recipe for a simple sauce to go with Meatballs (page 140, which is also from *Best Recipes*. The official recipe calls for using the pan that you cooked the meatballs in, but I’m not so sure I like this method. If you are not careful, the sauce becomes rather heavy due to the surplus cooking oil left in the pan. I think its better to discard the old oil completely and start fresh with olive oil. Try it either way and decide which you prefer.

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 small garlic clove, minced
- 1 28-ounce can crushed tomatoes
- 1 tablespoon minced fresh basil
- salt
- ground black pepper

Discard the oil in the meatball pan, but reserve the browned bits. Add the olive oil and garlic and sauté for a few seconds, scraping up the browned bits as you go. Once the garlic is golden, add the tomatoes and bring to a simmer. Cook until the sauce thickens, about 10 minutes. Stir in the basil, salt and pepper to taste. Add the meatballs and simmer, turning once or so, until heated through (about 5 minutes). Keep warm over low heat until you have a chance to cook your pasta.
Smooth Tomato Sauce

Source:  *Best Recipes* [22]

Serves: 4

This sauce accompanies Chicken Parmesan (see page 181).

**Ingredients:**

- $\frac{1}{4}$ cup extra-virgin olive oil
- 2 medium garlic cloves, minced
- 1 28-ounce can crushed tomatoes
- $\frac{1}{2}$ teaspoon dried basil
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon sugar
- salt
- ground black pepper

Heat the garlic and oil in a large saucepan over medium-high heat until the garlic starts to sizzle. Stir in tomatoes, basil, oregano, sugar, a pinch of salt and 2 grinds of black pepper. Continue to simmer until the sauce thickens and the flavors blend, about 12 minutes. Reseason with salt and pepper to taste.
Grandma Maroni’s Meatball Sauce

Source: Mike Maroni as written about by Bobby Flay [27].

Serves: 4 to 6

This is the sauce that goes with Mike Maroni’s meatballs (page 138). It matches well with them. Dirt simple and fast. Nice and garlicky without overpowering the tastebuds. Slicing the garlic (not crushing) is the key. If you don’t like garlic, try another recipe.

Ingredients:

- $\frac{3}{4}$ cup good olive oil, not extra-virgin
- 12 cloves garlic, finely sliced
- 1 large or 2 medium yellow onions, finely diced
- 2 (28-ounce) cans crushed tomatoes
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground white or black pepper
- 1 large handful julienned fresh basil leaves

In a medium saucepan over medium heat, add oil. Once heated add the finely sliced garlic and onions to the pan. Cook over medium heat until soft and slightly brown. Next add the canned crushed tomatoes, salt and pepper and stir. Allow the sauce to come to a simmer and cook for 20 minutes. Remove from the heat and add the basil.
Puttanesca Sauce

Source: Joy of Cooking [65]

Serves: 4

Ingredients:

- $\frac{1}{4}$ cup extra-virgin olive oil
- 2 large garlic cloves, minced
- 1 dried chile pepper, crushed
- 1 cup oil-cured black olives, pitted and coarsely chopped
- 6 anchovy filets, soaked in water for 5 minutes, drained, chopped
- $\frac{1}{2}$ teaspoon dried oregano
- 1½ pounds ripe tomatoes, diced
- 3 tablespoons chopped parsley
- 2 tablespoons drained capers

Heat oil in a large skillet over medium heat. Add the garlic and dried chile pepper; cook until the garlic is pale blond, about 30 seconds. Stir in the anchovies, and oregano. Cook for about 30 seconds then stir in the tomatoes. Simmer uncovered until the sauce thickens, about 5 minutes. Stir in parsley, olives and capers and remove from heat. Season with salt and pepper to taste. Serve over 1 pound of cooked, dried pasta.
Sun-Dried Tomato Purée

Source: FoodTV

Makes: 1 cup

This stuff is good on pasta or as a base for pizza. Once you’ve tried it, you’ll think of many more uses for it I’m sure.

Ingredients:

- 12 sun-dried tomatoes
- water to cover
- 2 garlic cloves
- $\frac{1}{2}$ cup extra virgin olive oil
- salt and pepper
- 2 dozen small oil or salt-cured black olives, pitted and chopped (optional)
- anchovies or anchovy paste (optional)
- capers, drained and coarsely chopped (optional)
- dried or fresh herbs like thyme, rosemary, or basil

Cover dried tomatoes with water and bring to a simmer. Turn off heat and let the tomatoes plump up while they cool in liquid. Drain well and put in food processor with garlic and oil. Purée until smooth. Season to taste with salt and pepper.

Incorporate any of the optional items if desired. Add desired herbs and serve.
Pesto

Source: Emeril on FoodTV

Makes: 1 or 2 cups

Ingredients:

- 2 cups fresh basil
- 1 tablespoon minced garlic
- \( \frac{1}{2} \) cup roasted pine nuts
- \( \frac{1}{2} \) cup Parmigiano-Reggiano cheese
- \( \frac{1}{2} \) to \( \frac{3}{4} \) cup extra-virgin olive oil

Using a food processor with the metal blade, combine basil, garlic, pine nuts and Parmesan cheese. Purée the mixture until smooth. With the motor running, slowly drizzle \( \frac{1}{2} \) cup of the olive oil through the feed tube and purée until smooth. Add additional oil if needed. Season with salt and pepper to taste.
Checca Sauce

Source: Giada De Laurentis [25]

Serves: 4

Kathy gave Giada’s book *Everyday Italian* to me for Christmas one year and after letting it age, unused, for several years I decided to try a few recipes. Well, everything I tried was outstanding and simple. It turns out that Giada can cook. This simple no-cook sauce is amazingly good. I would only make this if the cherry tomatoes were really good and sweet. We grow our own and they all seem to ripen at the same moment. Hence, we need a few recipes that can use a bunch. This one fits the bill nicely.

**Ingredients:**

- 12 ounces cherry tomatoes
- 3 scallions
- 1 ounce piece Parmigiano-Reggiano cheese
- 8 fresh basil leaves
- 3 garlic cloves
- 3 tablespoons olive oil
- 4 ounces fresh mozzarella
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{2} \) teaspoon freshly ground black pepper

Prep: Cut the cherry tomatoes into halves. Coarsely chop the scallions (white and green parts) and Parmesan. Cut the mozzarella into \( \frac{1}{2} \) inch cubes.

In the bowl of a food processor, combine the tomatoes, scallions, Parmesan, garlic, basil and oil. Pulse until the tomatoes are coarsely chopped, not puréed. Transfer to a large bowl and add the mozzarella along with the salt and pepper. Adjust the seasonings to taste and serve over pasta of your choice.
Zucchini and Thyme Pasta Sauce

Source: Marcella Hazan [38]

Serves: 4

This sauce works with either homemade or store-bought boxed pasta. If using homemade, fettucine works well. As for store-bought, try fusilli, spaghetti, or penné.

Ingredients:

- 3 medium zucchini
- 1 tablespoon vegetable oil
- 2 tablespoons butter
- 3 tablespoons finely chopped onion
- 2 cups fresh, firm, ripe tomatoes

- salt
- freshly ground black pepper
- 1 teaspoon fresh thyme
- freshly grated Parmigiano-Reggiano cheese
- 1 pound of pasta

Soak the zucchini in cold water for 20 minutes. Scrub them under running water using a vegetable brush. Cut off the ends, and julienne the zucchini lengthwise. This should yield about 1 1/2 cups.

Over medium-high heat, melt butter and oil in a medium skillet. Sauté onion until it becomes pale gold. Add zucchini, turning to coat well, and cook until they become deeply colored.

Add tomatoes, turning once or twice. Add salt, pepper, and thyme, turning all ingredients 2 or 3 times. Cook at a steady, moderate simmer for about 15 or 20 minutes, until the fat begins to separate from the sauce. Cook and drain the pasta, toss it immediately and thoroughly with the sauce, and serve at once with the grated Parmesan cheese.
Tonnato Sauce

Source: Serious Eats

Makes: 1 1/2 cups

I’ve updated this recipe from previous editions. I used to use a Jeff Smith version that used 8 anchovies and a hit of Brandy. This one is a little more mayo like with egg and oil emulsified. It’s a classic preparation.

Ingredients:

- 1 5-oz can tuna packed in olive oil
- 2 canned flat anchovy fillets, drained
- 1/4 cup fresh lemon juice
- 1 egg
- 1/2 cup vegetable oil
- 1/2 cup olive oil, room temperature
- 1 tablespoon capers
- 1 teaspoon Dijon mustard

Place the egg, 2 tablespoons lemon juice, mustard, capers, and anchovies in the bottom of an immersion blender cup. Pour 1/2 cup vegetable oil on top and allow to settle for 15 seconds. Place head of immersion blender at bottom of cup and switch it on. As mayonnaise forms, slowly tilt and lift the head of the immersion blender until all oil is emulsified. Add tuna and remaining 2 tablespoons lemon juice and blend until thoroughly incorporated into a smooth sauce.

Transfer mayonnaise to a large mixing bowl and slowly drizzle in 1/2 cup olive oil, whisking until emulsified. Season with salt and pepper. Serve over meats, vegetables, pasta, or salads. We especially like it on rotini.
Soups & Gumbos

Broccoli Soup

Source: Gordon Ramsay [61]

Serves: 4

This stuff is great. And, don’t try to make it ‘better’ by adding or changing anything. You can’t. This recipe is all the evidence you need that Ramsay can cook. It consists of broccoli and water. That’s it. Don’t use broth, don’t add onion or shallots or generally ‘cock about’ with the basic premise: broccoli and water. If you don’t like goat cheese (I don’t), you can use some cheddar. The nuts are optional, but nice.

Ingredients:

- 2 pounds of broccoli
- sea salt and pepper
- 4 thin slices of goat cheese
- \( \frac{1}{2} \) cup slivered almonds or walnuts, slightly toasted
- extra virgin olive oil to drizzle

Cut the broccoli into florets. Bring 3 or 4 cups of salted water to boil and add the broccoli. Simmer for about 4 minutes until tender but still bright green. Drain, reserving the liquid.

While the broccoli is still hot, put it into the blender jar. Then add about half as much of the reserved liquid to the jar. Whiz it in the blender until it has a velvety texture. Note, if you try to do this with cold or room temperature broccoli, then it will be grainy.
Reheat the soup in the pan and adjust seasoning. Put the goat cheese slices into warm soup bowls and pour in the soup to one side. Top with the nuts, grind some pepper, and drizzle with olive oil to serve.
Butternut Squash Soup

Source: Giada De Laurentis
Serves: 4 to 6

We made this delicious soup for Thanksgiving in 2009. I liked it so much I made it again at Christmas, during which we were snowed in. It’s simple and probably pretty good for you.

Ingredients:

- 2 tablespoons butter, at room temperature
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 1 medium carrot, peeled and chopped into \( \frac{3}{4}\) -inch pieces
- 3 cloves garlic, minced
- 3 \( \frac{1}{2} \) pounds butternut squash, peeled, seeded, and cut into \( \frac{3}{4} \) inch pieces (about 7 to 8 cups)
- 6 cups low-sodium chicken stock
- \( \frac{1}{4} \) cup chopped fresh sage leaves
- Kosher salt and freshly ground black pepper

In an 8-quart stockpot, add the butter and oil and melt together over medium-high heat. Add the onion and carrot and cook, stirring occasionally, until the onion is soft, about 5 minutes. Stir in the garlic and cook until aromatic, about 30 seconds. Add the squash and the chicken stock. Bring the mixture to a boil and add the sage. Continue to boil until the vegetables are tender, about 20 minutes. Turn off the heat. Using an immersion blender, blend the mixture until smooth and thick. Season with salt and pepper, to taste. Keep the soup warm over low heat.

To serve, ladle the soup into bowls, drizzle with a little extra-virgin olive oil, a pinch of salt, and garnish with the cheese crostini (recipe follows).

Fontina Cheese Crostini
Ingredients:

- \(\frac{1}{2}\) baguette, sliced diagonally into \(\frac{1}{2}\) inch thick slices
- extra-virgin olive oil, for drizzling
- 2 tablespoons chopped fresh sage
- leaves
- 1 cup (2 ounces) grated fontina cheese
- Kosher salt

Put an oven rack in the center of the oven. Preheat the oven to 400°F. Arrange the bread slices on a baking sheet. Drizzle with olive oil and sprinkle with sage. Sprinkle the cheese on top and season with salt, to taste. Bake until the cheese has melted and the bread is light golden, about 6 to 8 minutes.
**CHICKEN AND SAUSAGE GUMBO**

**Chicken and Sausage Gumbo**

**Source:** *Patout’s Cajun Home Cooking* [55]

**Serves:** 6–8

The easiest way to ruin this is to use cheap sausage. Buy the best that you can and opt for leanest you can find. Also, don’t use sausage that is spicy hot. The peppers in this recipe provide all the heat you’ll need. I like to leave enough space in the heat so that I can comfortably add some *Cajun Chef* brand hot sauce to the finished product. Compared to Tabasco, *Cajun Chef* is milder, thicker, and more vinegary. Depending on how garlicy the sausage is, I have been known to add a little garlic to the vegetables.

**Ingredients:**

- 1 tablespoon salt
- $1 \frac{1}{2}$ teaspoon ground red pepper
- 1 teaspoon ground black pepper
- 1 teaspoon ground white pepper
- 1 roasting chicken, 3-5 pounds
- 2 cups medium roux (page 272)
- 2 large onions, chopped fine
- 2 bell peppers, chopped fine
- 3 celery ribs, chopped fine
- 1 gallon chicken stock
- 2 pounds of lean, high quality smoked pork sausage, sliced $\frac{1}{2}$-inch thick
- 1 cup chopped green onion
- 1 cup chopped parsley
- 4–6 shakes of Tabasco

In a small bowl, mix together the salt and peppers; set aside. Remove excess fat from the chicken and cut into 8 or 9 pieces. Sprinkle the chicken with half of the salt and pepper mixture. Using a small amount of oil (or rendered chicken fat as suggested by Patout) brown the chicken on all sides in a large heavy skillet; remove. Add the roux to the skillet and get it good and hot. Add half of the vegetables, stir well, and set aside to cook for a bit, stirring occasionally.

Place the stock and the remaining vegetables in a large heavy pot and bring to a boil. Gradually stir in the vegetable/roux mixture. Add the remaining salt and pepper and simmer for 45 minutes to an hour. Add the chicken and sausage and continue to simmer slowly for at least $1 \frac{1}{2}$ hours, or until the chicken is tender. If
the gumbo becomes too thick, add water. Remove from heat for 15 minutes, skim off fat from the top, stir in green onions and parsley, add Tabasco, and let sit for a few minutes.

Serve in large bowls over rice and don’t forget the Cuban bread (page 337)!

Variation: Sometimes I use boneless thighs and/or breasts instead of a whole chicken. I cut the chicken into bite size pieces, lightly dust them with seasoned flour, and pan fry them in oil until golden brown. After simmering the roux and vegetables for 45 minutes to an hour, add the sausage and cook for an hour. Then add the cooked chicken and cook for another 30 minutes. Remove from heat, skim the fat from the surface, stir in green onions and parsley, add Tabasco, and let sit for a few minutes.

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- 1 teaspoon ground black pepper
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In a small bowl, mix together the salt and peppers; set aside. Remove excess fat from the chicken and cut into 8 or 9 pieces. Sprinkle the chicken with half of the salt and pepper mixture. Using a small amount of oil (or rendered chicken fat as suggested by Patout) brown the chicken on all sides in a large heavy skillet; remove. Add the roux to the skillet and get it good and hot. Add onions and stir well, allowing for additional darkening of the roux. Add half of the remaining trinity vegetables, stir well, and set aside to cook for a bit, stirring occasionally.

Place the stock and the remaining vegetables in a large heavy pot and bring to a boil. Gradually stir in the vegetable/roux mixture. Add the remaining salt and pepper and simmer for 45 minutes to an hour. Add the chicken and sausage and continue to simmer slowly for at least \(1 \frac{1}{2}\) hours, or until the chicken is tender. If
the gumbo becomes too thick, add water. Remove from heat for 15 minutes, skim off fat from the top, stir in green onions and parsley, add Tabasco, and let sit for a few minutes.

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Corn and Cheddar Chowder

Source: Bon Appétit [14]

Makes: 1 1/2 cups

Ingredients:

- 1 tablespoon unsalted butter
- 1 onion, chopped
- 3/4 pound red potatoes, peeled and diced
- 2 cups frozen corn kernels
- 2 cups half and half or milk
- 1 1/2 teaspoons thyme
- 2 cups cheddar cheese, medium sharp, shredded
- 1 cup chicken or vegetable broth
- Optional: garlic & peppers

Melt butter in heavy saucepan over medium-high heat. Add onion; sauté until tender. Add potatoes, corn, milk, broth, and dried thyme. Cover and simmer until potatoes are done (15 to 20 minutes). Add cheese and stir until melted.
Cuban Black Bean Soup

Serves: 4

There are a lot of recipes for black bean soup. This one I snatched out of the local paper in Tampa when I lived down that way. Like a lot of Cuban foods, it is fairly oily. You can reduce the oil if you wish, but I think you’ll lose some authenticity. It can be served over rice and topped with chopped white onion.

Ingredients:

- ½ pound black beans
- 1½ quarts of water
- 2 onions, chopped
- 1 green bell pepper, cut into strips
- 3 garlic cloves
- 1 bay leaf
- ½ teaspoon dried oregano
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ cup olive oil

Wash beans thoroughly and soak overnight in the water. Bring the beans to a boil in the soaking water. Heat the olive oil in a frying pan over medium heat and sauté the onions and peppers until soft, but not brown. Add the garlic, bay leaf, and oregano. Cook for 5 minutes, stirring frequently. Add this mixture to the black beans and cook until very tender.

If you want to thicken the soup a bit, remove ½ cup or so of the cooked beans and purée in the food processor. Return to soup and mix thoroughly.
Mulligatawny Soup

Source: Liz and Jim Eells
Serves: 8

As featured in the hilarious Soup Nazi episode of the Seinfeld television show.

Ingredients:

- 4 pound chicken, cut into serving pieces
- 2 tablespoons butter
- 2 sour green apples, peeled and chopped
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1/4 cup chopped carrot
- 2 tablespoons flour
- 2 teaspoons curry powder
- 3 quarts chicken stock
- 1/2 cup shredded coconut
- 4 whole cloves
- 1 tablespoon minced parsley
- 1 tablespoon sugar
- 2 teaspoons salt
- 3 small tomatoes, peeled, seeded and chopped

In a large pot, brown the chicken in butter. Add the apples, onion, green pepper, and carrots; stir occasionally and cook until lightly brown. Blend in the flour and curry powder, mixing well. Add chicken stock and coconut and stir well over low heat for 5 minutes. Add the cloves, parsley, sugar, and salt. Simmer until chicken is tender. Add tomatoes and continue cooking for about 15 minutes. Remove the chicken, debone, and cut into bite-sized cubes. Strain the soup, using a spoon to force the vegetables through a sieve into the soup. Add the chicken, reheat, and serve in shallow bowls over small mounds of boiled white rice.
Three Bean Soup

Source: Jeanne Adkins

Makes: 1 quart

Ingredients:

- 2 chicken breast halves, skinned
- 3 cups water or chicken broth
- 1 28-ounce can of whole tomatoes, undrained and chopped
- 1 10-ounce package frozen cut green beans
- 1 10-ounce package frozen baby lima beans
- 1 bay leaf

- 2 teaspoons Creole seasoning
- 1 teaspoon chili powder
- 1 teaspoon paprika
- \frac{1}{4} teaspoon each of garlic powder, onion powder, and cayenne
- dash each of Tabasco, soy, and Worcestershire sauce
- 1 15-ounce can of black beans

Combine all ingredients except the black beans in a large pot. Bring to boil over medium heat. Cover, reduce heat and simmer 1 hour. Remove chicken and debone. Cut chicken into bite size pieces, return to soup, and add black beans. Heat thoroughly and serve.

Note: Substitute boneless chicken if desired and replace the garlic powder with 2 cloves of pressed garlic.
Making stock from a smoked chicken

Source: Lee with help from Emeril

Makes: 3 quarts

Ingredients:

- 1 tablespoon vegetable oil
- 1 large yellow onion, unpeeled and quartered
- 2 celery stalks with leaves, coarsely chopped
- 2 cloves of garlic, halved
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried tarragon
- 1/2 teaspoon dried leaf oregano
- 1/2 teaspoon black peppercorns
- carcass from 1 deboned smoked chicken, skin and bits of fat removed
- 4 quarts water

In a large stockpot, sauté the vegetables in the oil for about 2 or 3 minutes. Add the remaining ingredients and bring to a gentle simmer for an hour or two. Stain through a fine-mesh sieve, and allow to cool thoroughly. Discard the vegetables and bones.

Refrigerate overnight, then use a slotted spoon to skim any congealed fat from the surface. For a more concentrated stock, you can reboil and reduce the stock to the desired consistency.

Making Roux

- 2 cup vegetable oil
- 3-3\(\frac{1}{2}\) cups all-purpose flour

Heat a large heavy skillet over medium heat. Add the oil and heat it to 350°F. If the oil smokes, it’s too hot; let it cool to the desired temperature before proceeding. Whisk in 3 cups of the flour all at once, being careful not to splatter yourself with hot oil (I wear a long-sleeve shirt). Mix the flour in and check its consistency. It
should be smooth, not runny . . . not pasty. Stir in more flour until you get the right consistency.

Continue to cook the roux over medium heat, stirring frequently, until it achieves the desired color.

**Peanut Butter colored**: Takes about 20–30 minutes.

**Medium**: Takes about 30–45 minutes and will be medium brown with a hint of gold in it

**Dark**: Takes about 50–70 minutes and should be very dark brown, but not black.

If you burn your roux, throw it out and start over. The other thing to keep in mind is that the lighter the meat, the darker the roux. That’s why seafood gumbo uses a dark roux while chicken gets a medium one. Beef or pork stews would call for a peanut butter roux.

Once the roux is made, let it cool completely before using. As the roux sits, excess oil will rise to the top and you can pour it off, leaving the toasted flour. This results in a gumbo that is considerably less oily and better tasting too.

Since I pour off the excess oil after cooling, I’m not afraid to let the cooking roux be a tad on the runny side. If the roux gets too dry while cooking, it tends to burn more easily. Using a little more oil (or less flour) will give you larger margin for error if you get distracted during cooking and can’t continuously stir it.
Smoked Turkey and Sausage Gumbo

Source: *Patout’s Cajun Home Cooking* [55]

Serves: 6–8

This is similar to the chicken and sausage gumbo, but has a flavor all its own. This is Bunny’s favorite (and mine too).

Ingredients:

- 1 8–10 pound smoked turkey
- 1 tablespoon salt
- 2 teaspoon ground red pepper
- 1 teaspoon ground black pepper
- 1 teaspoon ground white pepper
- 2–3 cups medium roux (page 272)
- 2 large onions, chopped
- 2 bell peppers, chopped
- 3 celery ribs, chopped
- 2 pounds of lean, high quality smoked pork sausage, sliced \(\frac{1}{2}\) -inch thick
- 2 cup chopped green onion
- 1 cup chopped parsley

In a small bowl, mix together the salt and peppers; set aside. Pull the meat off of the turkey and set aside. Place the carcass in a stockpot and cover with water. Bring to a boil over high heat, reduce to medium, and let simmer for 1-1\(\frac{1}{2}\) hours. Remove carcass and discard (you may want to strain the stock if there is a lot of debris in it). Add the celery, onion, bell peppers, and gradually add the roux. You should add enough roux to make a medium-heavy gumbo. Add the seasonings and sausage and let simmer for another hour. Add the turkey meat and let cook for 15-20 minutes. Remove from heat and stir in the green onions and parsley.

Serve in large bowls over rice. Pass the French bread!
Seafood Gumbo

Source: Lee
Serves: 6–8

The key to this dish is to use good seafood and to not overcook it once added. If I had my druthers, I’d use 1 pound of shrimp, a pound of fresh lump crab meat, and about 8 oysters in their juice (1 per person). And, I put a couple of cod loins in at the end as well. It’s loaded with seafood at that point.

We usually don’t get good oysters or crab of any description so we use shrimp. We do get good scallops, however, and I like to use 1 pound of these along with 1 pound of shrimp for the seafood. If you buy the large scallops, cut them into bite sized pieces before adding them to the pot. You can try using a piece of firm, mild fish, but it tends to break up pretty badly and can ruin this otherwise fine gumbo. If you use fish, the trick is to add it as close to the end of the cooking process as possible.

Ingredients:

- 1 tablespoon salt
- $\frac{1}{2}$ teaspoon ground red pepper
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon ground white pepper
- $\frac{1}{2}$ teaspoon thyme (optional)
- $\frac{1}{4}$ teaspoon oregano (optional)
- 2 to 3 pounds of seafood (shrimp, oysters, crab, scallops, etc.)
- 2 cups medium-dark roux (page 272)
- 1 tablespoon minced garlic
- 2 cups chopped onions
- 1 cup chopped bell peppers
- 1 1/2 cups chopped celery ribs
- 5 1/2 cups shrimp stock
- 1 pound of lean, high quality smoked pork sausage, sliced 1/2-inch thick (optional)
- 1 cup chopped green onion
- 1 cup chopped parsley

In a small bowl, mix together the salt, peppers, and thyme; set aside. Combine the onions, bell peppers, and celery in a bowl and set aside.

Heat a large heavy skillet heat the roux until very hot over medium-high heat; add the onions and continue stirring and allowing the roux to darken further, about 5
or 10 minutes. Add $\frac{1}{2}$ the celery and bell peppers, stir well, continue stirring for about 1 minute. Add the other half of the vegetables and cook, stirring, another 2 minutes. Stir in the seasonings and cook 2 minutes, stirring frequently. Add half the garlic, stir well, then cook for 1 more minute. Taste to see if you want more garlic and for seasoning. Remove from heat.

Place the stock and the remaining vegetables in a large heavy pot and bring to a boil. Gradually stir in the vegetable/roux mixture. Add the sausage if using and continue to simmer slowly for about 15 minutes, stirring occasionally. Add the shrimp, crabmeat, fish and/or oysters. Return to simmer over medium high heat, cooking until the seafood is cooked through, stirring occasionally. Remove from heat and skim away any oil from the surface. Stir in green onions and parsley and serve in large bowls over rice.
Southwestern Chicken and Bean Soup

Source: Steve and Donna Petty

Serves: 4

This dish was once referred to in these pages as White Chili. Upon reflection, I realized that there were no chiles in it! That, and the fact that I happened upon a great White Chili recipe (see page 282), inspired a renaming. I prepared this soup a number of different ways. In one variation, I use Emeril’s excellent Tortilla Sauce to thicken the soup. Steve and Donna’s version does not call for stir frying the chicken in seasoning before adding. This alters the color a little but “kicks it up” a little. I like it that way so I added this step.

Ingredients:

- 3 or 4 medium-sized chicken breast halves
- 1 teaspoon Emeril’s Southwest Seasoning Mix (see page 4)
- 1 tablespoon vegetable oil
- 1 clove of crushed garlic
- 1 teaspoon ground cumin
- 1 medium white onion, chopped
- 2 cups milk
- 6 ounces sour cream
- 4 ounces cream cheese
- pinch of basil
- 3 15-ounce cans of great northern beans, rinsed
- 2 tablespoons Mrs. Renfrow’s Green Sauce
- 2 tablespoons chopped fresh cilantro

Cut the chicken breasts into bite-sized cubes and sprinkle with the Southwest Seasoning Mix. Using your hands, combine the chicken and seasoning mix thoroughly. Heat a large skillet or wok, add the oil, and stir fry the chicken until barely done, about 3 minutes.

Add the onion, stirring for 1 minute. Add milk, sour cream, and cream cheese. Cook over medium heat until heated through. Add the basil, beans, cumin, and Green Sauce. Continue cooking over medium heat until hot, but not boiling. To thicken the chili before serving, make a small amount of blonde roux with a tablespoon of
flour and a little butter. Reheat if necessary and serve in shallow bowls, garnished with chopped cilantro.
Spinach Soup

Source: Ronzoni
Serves: 6–8

Ingredients:

- \( \frac{1}{4} \) cup chopped onion
- 1 clove of garlic, minced
- 5 – 6 cups chicken broth
- \( \frac{1}{2} \) cup Ronzoni Acini Pepe (tiny pasta)
- \( \frac{1}{4} \) teaspoon ground nutmeg (optional)
- 1 10-ounce package of frozen chopped spinach
- grated Parmesan cheese
- 1 tablespoon butter

Melt butter in saucepan. Sauté onion and garlic until tender but not brown. Add broth and bring to a boil. Add pasta, nutmeg, and pepper; simmer for about 5 minutes. Add chopped spinach and simmer for 5 minutes. Season to taste with salt and additional pepper. Sprinkle with Parmesan if desired.
Tomato Soup with Vermicelli

Source: Mediterranean Light [71]
Serves: 3 or 4

Ingredients:

- 1 28-ounce can tomatoes
- 1 tablespoon olive oil
- 1 onion, minced
- 4 or more cloves of garlic, minced
- salt and pepper to taste
- \( \frac{1}{2} \) teaspoon dried marjoram
- \( \frac{1}{2} \) cup vermicelli or other tiny pasta

Drain the tomatoes, reserving the liquid. Return liquid to the can and add enough water to fill it. Purée the tomatoes in a food mill or food processor and put through a sieve.

Heat oil in a heavy bottom pot and sauté the onion with 2 cloves of garlic until onion is soft. Add the tomato purée and cook 10 minutes, stirring. Add remaining garlic and the liquid reserved in the tomato can. Add salt, pepper, and marjoram. Bring to a simmer and add vermicelli. Cook until pasta is \textit{al dente}. Correct seasonings, let cool a bit, and serve.
TORTILLA SOUP

Tortilla Soup

Source: Chris Beck
Serves: 4-6

Chris—with help from Katherine and Jimikaye—gave this to me for Christmas in 1995. We first fixed it in late February when Mom visited from Florida. It was a big hit and is both easy to make and delicious leftover.

Ingredients:

- 1 tablespoon vegetable oil
- 12 6-inch corn tortillas
- 1 cup diced white onion
- 1½ tablespoon minced, seeded, jalapeño pepper
- 1 tablespoon minced garlic
- 1 tablespoon tomato paste
- 3 14.5 ounce cans whole tomatoes, undrained
- 1 tablespoon ground cumin
- 8 cups chicken broth
- 4 chicken breasts, cooked, deboned, and shredded
- 1 avocado, diced
- ½ cup grated cheddar cheese

Cut 4 of the tortillas into 1-inch squares. Heat oil in a large soup pot or Dutch oven, add tortilla pieces, and cook over medium heat until crisp, about 2 minutes. Add the onion, jalapeño, and garlic and cook for 3 minutes. Add the tomato paste and the tomatoes, bring to a boil, reduce heat, and simmer for 10 minutes. Stir in cumin and broth, return to a boil. Reduce heat and simmer for 40 minutes or until reduced to about 8 cups. Puree half of the soup mixture in a food processor and return to pot. Add the shredded chicken to the soup and allow the soup to heat thoroughly while you prepare the garnish.

Cut remaining 8 tortillas into ¼ inch strips and dust with seasoned salt. Arrange strips on a baking sheet and bake in a 400°F preheated oven until lightly crisp, about 7 minutes.

To serve, ladle soup into large bowls and garnish with cheese, tortilla strips, and avocado.
White Chili

Source: America’s Test Kitchens

Serves: 6

Ingredients:

- 3 pounds bone-in, skin-on chicken breast halves, trimmed of excess fat and skin
- salt and ground black pepper
- 1 tablespoon vegetable oil
- 3 medium jalapeños
- 3 poblano peppers, stemmed, seeded, and cut into large pieces
- 3 Anaheim peppers, stemmed, seeded, and cut into large pieces
- 2 cups onions, cut into large pieces
- 2 tablespoons minced garlic
- 1 tablespoon ground cumin
- 1 1/2 teaspoons ground coriander
- 2 14.5-ounce cans cannellini beans, drained and rinsed
- 3 cups low-sodium chicken broth
- 3 tablespoons fresh lime juice (from 2 to 3 limes)
- 1/4 cup fresh cilantro leaves, minced
- 4 green onions, white and light green parts sliced thin

Season chicken liberally with salt and pepper. Heat oil in large Dutch oven over medium-high heat until just smoking. Add chicken, skin side down, and cook without moving until skin is golden brown, about 4 minutes. Using tongs, turn chicken and lightly brown on other side, about 2 minutes. Transfer chicken to plate; remove and discard skin.

While chicken is browning, remove and discard ribs and seeds from 2 jalapeños; mince flesh. In food processor, process half of poblanos, Anaheims, and onions until consistency of chunky salsa, ten to twelve 1-second pulses, scraping down sides of workbowl halfway through. Transfer mixture to medium bowl. Repeat with remaining poblanos, Anaheims, and onions; combine with first batch (do not wash food processor blade or workbowl).

Pour off all but 1 tablespoon fat from Dutch oven (adding additional vegetable oil if necessary) and reduce heat to medium. Add minced jalapeños, chile-onion mixture, garlic, cumin, coriander, and 1/4 teaspoon salt. Cover and cook, stirring occasionally, until vegetables soften, about 10 minutes. Remove pot from heat.
Transfer 1 cup cooked vegetable mixture to now-empty food processor workbowl. Add 1 cup beans and 1 cup broth and process until smooth, about 20 seconds. Add vegetable-bean mixture, remaining 2 cups broth, and chicken breasts to Dutch oven and bring to boil over medium-high heat. Reduce heat to medium-low and simmer, covered, stirring occasionally, until chicken registers 160 degrees (175 degrees if using thighs) on instant-read thermometer, 15 to 20 minutes (40 minutes if using thighs).

Using tongs, transfer chicken to large plate. Stir in remaining beans and continue to simmer, uncovered, until beans are heated through and chili has thickened slightly, about 10 minutes.

Mince remaining jalapeño, reserving and mincing ribs and seeds (see note above), and set aside. When cool enough to handle, shred chicken into bite-sized pieces, discarding bones. Stir shredded chicken, lime juice, cilantro, scallions, and remaining minced jalapeño (with seeds if desired) into chili and return to simmer. Adjust seasonings with salt and pepper and serve.
Side Dishes

Black Bean Chili

Source: Emeril’s New New Orleans Cooking [47]

Makes: 3 cups

- 1 cup dried black beans, soaked overnight in hot water to cover
- 1 tablespoon olive oil
- $\frac{1}{3}$ cup chopped onion
- 1 tablespoon seeded and chopped fresh jalapeño pepper
- 6 cups chicken stock
- 1 tablespoon fresh lime juice
- 1 teaspoon Emeril’s Southwest Seasoning Mix (page 4)
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon salt
- freshly ground black pepper to taste
- $\frac{1}{4}$ cup chopped fresh cilantro

Drain and rinse the beans. Heat oil in large skillet over high heat. Add the onions, garlic, jalapeño peppers and beans; sauté for two minutes, stirring occasionally. Add the stock, lime juice, Southwest Seasoning, chili powder, and cumin. Bring to a boil, lower heat, and simmer for 50 to 60 minutes, or until the beans are tender.

Stir in the salt, pepper, and cilantro and simmer for about 5 more minutes. Remove from heat and serve immediately.

Time Saver: If you need to make this dish in a hurry, you can use 2-16 ounce cans of black beans instead of the dried variety. In this case you can cut the amount of stock to 1 or 2 cups and add the beans after you sauté the vegetables. Cooking time can
then be reduced to about 20 minutes, long enough to heat everything thoroughly and for the spices to infiltrate the beans. Whichever way you cook it, this stuff is good!
Pinto Beans

Source: Barbara Pool Fenzl [26]

Serves: 6

Ingredients:

- 5 cups (or more) water
- 1 pound dried pinto beans, cleaned
- 1 12 ounce bottle of dark beer
- 1 cup chopped onion
- 4 bacon slices, cut into \( \frac{1}{2} \) inch pieces
- 4 cloves of garlic, finely chopped
- 1 jalapeño chile, seeded, finely chopped
- 1 teaspoon chipotle chiles

Combine beans, beer, onion, bacon, garlic, jalapeño, and chipotle peppers in a large, heavy pot. Cover with water and simmer gently, uncovered, over medium-low heat until beans are tender and liquid is reduced enough to cover beans by about an inch. More water may be added if needed to keep the beans covered. Cooking time varies depending on how dry the beans are, but it usually takes about \( 2 \frac{1}{2} \) hours. Season to taste with salt and pepper and serve.

Variations: A couple of things come to mind. If you have some good quality andouille on hand, you can add some to the beans before cooking. Also, I’ve added the barbecued pork strips (see page 118) to this dish as well. Another thing is to use a hand blender to mash up part of the beans when they are almost ready to serve. This thickens them and gives them more of a refried beans texture. The original recipe calls for canned chipotle chiles which I have never been able to find. I use dried chipotle chili powder that I order from Penzey’s. It’s a little hot, but is very flavorful.
Shrimp Deviled Eggs

Source: James Villas [80]
Makes: a dozen

Ingredients:

- 6 extra large eggs
- 6 large shrimp
- 3 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice
- 1 teaspoon capers, drained and finely chopped
- 1 teaspoon finely chopped parsley
- Tabasco to taste
- 2 teaspoons chopped dill

Bring 1 inch water to rolling boil in medium saucepan over high heat. Place eggs in steamer basket. Transfer basket to saucepan. Cover, reduce heat to medium-low, and cook eggs for 13 minutes.

When eggs are almost finished cooking, combine 2 cups ice cubes and 2 cups cold water in medium bowl. Using tongs or spoon, transfer eggs to ice bath; let sit for 15 minutes. Peel before using.

Place shrimp in a small saucepan with enough water to cover, bring to a boil, remove from heat, and let stand 1 minute. Drain, add cold water to cover, and let stand 7 minutes.

Pell the shells from the eggs. Cut the eggs in half lengthwise, place the yolks in a mixing bowl, and reserve the whites. Shell, devein, and chop the shrimp finely, then add to the egg yolks. Add the mayonnaise, mustard, lemon juice, capers, parsley and Tabasco and mash the mixture with a fork until smooth. Fill the whites with equal amounts of the mixture, sprinkle dill over the tops, cover with plastic wrap, and chill until ready to serve.

Note on Instant Pot. I often cook the eggs in an IP. Put a cup of water into the pot and insert a steamer basket or trivet into the bottom of the stainless pot insert. Place the eggs in the basket, put the lit on, seal the machine, and set the program to pressure cook on low for 8 minutes. When finished, use a quick release and immediately place the eggs into an ice water bath for 10 to 15 minutes.
Boiled Cauliflower

Source: Marcella Hazan [36]
Makes: 1 head

Guess what? There is actually a technique associated with cooking cauliflower that makes it sweeter. At least that’s what Marcella Hazan claims (and we agree). Here’s how...

Ingredients:

- 1 head of cauliflower

Remove all of the leaves from a head of cauliflower and cut a cross at the root end. Bring 5 quarts of water to a boil (the secret is, the more water you use, the faster it cooks and the sweeter it tastes). Add the cauliflower and cook at a moderate boil, uncovered, until done (20 to 30 minutes). Drain immediately.

Now for what to do with it, also courtesy of Marcella Hazan.
**Cauliflower Gratinéed**

**Source:** Marcella Hazan [36]

**Serves:** 4 to 6

**Ingredients:**

- 1 head of boiled cauliflower (page 289)
- $\frac{1}{4}$ cup butter
- 2 teaspoon salt
- $\frac{2}{3}$ cup freshly grated Parmigiano-Reggiano cheese

Preheat the oven to 400°F. Prepare the boiled cauliflower as directed above (page 289). When it’s cooled a bit, separate the florets from one another, dividing into halves or thirds if they are particularly large. In a baking dish large enough to hold the florets in a single layer, smear the bottom with butter and arrange florets so that they overlap slightly. Sprinkle with salt and cheese and dot thickly with butter. Place on the uppermost rack in the preheated oven and bake for about 15 minutes, or until a light crust forms. Remove from oven and allow to rest a few minutes before serving.
Roasted Brussels Sprouts

Source: Ina Garten

Serves: 5 or 6

Ingredients:

- 1 1/2 pounds Brussels sprouts
- 3 tablespoons good olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Preheat oven to 400°F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt, and serve immediately.
Ethiopian Collard Greens

Source: *African* [33]

Serves: 4

This recipe is really good. We make it with whatever greens we have on hand, usually Swiss chard. It can easily be adapted to any kind of greens because the greens are steamed before adding them to the vegetables. Goodbye bacon fat!

Ingredients:

- 1 pound collard greens
- 4 tablespoons olive oil
- 2 small red onions, finely chopped
- 1 clove garlic, crushed
- 1/2 teaspoon grated ginger
- 2/3 cup vegetable stock
- 2 green chiles, seeded and sliced
- 1 red bell pepper, seeded and sliced
- salt and freshly ground pepper

Wash the greens, then strip the leaves from the stalks and steam the leaves over a pan of boiling water for about 5 minutes or until they are slightly wilted. Set aside on a plate to cool, then place in a sieve or colander and press out the excess water.

Slice the greens very thinly and set aside.

Heat oil in a saucepan and fry the onions until lightly browned. Add the garlic and ginger and stir-fry for a few minutes, being careful not to brown the garlic. Add the chiles and a little stock or water and cook for 2 minutes.

Add the greens, red pepper and the remaining stock or water. Season to taste with salt and pepper, mix well, then cover and cook over low heat for about 15 minutes or until the greens have reached the texture you prefer.

Note: To make them extra flavorful, cut up the leftover stalks and
Fried Okra

Source: *Southern Living* [75]

Serves: 4

**Ingredients:**

- 1 pound fresh okra
- 2 cups buttermilk
- 1 cup self-rising flour
- 1 cup self-rising corn meal
- 1 teaspoon salt
- \( \frac{1}{4} \) teaspoon ground red pepper
- vegetable oil
- \( \frac{1}{4} \) cup bacon drippings

Cut off and discard tip and stem ends from okra; cut okra into \( \frac{1}{2} \)-inch thick slices. Stir into buttermilk; cover and chill for 45 minutes. Combine cornmeal, flour, salt and pepper in a bowl. Remove okra from buttermilk with a slotted spoon, and discard buttermilk. Dredge okra, in batches, in the flour-cornmeal mixture.

Pour oil to depth of 2 inches into a heavy skillet or Dutch oven; add bacon drippings and heat to 375 °F. Fry okra, in batches, 4 minutes or until golden brown; drain on paper towels and serve.

*Note:* To make flour or corn meal ‘self-rising’ add \( 1 \frac{1}{2} \) teaspoons of baking powder and \( \frac{1}{2} \) teaspoon of salt per cup.
Smothered Okra and Tomatoes

Source: Emeril Lagasse [45]

Serves: 10

If you want, you can substitute 3 cups chopped canned tomatoes for the fresh tomatoes. I’ve successfully halved this and I’ve also used frozen okra. Getting good fresh okra in Stillwater is hit or miss. But, sometimes very high quality frozen okra is available. It comes in clear plastic bags so you can see just how freshly frozen it is (usually very fresh in season). The nice thing about this option is that the okra is already cleaned and cut.

Ingredients:

- 2 pounds okra
- 3 cups chopped onions
- 2 cups chopped celery
- 3 cups chopped, peeled, and seeded tomatoes
- 5 bay leaves
- $\frac{1}{3}$ cup vegetable oil
- 1 tablespoon plus 2 teaspoons salt
- $\frac{1}{2}$ teaspoon ground cayenne pepper
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 1 teaspoon dried thyme
- 2 tablespoons chopped garlic

Preheat the oven to 300 °F.

Wash the okra under cool water. Cut off the stems and slice each pod crosswise into $\frac{1}{2}$-inch rounds.

Combine the okra and the rest of the ingredients in a large heavy ovenproof pot, not cast iron. Mix well. Cover the pot with a lid. Bake, stirring occasionally, for 1-1/2 to 2 hours, or until the slime has disappeared. Bake, uncovered, for the last 15 minutes of the cooking time. The time will vary, depending on the tenderness of the okra. Remove the bay leaves.

Serve immediately.
Dynasty Corn Pudding

Source: Linda Evans (of the TV show Dynasty fame) Recipes for Life

Serves: 4

We ate a lot of corn pudding around Christmas or Thanksgiving. So, I wanted to revive that tradition at our house and started looking for a recipe I liked. I snagged this out of Parade magazine that comes in the Sunday paper. It’s a winner.

Ingredients:

- 1 stick unsalted butter, melted, plus a little to greasing the casserole dish
- 3 cups fresh corn kernels (from 4 to 5 ears)
- 2 eggs
- 1 cup sour cream
- 9-ounces Monterey Jack or pepper Jack cheese
- ½ cup cornmeal
- 1 4-ounce can whole green chiles, ½ teaspoon salt
- ½ cup grated Parmigiano-Reggiano cheese

Preheat oven to 350°F. Generously butter a 2-quart rectangular casserole dish.

In a blender or food processor. Purée 1 cup corn kernels with a stick of melted butter and the eggs.

Cut the Jack cheese into ¼ inch cubes. Drain the chiles, pat dry, and cut into ¼ inch pieces.

In a large bowl, combine the sour cream, cheese cubes, cornmeal, chopped chiles, and salt. Add puréed corn and mix well. Pour into casserole dish, sprinkle with Parmesan, and bake for 30 minutes, or until puffed and golden.

Note: Frozen corn works fine. Also, you can use cheddar cheese for all or part of the Jack, especially if you want a more pronounced cheesy flavor. I kick mine up a little when there won’t be company by adding diced jalapeño and or roasted poblano peppers. It is definitely a Southwestern kind of corn pudding.
Tasso Maque Choux

Source: *Emeril’s New New Orleans Cooking* [47]

Makes: 2 cups

Corn maque choux is a wonderful Cajun dish that usually takes 1 hour or more to make. Typically it is a sweet dish, made so in part by the use of sweet corn cooked until slightly caramelized. The traditional way is great, but takes patience. Emeril has turned this labor intensive process into a real quickie – essentially a stir-fry dish that you can make on the spur of the moment using frozen corn kernels. This is an Adkins family favorite.

Ingredients:

- 2 tablespoons olive oil
- 3 ounces (1/3 cup) diced tasso or spicy smoked ham
- 1 1/2 cups fresh corn, scrapped from the cob
- 1/3 cup chopped onions
- 1 tablespoon minced garlic
- 1 teaspoon salt
- freshly ground black pepper to taste
- 1 cup heavy cream
- 1/3 cup minced red bell pepper
- 1/3 cup chopped green onions

Heat the oil in a large skillet over high heat. When the oil is hot, add the tasso and sauté for about 30 seconds. Add the corn and cook, shaking and flipping the skillet several times, for about 1 minute.

Add the onions and sauté for 30 seconds. Add the garlic, salt, and pepper and cook for 1 minute. Stir in the cream, red peppers, and green onions and simmer until heated through, for about 2 minutes. Remove from heat and serve.
Corn and Tomatoes

Inspired by: Helen Corbitt [23]

Serves: 8

Ingredients:

- 2 strips of bacon
- \( \frac{1}{2} \) cup chopped onion
- 1 cup corn kernels
- 2 cups canned tomatoes

Dice and fry the bacon until crisp. Remove bacon and set aside while it drains. Cook tomatoes and onions in 2 tablespoons of the leftover bacon fat until the onions are soft. Add corn and cook slowly for about 30 minutes. Top with bacon and serve.
Green Beans with onion paste

Source: Madhur Jaffrey [40]

Serves: 4 to 6

I love these. Fun to make, great to eat. I reduce the amount of cooking oil by about half to 5 or 6 tablespoons. You really just need enough to be able to fry up the paste and to toast the seeds. Don’t reduce it too much though because the oiliness adds to its Indian charm.

Ingredients:

- 1 1/2 pounds fresh green beans
- 1 medium onion, peeled and coarsely chopped
- 3 cloves garlic, peeled and chopped
- fresh ginger (about an inch square), coarsely chopped
- 14 ounce can diced tomatoes, drained
- 1/2 teaspoon tumeric
- 10 tablespoons vegetable oil
- 2 teaspoons ground corriander
- 1 teaspoon ground cumin
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon black mustard seeds
- 1 serrano pepper, sliced in half, seeded
- 1 teaspoon salt (to taste)
- 2 teaspoons lemon juice

Wash the beans. Trim the ends and slice into rounds about 1/4 inch in length.

Put the onion, garlic, ginger, tomatoes, and tumeric in a blender and blend to a smooth paste.

Put 6 tablespoons of oil in an 8-inch skillet and heat it on medium. Add the mixture from the blender and fry for about 5 minutes, stirring constantly. Add the coriander and cumin and continue cooking another 5 minutes, adding small amounts of water if it starts to dry out. Otherwise, you’ll want to cook this until most of the water from the vegetables has evaporated.

In a 10 inch skillet, heat the remaining oil over medium heat. When very hot, add the cumin and black mustard seeds; after about 10 seconds add the peppers if you are using them (note: you can use crushed red peppers, whole dried peppers, ground
cayenne or whatever suits you—or you can leave them out). Stir once and toast the seeds for a few more seconds. Add the beans and the mixture from the first pan and fry for about 5 minutes. Turn the heat to low, add the salt and lemon and cook, covered, until the beans are tender, about 30 minutes. To finish them off you can serve with a sprinkle of chopped fresh cilantro.
Ardyth’s Green Bean Casserole

Source: Ardyth Buttram
Serves: 6-8

Ingredients:

- 3 cans whole green beans
- 1 can cream of mushroom soup
- 1 package Old English brand cheese
- 1 green pepper, finely chopped
- 1 small jar chopped pimento
- 16 buttered, crushed RITZ crackers
- Salt and Pepper to taste

Pour sauce of melted cheese and soup over mixed and seasoned green beans, peppers, and pimento. Top with crackers and bake for 45 minutes in a 350°degree oven.
Hostess Peas

Source: Helen Corbitt [23]

Serves: 6

Ingredients:

- 4 strips of bacon
- \( \frac{1}{4} \) cup minced onion
- 2 tablespoons butter
- 1 tablespoon water
- 3 cups cooked frozen peas
- \( \frac{1}{4} \) cup shredded lettuce
- \( \frac{1}{2} \) teaspoon salt
- (optional) 1 teaspoon chopped pimento

Dice bacon and sauté until crisp; remove. Sauté onion in bacon fat until soft, remove, and drain. Put the water and butter in a skillet, add the peas and lettuce, and cook until lettuce is wilted. Add bacon and onion and season. Add pimento before serving.
Creamed Spinach with Texas Tarragon

Source:  *Grady Spears [76]*

Serves:  5 or 6

**Ingredients:**

- $1 \frac{1}{2}$ tablespoons unsalted butter
- 1 cup diced yellow onion
- $\frac{1}{2}$ teaspoon minced garlic
- 2 tablespoons fresh Texas tarragon chopped, or 1 teaspoon dried tarragon
- $1 \frac{1}{4}$ cups heavy cream
- $\frac{2}{3}$ cup (about 2 ounces) grated Parmesan cheese
- 1 pound cleaned fresh spinach, stems removed and well drained
- 1 cup fine fresh or dried white bread crumbs
- Kosher salt to taste
- Freshly ground pepper to taste

In a large, heavy saucepan heat the butter over medium heat. Add the onion and sauté until they are transparent. Add the garlic and and sauté 4 minutes. Add the tarragon and sauté another minute. Add the heavy cream. Bring it to a simmer stir in the cheese. When the cheese has melted add the spinach, bread crumbs, salt and pepper. Stir to combine all of the ingredients. Cover the pan and let the spinach wilt for 4 minutes. Uncover the pan and cook the spinach an additional 6 minutes, stirring to blend the spinach and sauce. Serve at once.
Arwyth’s Spinach Soufflé

Source: Arwyth Buttram

Serves: 6

Ingredients:

- 1 package frozen chopped spinach (cooked and drained)
- 4 tablespoons margarine
- 1 can mushroom soup
- 1 small onion, chopped
- 1/4 pound grated cheddar cheese
- 20 crushed soda crackers
- Juice from 1 lemon

Preheat oven to 350°F. Mix ingredients and bake in a lightly buttered casserole for 25 minutes.
Spinach Madeleine

Source: *River Road*

Serves: 5 or 6

Ingredients:

- 2 packages frozen chopped spinach
- $\frac{3}{4}$ teaspoon celery salt
- 4 tablespoons butter
- $\frac{3}{4}$ teaspoon garlic salt
- 2 tablespoons flour
- Salt to taste
- 2 tablespoons chopped onion
- 6 ounces Kraft Velveeta
- $\frac{1}{2}$ cup evaporated milk
- 2 teaspoons finely chopped fresh jalapeño peppers
- $\frac{1}{2}$ cup vegetable liquor
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 teaspoon Worcestershire sauce
- red pepper to taste

Cook spinach according to directions on package. Drain and reserve liquor. Melt butter in saucepan over low heat.

Add flour, stirring until blended and smooth, but not brown. Add onion and cook until soft but not brown. Add liquid slowly, stirring constantly to avoid lumps.

Cook until smooth and thick; continue stirring. Add seasonings, peppers and cheese which has been cut into small pieces. Stir until melted. Combine with cooked spinach.

This may be served immediately or put into a casserole and topped with buttered bread crumbs. The flavor is improved if the latter is done and kept in refrigerator overnight. This may also be frozen.
Hash Brown Potatoes

Source: *Cook’s Illustrated* [50]

Serves: 4

Ingredients:

- 1 pound high-starch potatoes like russets or Idahos
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons grated onion
- 1 tablespoon butter
- fresh ground black pepper to taste

Grate the potatoes using the large hole side of a box grater. To release water from the grated potatoes, wrap them in a clean kitchen towel and, using two hands, twist the towel tightly.

Toss the fully dried grated potatoes with salt, grated onion, and a little black pepper in a medium bowl. Meanwhile, heat half of the butter in a 10-inch skillet over medium high heat until it just starts to brown. Scatter potatoes over the skillet and, using a wide flat-bottomed spatula, firmly press the potatoes to flatten. Reduce heat to medium and continue cooking until browned, about 7 or 8 minutes.

Invert hash browns, browned side up, onto a large platter. Melt the remaining butter in the skillet and slide hash browns back into the pan; continue cooking over medium heat until the other side is golden brown. Fold the potato round in half; cook about 1 minute longer. Cut into 4 wedges and serve.
Herb-Roasted Potatoes

Source: *Lee and Bunny*

Serves: 4

Ingredients:

- 2 pounds red potatoes
- 2 tablespoons olive oil
- 3 tablespoons chopped fresh herbs (e.g., rosemary, thyme, parsley—see note)
- 10 cloves peeled garlic
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- Coarsely ground kosher salt to taste

Preheat oven to 425°F. Cut the potatoes into $\frac{3}{4}$ inch chunks and place them in a large bowl. Add the olive oil, garlic, herbs, and salt. Mix thoroughly. Transfer the potatoes to a large cast-iron skillet and roast in the preheated oven for 45 minutes. Stir the potatoes several times during the roasting to keep them from sticking.

Reduce heat to 375°F, stir the potatoes slightly again to prevent sticking, and roast an additional 30 minutes. Pick out the garlic cloves before serving.

Note: If using parsley as an herb, increase quantity to 6 tablespoons and add after removing the garlic and before serving.
SPICY SWEET POTATO WEDGES

Spicy Sweet Potato Wedges

Source: [84]
Serves: 6

Ingredients:

- 4 large sweet potatoes or yams (about 2 1/2 pounds)
- 1/3 cup vegetable oil
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon ground cinnamon

Preheat oven to 450°F. Scrub potatoes, but do not peel. Cut the potatoes in half lengthwise and cut each half into 4 to 5 wedges, also lengthwise. Place potatoes in a large bowl, add oil and stir to coat.

Combine cumin, chili powder, salt, pepper, and cinnamon in a small bowl. Sprinkle spices all over the potatoes.

Place potatoes flesh side down on two baking sheets. Bake for 20-22 minutes, turning once midway through cooking to the other flesh side. Potatoes should be nicely browned on the outside and tender on the inside. Onion trimmings to make the broth called for in the recipe.
Mashed Potatoes

Source: *Cook’s Illustrated* [82]

Makes: 4 cups

**Ingredients:**

- 2 pounds of Russet or Yukon Gold potatoes, peeled and cut into 2-inch chunks
- \(\frac{3}{4}\) teaspoon salt
- 6 tablespoons softened butter
- 1 cup milk or half-and-half
- \(\frac{1}{2}\) teaspoon white pepper

Put potatoes in a large Dutch oven; add cold water to cover and add \(\frac{1}{2}\) teaspoon salt. Bring to a boil and continue to cook over medium heat until potatoes are tender when pierced with a knife, 15 to 20 minutes.

Drain potatoes well and return pan to low heat. Rice the potatoes into the pan. Blend in butter then warm milk with whisk or wooden spoon. Season with remaining salt and pepper and serve immediately.

**Variations:**

**Roasted Garlic:** Mash up 6 cloves of roasted garlic and add to the riced potatoes.

**Poached Garlic:** Follow step 1 of master recipe. Meanwhile, simmer 6 to 8 peeled garlic cloves in a covered saucepan along with 2 tablespoons butter until tender, about 20 minutes. Beat in 1 tablespoon flour, cook for 2 minutes, and whisk in \(\frac{1}{2}\) cup cream and seasonings. Bring cream to a boil, cook for 1 minute, and purée. Follow step 2 of the master recipe, reducing butter to 4 tablespoons and milk to \(\frac{1}{2}\) cup. Add the purée before whisking in the warm milk [54].

**Olive Oil and Poached Garlic:** This version is less garlicky than the preceding one, and is a bit easier to do. Follow master recipe, adding 2 or 3 large cloves of garlic and 2 bay leaves along with the water in step 1. Remove bay leaves as potatoes are drained, and mash garlic with potatoes. Decrease butter to 2 tablespoon and stir in \(\frac{1}{4}\) cup virgin olive oil with butter. Stir in warm milk as in master recipe.
Roasted Chiles and Cilantro: Char 1 poblano chili over gas flame or in broiler until blackened on all sides. Wrap in a paper bag and let stand 10 minutes. Peel and seed chile and chop coarsely. Follow master recipe adding 1 or 2 large cloves of garlic along with the water is step 1. After whisking in the butter and half and half, stir in the chopped poblano, 3 or 4 tablespoons of chopped fresh cilantro, salt and pepper.

Roasting Garlic: To lightly roast the garlic called for in this recipe, preheat oven to 325°F. Cut the bulb in half, crosswise. Place the two halves on a sheet of aluminum foil and dribble 1 teaspoon olive oil on the exposed ends of each half. Sprinkle with a little salt and pepper and fold the edges of the foil together to form a bag. Roast until the garlic is tender, about 30 to 40 minutes. When done, the garlic cloves will pop out when you squeeze the bulb ends.
Twice-Baked Potatoes with a twist

Source: Lee

Serves: 4

You want roughly a 2-to-1 ratio of russet-to-sweet potato. However, feel free to increase the amount of sweet potato. I’ve used 1-to-1 with decent results, but I’m a russet kind-of-guy.

Ingredients:

- 2 tablespoons salt
- \(\frac{1}{2}\) cup water
- 1 medium to large sweet potato
- 2 medium to large russet potatoes
- 2 tablespoons unsalted butter or olive oil
- \(\frac{1}{2}\) cup sour cream or Greek yogurt
- \(\frac{1}{2}\) cup grated Parmesan cheese, divided
- \(\frac{1}{4}\) cup chopped fresh chives or a scallion, finely chopped
- a pinch of ground nutmeg
- Kosher salt to taste
- ground black pepper to taste

Preheat oven to 400°F. See note below.

Make a brine by dissolving 2 tablespoons salt in the water. Dunk the russets in the brine and place them on a foil lined sheet pan that will fit in your oven.

Prick the russets a few times with a toothpick so that steam can escape as they roast.

Place the potatoes on the center rack of the oven and bake the sweet potato for about 45 minutes and about an hour for russet potatoes. The sweet potato will be soft and have started to ooze when its done. The russets are done when they reach 205°F.

Remove done potatoes from the oven and allow them to cool for 10 minutes. Remove the skin from the sweet potato, and in a medium bowl mash it lightly with a fork, or put it through a ricer (that’s what I do).

Reduce the oven temp to 350°F for the second bake.
Once the russets are cool enough to handle, slice each in half lengthwise and scoop our most of the flesh into another bowl, mashing lightly with a fork or pushing through a ricer. Leave about 1/4 inch of potato in the skin to help the shells stay intact. Place the potato shells in a baking dish and set aside.

Combine the mashed sweet potato and russets in one of the bowls. Stir in 1/8 cup of the Parmesan cheese, the chives or scallions, and nutmeg; then season with the salt and pepper, to taste. Mix them gently so that they remain fluffy.

Mix in enough butter and sour cream or yogurt to obtain a mixture that maintains some fluffyness. Don’t let it get soupy or overmix. The goal is to keep the mixture somewhat fluffy (not soupy) adjust the butter and sour cream accordingly.

Refill the russet potato shells with the potato mixture, mounding it slightly. Sprinkle the remaining 1/4 cup of Parmesan cheese on top of the potato filling. Bake until heated through, and the cheese on top melts, about 25 minutes. Serve warm.

Optional: Sometimes I add other cheese to the stuffing in place of the Parmesan, Manchego being a favorite. I still top with Parmesan, though. I also have been known to season with Tony Chachere seasoning, which makes about anything that needs salt better. In general, with the sweet potato providing lots of flavor, less is more.

Note: You can also roast the potatoes at 450°F to speed things up. For the second bake, knock the heat down to 350°F.
Perfect White Rice

Source: Memories of a Cuban Kitchen

Makes: 3 cups

“Why,” you may ask, “do I need you to tell me how to cook rice? It comes with instructions on the package.” Well, it just so happens that the following method is so good that it earns its name, Perfect White Rice. It’s not even very hard to do.

Ingredients:

- 2 cups long-grain white rice
- 2 tablespoons olive oil
- 2 teaspoons salt
- 4 cups water

Combine all of the ingredients into a large, preferably nonstick, saucepan and bring to a boil over high heat. Cook uncovered until most of the water has been absorbed (or evaporated) and small craters form on top of the rice. This will take about 10 to 15 minutes.

Stir the rice with a fork, cover, and reduce the heat to low; cook until fluffy, 8 to 10 minutes. Fluff the rice with a fork and serve immediately.

Note: You can also do this with converted (par-boiled) rice. If so, increase the amount of water to 5 cups.
Savannah Red Rice

Source: Chef Paul Prudhomme’s Seasoned America [59]

Serves: 6

The basic idea for this came from Chef Paul’s Seasoned America. I’ve cut the recipe in half and added an Alex Patout touch at the end. This stuff is good and very spicy. It works well with Mexican or Tex-Mex food and, because of the sugar and caramelized onions, it can also be used as the basis for Chinese stir fried rice.

Seasoning Mix

- 1 tablespoon dark brown sugar  
- 1 teaspoon salt  
- 1 teaspoon paprika  
- 3/4 teaspoon white pepper  
- 3/4 teaspoon dry mustard  
- 1/2 teaspoon black pepper  
- 1/2 teaspoon onion powder  
- 1/2 teaspoon garlic powder  
- 1/4 teaspoon dried thyme  
- 1/4 teaspoon ground cumin

Rice

- 5 slices of bacon, diced  
- 1 bay leaf  
- 1 cup chopped onion  
- 3/4 cup chopped green bell pepper  
- 1/2 cup chopped celery  
- 1 1/2 cups uncooked converted rice  
- 1 cup peeled, seeded, chopped tomatoes  
- 1 teaspoon minced garlic  
- 2 1/2 cups chicken stock  
- 1/4 to 1/2 cup chopped flat leaf parsley  
- 1/4 to 1/2 cup chopped green onion

Combine the spice mixture in a small bowl and set aside.

Place bacon in a heavy pot or wok and cook over high heat until the bacon starts to brown, about 5 minutes. Add the bay leaf, onions, bell peppers, and celery; cover and cook, stirring occasionally, until the onions are golden brown, about 14 or 15
minutes. Stir in the rice and $2\frac{1}{2}$ tablespoons of the seasoning mix. Cover and cook for about 5 minutes, or until the rice is golden brown. Occasionally you’ll have to scrape up the crust that forms on the bottom of the pot while cooking. Now stir in the tomatoes, add the garlic, and stir in the rest of the seasoning. Cook for 2 minutes. Add the stock and scrape the bottom of the pot. Cover and bring to a boil. Reduce heat to a simmer, cover, and let cook for 25 minutes, occasionally scraping the bottom of the pot to loosen the mixture as it starts to stick. Remove from heat, stir in parsley and green onions, and let sit for 10 minutes before serving.
Spanokorizo

This is from Michael Psilakis.

Ingredients:

- 1 cup uncooked long-grain rice, well rinsed
- 1 tablespoon extra-virgin olive oil
- 2 shallots, finely chopped
- 6 whole green onions, finely sliced
- 5 cups baby spinach
- 1 tablespoon fresh lemon juice
- 3 tablespoons cold unsalted butter
- Kosher salt and ground black pepper

Cook the rice using whatever method you prefer. Here is what I do. After rinsing, soak the rice in $1\frac{1}{2}$ cups of water until it becomes chalky white. Add the rice and water to a pan and bring the water to a boil. Turn the heat down and simmer until the water is absorbed and the rice is tender. Or you can use Perfect White Rice (page 312).

While the rice is cooking, warm the olive oil over medium heat in a large skillet. Wilt the shallots and green onions for 2 or 3 minutes without browning. Add the spinach, turning it over with tongs to help it wilt evenly. Stir in 1 tablespoon of Kosher salt, a generous grinding of pepper, and the lemon juice.

When the rice is done, add it to the spinach mixture. Stir in the butter, and season with salt and pepper to taste.
Grits

Source: *Anson Mills* www.ansonmills.com

Serves: 4

**Ingredients:**

- 1 cup Coarse Grits (white or yellow)
- Spring or filtered water
- Fine sea salt
- 2 to 3 tablespoons unsalted butter
- \( \frac{1}{2} \) teaspoon freshly ground black pepper

Place the grits in the slow cooker and cover them with 3 cups water. Stir once. Allow the grits to settle a full minute, tilt the vessel, and skim off and discard the chaff and hulls with a fine tea strainer. Cover the slow cooker and turn the heat setting to high. Cook, stirring once or twice, until the grits are creamy and tender, but not mushy, throughout and hold their shape on a spoon, about two hours and ten or 15 minutes. (Cook times in slow cookers may vary slightly depending on the capacity of the individual cooker and its heat settings.) Season with 1 teaspoon salt and stir in the butter with vigorous strokes. Add more salt, if desired, and the black pepper.
Crawfish Grits

Source: Emeril Lagasse [46]
Serves: 8

I made this for the extended family (Buttram’s, Beck’s, and Adkins’) as a side dish Christmas of 1997. Whew, BIG hit!

Ingredients:

- 1 pound peeled crawfish tails
- 1 teaspoon salt
- 1/2 teaspoon cayenne
- 2 tablespoons olive oil
- 1 cup chopped yellow onions
- 1 tablespoon chopped garlic
- 3 cups half-and-half
- 2 cups hearty stock (preferably, duck)
- 1 1/2 cup quick-cooking white grits
- 1/2 cup freshly grated Parmigiano-Reggiano cheese

Toss the crawfish tails with salt and cayenne in a medium-sized bowl.

Heat olive oil in a 3-quart saucepan over medium heat. Add the onions and cook, stirring, until slightly soft, about 2 minutes. Add the crawfish and garlic and cook, stirring, for about 2 minutes. Add the stock and half-and-half and bring mixture to a low boil. Reduce heat to medium-low and simmer for 2 minutes. Add the grits and stir constantly until they are tender and creamy, about 10 minutes. Add the cheese and stir to mix and melt it. Serve warm.
Lee’s Cheese Grits

Source: Lee
Serves: 2

Ingredients:

- 2 cups chicken stock or water
- ½ cup grits
- 1 tablespoon butter
- dash Tabasco Sauce
- 1 ounce diced or shredded cheddar, Manchego, or other meltable cheese
- salt and pepper to taste

Combine the grits and the stock in a small saucepan. Add the butter, and Tabasco. Turn the heat up to high and wait for it to come to a boil, stirring occasionally as it heats up to break up any lumps that might form. Once it boils, reduce heat to medium-low, cover, and let them gently simmer until the grits soften, stirring occasionally to keep them from sticking or lumping. The precise time will depend on how finely your grits are ground. Stone ground ones can take up to 45 minutes, Quaker (not the quick cook ones) take about 15 minutes.

Taste the grits and adjust seasoning adding salt and pepper to taste. The amount of salt you add will depend on how salty your broth is (and will require a lot if you used water). Add milk or cream if the grits need additional liquid.

Add cheese and mix thoroughly. Reduce heat to low and continue cooking until mixture thickens and grits are done.

Serve hot with a couple of fried eggs on top of each serving.

Note: Instead of stock, I use water mixed with a teaspoon or two of “Better than Bullion Roasted Chicken Base.” Its saltiness varies in my opinion so be gentle and don’t hit the dish with extra salt without tasting it first.
Pipérade

Source: Gerald Hirigoyen [39]

Makes: 3 Cups

This is basically a stew made from sweet peppers, onions and tomatoes. It calls for *piment d’Espelette*, which is a ground chili from France. Don’t worry, you can use a mild ground pepper like ancho (from New Mexico).

Puréed, this is used to make the “Basque Ketchup” used in the recipe for Chicken Thighs (see page 194).

**Ingredients:**

- 1 3/4 cup olive oil
- 1 small onion
- 1 red bell pepper
- 1 yellow bell pepper
- 6 cloves of garlic
- 4 ripe tomatoes
- Kosher salt
- *piment d’Espelette*

Prep the vegetables: Peel the onion and slice it thinly, lengthwise. Core, seed and cut the bell peppers, lengthwise, into 1/4 inch wide strips. Peel the garlic and slice them thinly (or crush them for some extra heat). Core and cut the tomatoes into 3/4 inch cubes.

Heat a large sauté pan over medium-high heat until hot. Add the olive oil and warm it until it ripples. Add the onion, bell peppers, garlic, and tomatoes and cook, stirring occasionally, for about 10 minutes, or until the vegetables have softened and have begun to color. Remove from the heat and let cool.

Season to taste with salt and the *piment d’Espelette* before using, and then use immediately. It can be stored in a tightly covered container in the refrigerator for up to 5 days.
Cajun Boy’s Onion Rings

Source: Mark Daigle
Serves: as many as you make

OK folks. Another 3 ingredient gem from Guitars by Leo Discussion Page member, Mark Daigle. Mark is from South Louisiana where, in case you didn’t know, people really respect good fried food. To people who tell me they don’t like fried food, I say, “You haven’t had it done properly—go to Louisiana, order something fried from any restaurant that has been in business for more than a month, and then tell me you don’t like it.”

Ingredients:

- Onions, thinly sliced—as many as you want
- Crystal brand Louisiana hot sauce
- All-purpose flour
- Vegetable oil or peanut oil for frying

In a deep fryer, heat the oil to 350/deg F. While the oil is heating, soak the onions in the hot sauce. When the oil is hot, dredge the onion rings through the flour and fry them until golden. Then, to quote Mark, “Mmmmmmmmmmm.”
Fried Zucchini

Source: Marcella Hazan [37]

Serves: 4 to 6

Ingredients:

- 1 pound fresh zucchini
- \( \frac{2}{3} \) cup flour
- vegetable oil
- salt

Soak and clean the zucchini, trim away the ends, and cut it lengthwise into slices about \( \frac{1}{8} \) inch thick.

Put 1 cup water in a soup plate and gradually add the flour, shaking it through a strainer and, with a fork, constantly beating the mixture that forms. When all flour has been mixed with water, the batter should have the consistency of sour cream.

Pour enough oil into a skillet to come \( \frac{3}{4} \) inch up its sides, and turn on heat to high. When oil is hot drop a few slices into the batter. Slip a fork under the zucchini, one slice at a time, and slide it into the hot oil. Repeat until the pan is loosely filled.

Cook until a fine golden crust forms on one side and turn. Once the other side is golden, remove and drain. Sprinkle with salt and serve.
Zucchini Pancakes

Source: Emeril Lagasse

Serves: 4 to 6

Ingredients:

- 1 pound small zucchini, coarsely grated
- 1 tablespoon chopped fresh parsley
- 2 teaspoon chopped lemon zest
- 1/2 teaspoon chopped garlic
- 2 eggs
- 1/2 cup flour
- about 1/2 cup olive oil
- lemon wedges for garnish
- 1 recipe of roasted red pepper sauce, optional (see page 14)

In a medium bowl, combine grated zucchini, parsley, lemon zest and garlic. Season with salt and pepper to taste. Stir in eggs and flour. In a skillet, heat 1/4 inch olive oil until it ripples. Spoon batter by tablespoons into skillet and flatten each mound into a 3-inch pancake. Cook pancakes about 1 minute on each side. Remove with a slotted spoon and keep heated in a 250°F oven while the remaining pancakes are made.

To serve, spread about 1/4 cup of roasted red pepper sauce onto a plate and place pancake onto center. Garnish with lemon wedges and serve.
Chicken and Shrimp Jambalaya

Source: Lee
Serves: 8

Ingredients:

- 2 tablespoons olive oil
- 3 ounces chopped tasso or other smoked ham
- 1\(\frac{1}{2}\) cup chopped andouille or other lean smoked sausage
- 12 ounces boneless, skinless chicken breast, cut into 1-inch pieces
- 1 tablespoon Emeril’s Creole Seasoning Mix (page 3)
- 2 small bay leaves
- 1\(\frac{1}{2}\) cups chopped onion
- 1 cup chopped celery
- 3\(\frac{3}{4}\) cup chopped green bell pepper
- 2 teaspoons minced garlic
- 1 pound of peeled chopped tomatoes or 1 14-ounce can Hunt’s Choice Cut diced tomatoes, drained
- 2 cups uncooked long-grained rice (I like jasmine)
- 2 cups shrimp broth
- 3\(\frac{1}{4}\) pound of raw peeled shrimp
- 1\(\frac{1}{2}\) cup chopped green onions
- 1 cup chopped fresh parsley

Mix 1 teaspoon of the seasoning mix with the chicken, coating thoroughly.

Mix the onion, green pepper, celery, and garlic in a medium bowl along with 1 teaspoon of the seasoning mix and the bay leaves.

Rinse the rice several times in cold water until the water is almost clear. Drain the rice and set aside.

Preheat oven to 350ºF.

In a heavy oven-proof Dutch oven heat 1 tablespoon of the olive oil over medium high heat. Add the chicken and brown lightly, about 4 minutes. Remove the chicken from the pot with a slotted spoon and set aside in a small bowl.

While the Dutch oven is still hot, add 1 tablespoon of olive oil, the tasso, and andouille; sauté until crisp (about 5 minutes), scraping the bottom of the pot fairly often to loosen bits that become stuck.
In a small saucepan, heat the stock to a simmer.

Reduce heat to medium and add the vegetable mixture and continue to cook, scraping the bottom of the pot frequently, until the vegetables are tender, about 6 minutes. Add the remaining teaspoon of seasoning mix and continue to cook for 7 minutes. Add the rice and stir until the rice is coated, about 2 minutes. Stir in the hot stock and add the shrimp and tomatoes; stir and remove from heat.

Cover the pot and bake at 350°F oven for 30 minutes or until the rice is tender, but still a bit crunchy. Remove from the oven, stir in the parsley and green onions, and serve. Top with Creole Sauce (page 13) and serve with Puerto Rican bread (page 336) and cold beer.
Chicken and Sausage Jambalaya

Source: Lee
Serves: 8

Ingredients:

- 2 tablespoons olive oil
- 14 ounces lean smoked sausage, cut into \( \frac{3}{8} \) -inch thick rounds
- 12 ounces boneless, skinless chicken breast, cut into 1-inch pieces
- 1 tablespoon Emeril’s Creole Seasoning Mix (page 3)
- 2 small bay leaves
- 1 1/4 cups chopped onion
- 1 1/4 cups chopped celery
- 1 cup chopped green bell pepper
- 2 teaspoons minced garlic
- 1 14-ounce can Hunt’s Choice Cut diced tomatoes, drained
- 2 cups uncooked converted rice
- 4 cups low salt chicken broth
- 1/2 cup chopped green onions
- 1/2 cup chopped fresh parsley

Mix 1 1/2 teaspoons of the seasoning mix with the chicken, coating thoroughly. Mix the onion, green pepper, and celery in a medium bowl along with 1 tablespoon of the seasoning mix.

Preheat oven to 350°F.

In a heavy oven-proof Dutch oven heat 1 tablespoon of the olive oil over medium high heat. Add the chicken and brown lightly, about 4 minutes. Remove the chicken from the pot with a slotted spoon and set aside in a small bowl. While the Dutch oven is still hot, sauté the sausage until lightly browned, about 3 minutes, adding a bit more oil if it begins to stick excessively. Add another tablespoon of olive oil, half of the vegetable mixture with the bay leaves and continue to cook, scraping the bottom of the pot frequently, until the vegetables begin to brown, about 8 minutes. Add the other half of the vegetables, the garlic, the tomatoes and the remaining seasoning mix. Continue to cook, stirring frequently for 4 or 5 minutes or until the most recently added vegetables begin to soften. Remove the pot from the heat.

Stir in the broth, the converted rice, and the browned chicken. Bake uncovered in a 350°F oven for 1 hour, or until the rice is fully cooked and the top is a bit crunchy.
Remove from the oven, stir, and let rest for about 5 minutes. Stir in the parsley and green onions, and serve. Top servings with Creole Sauce (page 13) and serve with Puerto Rican bread (page 336) and cold beer.
Smoked Chicken and Sausage Jambalaya

Why another jambalaya recipe? Well, it’s my cookbook and I wanted one! Actually, this is the version that I make for Mark Perry’s annual Turkey Fry. It seems to be a big hit so I decided I had better write down how I do it. For the party, I multiply everything by 4!

Source: Lee

Serves: 8

Ingredients:

- 2 tablespoons olive oil
- 14 ounces lean smoked sausage, cut into \( \frac{3}{8} \)-inch thick rounds
- 1 smoked chicken, deboned and shredded into bite-sized pieces
- 1 tablespoon Emeril’s Creole Seasoning Mix (page 3)
- 1 smoked chicken, deboned and shredded into bite-sized pieces
- 1 cup chopped green bell pepper
- 2 teaspoon minced garlic
- 1 14-ounce can Hunt’s Choice Cut diced tomatoes, drained
- 2 cups uncooked converted rice
- 4 cups chicken stock (see page 272), heated
- \( \frac{1}{2} \) cup chopped green onions
- \( \frac{1}{2} \) cup chopped fresh parsley

Mix the onion, green pepper, and celery in a medium bowl along with 1 tablespoon of the seasoning mix.

Preheat oven to 350°F.

In a heavy oven-proof Dutch oven heat 1 tablespoon of the olive oil over medium high heat. Add the sausage and brown lightly, about 6 minutes. Add half of the vegetable mixture with the bay leaves and continue to cook, scraping the bottom of the pot frequently, until the vegetables begin to brown, about 8 minutes. Add the other half of the vegetables, the garlic, the tomatoes and the remaining seasoning mix. Continue to cook, stirring frequently for 4 or 5 minutes or until the most recently added vegetables begin to soften. Remove the pot from the heat.
Stir in the broth, the converted rice, and the smoked chicken. Bake uncovered in a 350°F oven for 1 hour, or until the rice is fully cooked and the top is a bit crunchy. Remove from the oven, stir, and let rest for about 5 minutes. Stir in the parsley and green onions, reseason to taste with salt and freshly ground black pepper, and serve with your favorite Louisiana hot sauce added to taste.

Note: One surefire way to ruin this is to use the wrong kind of sausage. I don’t recommend using sausage that is either cheap or hot. It’s best with a lean, mildly smoked sausage (you can throw a few links on when smoking the chickens).
Couscous Jambalaya

Source: *Emeril’s New New Orleans Cooking* [47]

Makes: 5 cups

One of the things I love about this recipe and the others from *Emeril’s NNO Cooking* is that once you get all the stuff chopped and measured, they go together very quickly. I call it restaurant style because it usually requires high heat and lots of pan flipping . . . really impressive if anyone happens to be watching!

Also, be careful with the garlic, you’ll ruin this dish if you use too much. Emeril’s version calls for 2 tablespoons, which is quite a load – feel free to use whatever quantity your family can tolerate.

**Ingredients:**

- $\frac{3}{4}$ pound raw shrimp, peeled and chopped
- 1 small chicken breast, boned, skinned, and chopped
- 1 tablespoon Emeril’s Creole Seasoning Mix (page 5)
- $\frac{1}{4}$ cup olive oil
- 4 ounces chopped andouille sausage
- $\frac{1}{4}$ cup chopped onions
- $\frac{1}{4}$ cup chopped green bell peppers
- $\frac{1}{4}$ cup chopped celery
- 1 tablespoon minced garlic
- $\frac{1}{2}$ cup peeled, seeded, and chopped Italian plum tomatoes
- 2 bay leaves
- 1 teaspoon Worcestershire sauce
- 1 teaspoon hot pepper sauce
- 1 cup chicken stock
- 1 teaspoon salt
- freshly ground black pepper to taste
- 1 1/2 cups couscous

In a bowl, combine the shrimp, chicken, and seasoning mix, using your hands to blend thoroughly. Heat 2 tablespoons of the olive oil in a large nonreactive skillet over high heat. Add the seasoned shrimp and chicken and stir-fry for 1 minute. Add the andouille, onions, bell peppers, celery, and garlic and stir-fry for 1 minute. Stir in tomatoes, bay leaves, Worcestershire, hot sauce, stock, salt, and pepper and bring to a boil. Cook for 10 minutes, stir in couscous and turn off heat. Cover the
skillet and allow to sit for 5 minutes. Remove cover and stir in the remaining olive oil. Serve immediately.
Breads

Buttermilk Cornbread

Source: Mary Gubser [35]
Serves: 9

One Saturday I made both the Northern (page 333) and Buttermilk cornbread recipes to see if I could “scientifically” determine which is better. Kathy, Jason, and I were the tasters. I made the breads in identical pans (9 inch round, dark metal cake pans) and used stone-ground white cornmeal. The northern bread was lighter, taller, prettier, and milder in flavor. The buttermilk bread heavier, sweeter, and flatter. Both were a bit on the eggy side and the texture of the buttermilk bread was coarser. Which one tasted the best? Split decision: Bunny liked the buttermilk bread, I liked the northern one, Jason, hedged (though I think he probably agreed with Bunny and hated to admit it.) At any rate, the breads are different and both are very good. Enjoy!

Ingredients:

- \(\frac{3}{4}\) cup yellow or white stone-ground cornmeal
- \(\frac{3}{4}\) cup all-purpose flour
- 2 teaspoons baking powder
- \(\frac{1}{2}\) teaspoon baking soda
- 3 tablespoons sugar
- \(\frac{3}{4}\) teaspoon salt
- 2 large eggs
- 1\(\frac{1}{2}\) cup buttermilk
- \(\frac{1}{4}\) cup unsalted butter, melted, plus a little extra to grease the pan
Adjust oven rack to center position and preheat the oven to 425°. Grease a 8 inch square metal pan. (I have successfully used a 9 inch round one, as well). Stir cornmeal, flour, baking powder, baking soda, sugar, and salt in a large bowl. Push the ingredients up the side to make a well. Crack the eggs into the well and stir them lightly with a wooden spoon. Add the buttermilk. Lightly mix the wet and dry ingredients. Add the melted butter and stir until the ingredients are just combined. Pour the batter into the greased pan and bake until the top is lightly browned and the edges have begun to pull away from the sides of the pan (about 25 to 30 minutes). Remove the pan from the oven and allow to cool for 5 or 10 minutes on a wire rack.
Northern Cornbread

Source: Judy Monroe [53]

Serves: 9

Northern cornbread is sweeter, lighter, and taller than Southern (see page 331) style breads. This is achieved by using a combination of cornmeal and flour and by using buttermilk and whole milk. The result is wonderful and this recipe makes a great looking cornbread.

Ingredients:

- 1 cup yellow or white stone-ground cornmeal
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 4 teaspoons sugar
- ½ teaspoon salt
- 2 large eggs
- ⅔ cup buttermilk
- ⅔ cup milk
- 2 tablespoons unsalted butter, melted, plus a little extra to grease the pan

Adjust oven rack to center position and preheat the oven to 425°. Grease a 9 inch square metal pan. (I have successfully used a 9 inch round one, as well). Stir cornmeal, flour, baking powder, baking soda, sugar, and salt in a large bowl. Push the ingredients up the side to make a well. Crack the eggs into the well and stir them lightly with a wooden spoon. Add the milk and buttermilk. Lightly mix the wet and dry ingredients. Add the melted butter and stir until the ingredients are just combined. Pour the batter into the greased pan and bake until the top is lightly browned and the edges have begun to pull away from the sides of the pan (about 25 minutes). Remove the pan from the oven and allow to cool for 5 or 10 minutes on a wire rack.
Buttermilk Pancakes

Source: *Cook’s Illustrated* [5]

Makes: 6 to 8 6-inch pancakes

There is nothing better than good pancakes. The ideal pancake is light and fluffy. A bad pancake is tough, over-browned, bitter from using too much baking powder, or the top sticks to the bottom when you cut it with a fork. With all the things that can go wrong, it’s a wonder that you can ever get it right. Well, Pam Anderson’s recipe from *Cook’s Illustrated* makes the pancake virtually foolproof.

**Ingredients:**

- 1 cup all-purpose flour
- 2 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¾ cup buttermilk
- ¼ cup milk
- 1 large egg, separated
- 2 tablespoons unsalted butter, melted

Mix the dry ingredients in a medium bowl.

Pour milk and buttermilk into a 2-cup measure. Whisk in the egg white.

Mix yolk with melted butter; then add to the buttermilk mixture. Dump in the wet and dry ingredients all at once and whisk until just mixed. You may want to add a little more milk at this point if the batter appears to be too thick.

Preheat an electric skillet or griddle to 350°F. Pour ¼ cup of batter onto lightly greased griddle and cook until brown on bottom, flip, and brown the other side.
Buttermilk Waffles

Source: Joy of Cooking [65]

Makes: 12 6-inch waffles

The authors of The Joy of Cooking give you 3 options for preparing these simple waffles. Use 4 tablespoons butter for a reduced fat version, 8 tablespoons for a light and fluffy waffle, and a whopping 16 tablespoons (yes, that says 2 sticks of butter!) for the sinful version. I usually use the 8 tablespoons version and they are marvelous.

Ingredients:

- 1 3/4 cup all-purpose flour
- 1 tablespoon baking powder
- 1/4 teaspoon baking soda
- 1 tablespoon sugar
- 1 1/2 teaspoon salt
- 3 large eggs
- 4 to 16 tablespoons unsalted butter, melted
- 1 1/2 cup buttermilk

Mix the dry ingredients in a medium bowl.

Pour buttermilk into a 2-cup measure. Whisk in the egg whites.

Mix the egg yolks with melted butter; then add to the buttermilk mixture. Dump in the wet and dry ingredients all at once and whisk until just mixed. You may want to add a little more buttermilk at this point if the batter appears to be too thick.

Preheat the waffle iron and cook according to the manufacturer’s instructions. Serve with more butter and waffle syrup, then head to the gym.
Puerto Rican Bread

Source: *America’s Bread Book* [34]

Makes: 2 French style loaves

This bread is easy, fast, and amazingly good. The shortening gives it a smooth texture. Sometimes I’ll mix butter and shortening to make the $\frac{1}{4}$ cup of required fats. Either way, speed makes this a good bread a *great* product.

Ingredients:

- 3 cups warm water (105°– 110°F)
- 2 packages of active dry yeast
- 2 tablespoons sugar
- 2 teaspoons salt
- $\frac{1}{4}$ cup melted vegetable shortening or lard
- $7\frac{1}{2}$ cups unbleached all-purpose flour, approximately

In a large mixing bowl combine the water and yeast, stirring until dissolved. Blend in the sugar, salt, and lard. Beat in 3 cups of flour to make a smooth batter. Gradually add sufficient flour to make a workable dough. Blend well, turn out on a floured surface, and knead just enough to pull the dough together. Form into 2 baguette loaves and place on a baking sheet brushed with melted shortening. Cover and let rise for 20 minutes.

Preheat oven to 400°F. Bake loaves 25–30 minutes, or until golden brown and crunchy.
Cuban Bread

Source: America’s Bread Book [34]

Makes: 2 French style loaves

Like the Puerto Rican Bread, this is also easy, fast, and amazingly good. It’s kneaded a lot longer and tends to be a little more like traditional French bread. This is a good bread for the Cuban Sandwiches (page 126).

Ingredients:

- $2 \frac{2}{3}$ cups warm water ($105° – 110°F$)
- 2 packages of active dry yeast
- 1 tablespoon sugar
- 1 tablespoon salt
- 3 cups bread flour
- 3 cups unbleached all-purpose flour

In a large mixing bowl combine the water and yeast, stirring until dissolved. Blend in the sugar and salt. Add the bread flour, beating until batter is smooth. Gradually add the all-purpose flour to form a soft, workable dough that pulls away from the side of the bowl. Turn dough out onto a floured surface and knead for 10–15 minutes. Round into a ball and place the dough into a warm buttered bowl, turning to coat the top. Cover loosely with plastic wrap and a towel and let rise until doubled.

Punch down the dough, turn out on floured surface, and divide in half. Knead each half, cover and let rest for 10 minutes. Form into baguette loaves and place on a heavy baking sheet sprinkled with cornmeal. Slash the tops with a razor (as in French bread) and let rest for 5 minutes. Brush with melted butter. Place in a cold oven. Turn the temperature to 400°F and bake for 40–45 minutes, or until golden brown and has a good crust.
Hamburger Buns

Source: *America’s Bread Book* [34]

Makes: 8–12 hamburger buns

Ingredients:

- 4 tablespoons butter
- 1 cup milk
- 1 teaspoon salt
- 2 tablespoons honey
- 2 packages active dry yeast
- ½ cup warm water (105°–110°F)
- 1 cup whole wheat flour
- 2½ cups all-purpose flour, approximately

Melt the butter over low heat in a small saucepan. Add the milk, salt, and honey and heat mixture to 100°–110°F. Remove from burner. Combine yeast and water in a mixing bowl, stirring until dissolved. Add the milk mixture. Stir in the whole wheat flour and 1 cup of white flour and beat until batter is smooth.

Gradually add enough white flour to make a soft, workable dough. Turn out on a lightly floured surface and knead until smooth and elastic, about 5 minutes. Round into a ball and place the dough in a warm buttered bowl, turning to coat the top. Cover loosely with plastic wrap and a towel. Place the bowl in a pan of warm water, about 98°F, and let proof 15 minutes.

Butter 2 large baking sheets. Punch down the dough and divide into 12–16 portions. Cup each in your hand and rotate quickly to make a smooth bun. Place on baking sheets 1 inch apart and flatten each bun slightly. Cover and let rise 15 minutes.

Preheat oven to 375°F. Bake the buns 15–20 minutes, or until golden brown.
Dill and Onion Bread

Source: Jeff Smith [73]

Makes: 2 French style loaves

Ingredients:

- 2 packages quick rise yeast
- $\frac{1}{2}$ cup warm water ($105^\circ$F)
- 4 tablespoons sugar
- 2 cups cottage cheese (small curd)
- 2 tablespoons dried minced onion

- 2 tablespoons dried dill
- $\frac{1}{2}$ teaspoon baking soda
- 2 teaspoons salt
- 2 eggs
- $4\frac{1}{2}$ to 5 cups all-purpose, unbleached flour

Dissolve yeast in warm water. Combine yeast mixture and all other ingredients except flour and mix well with the K beater. Add 2 cups flour, blend well. Change to dough hook and add 2 cups flour. Add rest of flour until dough is right consistency, about 10 minutes.

Let rise until double in size, about 1 hour. Punch down and let rise again. Knead and shape and let rise (double in size). Paint top of loaves with diluted egg yolk. Bake at $350^\circ$F for 45 to 50 minutes.
Bread Machine Dinner Rolls

Source: The manual that came with our Oster Bread Machine

Makes: 12 rolls or 8 hamburger buns

OK. This is probably not going to work for everyone unless your sister happens to be March. If so, she gave you an Oster bread machine for Christmas and you are set. At any rate, I use this recipe to make hamburger buns. Start to finish in less than 3 hours. They are a bit sweet, but you can use less sugar if you want.

Ingredients:

- 1 cup water
- 2 tablespoons soft butter
- 1 egg
- 3 1/4 cups bread flour
- 1/4 cup sugar
- 1 teaspoon salt
- 3 teaspoon active dry yeast

Place all ingredients into bread pan in the order listed. Select SWEET DOUGH cycle. Grease a cookie sheet. Divide dough into desired number of pieces. Shape into a balls. If making buns, flatten them out a bit into desired sizes. Place about 2 inches apart on the cookie sheet. Cover and let rise for about 30 to 40 minutes or until doubled in size. Meanwhile, preheat oven to 375°F. After dough rises, bake 12 to 15 minutes or until golden brown.
Pizza Dough

Source: Jeff Smith [74]
Makes: 3 14-inch pies

Ingredients:

- 1 packages quick rise yeast
- 1/4 cup warm water (110°F)
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- 1 pound 4 ounces unbleached flour (about 3 1/4 cup)
- 1/4 cup cornmeal

Place the water in a bowl. Dissolve the yeast and salt in the water. Add the oil, 1 1/2 cups of the flour, and the cornmeal. Beat together for 5 or 10 minutes to form a sticky batter (sponge). Knead in the remaining flour until you have a smooth dough. Place on a clean counter and cover with a bowl. Allow it to rise, doubling in bulk (about 1 hour). Punch down and divide into 3 parts.

The dough is now ready to form into pies. For best results, try not to use a rolling pin, hand shaping if possible. Top with your favorite stuff. As for baking, preheat oven to 450°F and cook for 10 to 12 minutes. Use a pizza stone for best results.
Beverages

Tin Can Margaritas

Source: *Emeril’s New New Orleans Cooking* [47]

Ingredients:

- 1 can frozen limeade
- 1 limeade can filled with tequila (preferably Quervo Gold)
- $\frac{1}{2}$ limeade can filled with triple sec
- ice

Mix the limeade, tequila, and triple sec in the container of a blender. Mix. Pour half of the liquid out of the blender and into a large cup. Store this in the freezer for future consumption. Blend the remaining half with ice until smooth.
Desserts

Shortbread

If you are really good, Jason will make you some for your birthday!

Source: Jeanne Adkins

Serves: 8

If you don’t have one, you ought to get a ceramic shortbread pan. Mom gave us one and we love it.

Ingredients:

- $\frac{1}{2}$ cup butter at room temperature
- $\frac{1}{2}$ cup powdered sugar, unsifted
- $\frac{1}{4}$ teaspoon vanilla
- 1 cup all-purpose flour, unsifted

Cream the butter until light. Cream in the powdered sugar, then the vanilla. Now work in the flour. Knead the dough on an unfloured board until nice and smooth. Spray the shortbread pan very lightly with non-stick vegetable oil spray. Firmly press the dough into the shortbread pan. Prick the entire surface with a fork, and bake in a 325°F oven for about 30-35 minutes, or until lightly brown.

Let the shortbread cool in its pan for about 10 minutes before you loosen the edges with a knife. Then flip the pan over onto a wooden cutting board. Cut the shortbread into serving pieces while it is still warm.
Chocolate Mousse Cheesecake

Source:  *The Louisiana New Garde* [67]

Makes:  1 9-inch cheesecake

Crust

- 15 vanilla wafers
- 2 tablespoons sugar
- 1 tablespoon unsweetened powder
- 2 tablespoons unsalted butter, softened

Preheat oven to 350°F. Grind all of the ingredients in a food processor until fine. Oil a 10-inch cheesecake pan. Press crust onto the bottom of the pan.

Filling

- 6 ounces semisweet chocolate
- 4 tablespoons butter
- 20 ounces cream cheese at room temperature
- 2 eggs
- 3 egg yolks
- 1 cup sugar
- 1 teaspoon vanilla extract

Slowly melt the chocolate and butter over low heat in a double boiler, stirring until smooth. Mix the chocolate mixture with all of the remaining ingredients in a food processor until well blended. Pour over the crust and bake for 35 minutes or until set. Let cool completely.

Chocolate Mousse Topping

- 6 ounces semisweet chocolate
- 1 tablespoon rum
- 2 1/3 cups heavy cream
- 1/2 cup sugar

Slowly melt the chocolate with the rum and 1/3 cup of cream over low heat in a double boiler, stirring until smooth. Set aside to cool. In a deep bowl, whip the remaining
2 cups of cream until stiff. Fold in the sugar and the chocolate mixture. Cover and chill. Pipe the mousse onto the cheesecake with a pastry bag. Chill for 2 hours and serve.
Chocolate Pecan Pie

Source: Barbara Pool Fenzl [26]
Serves: 6

This is similar in spirit to the German Chocolate Pie recipe above, but just different enough to warrant placing in this fine collection.

Ingredients:

- 4 ounces bittersweet (or semi-sweet) chocolate, chopped
- 2 tablespoons unsalted butter
- 1 1/2 cups dark brown sugar
- 1/4 teaspoon salt
- 3 large eggs
- 3/4 cup light corn syrup
- 1 1/2 cups pecan pieces, lightly toasted
- 1 9-inch pie shell, unbaked

Preheat oven to 325°F.

Stir chocolate and butter in heavy small saucepan over low heat until melted. Cool slightly.

Whisk brown sugar, eggs and salt in a large bowl to blend. Whisk in the corn syrup and chocolate mixture. Sprinkle pecans over unbaked crust. Pour filling over pecans. Bake until crust is golden and filling is puffed, about 55 minutes.

Cool completely on rack before cutting and serving.
Chocolate Sheet Cake

Source: Laura Alexander

Makes: 1 sheet cake

Ingredients:

- 1 cup water
- 4 tablespoons cocoa
- 1/2 pound butter
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups sugar
- 2 cups sifted flour
- 1/2 cup sour cream or buttermilk
- 2 eggs, beaten
- 4 teaspoons vanilla

Preheat oven to 350 °F. In a large bowl combine sugar, flour, salt and sugar. Bring water, cocoa, and butter to a boil in a small saucepan and pour over dry ingredients. Fold in the sour cream (or buttermilk), eggs, and vanilla.

Bake in a greased jelly roll pan in preheated oven for 15 to 20 minutes or until done. Frost while warm with the chocolate frosting.

Chocolate Frosting

- 1 stick butter
- 4 tablespoons milk
- 4 tablespoons cocoa
- 1 pound of powdered sugar
- 1 teaspoon vanilla

Melt butter in a small saucepan; add milk and cocoa, mixing thoroughly. Stir in powdered sugar and vanilla, again mixing thoroughly.
Coconut Cream Cake

Source: Jeanne Adkins

Serves: 12

Ingredients:

- 1 package white cake mix (not pudding type)
- 1 3 1/2 ounce can flaked coconut
- 1 1/3 cups water
- 2 egg whites
- 1 12-ounce can cream of coconut
- 1 12-ounce package Cool Whip

Preheat oven to 350°F. Lightly grease a 13x9-inch cake pan, then dust lightly with all-purpose flour.

Combine cake mix, 1 cup of coconut, water and egg whites. Beat batter for 2 minutes at high speed with an electric mixer. Reduce speed and beat 1 minute. Pour batter into pan. Bake at 350°F for 25 minutes. Remove cake from oven and let it cool slightly, about 10 minutes.

Using a meat fork, poke holes into the cake and pour the cream of coconut over the warm cake. Let the cake cool completely and spread Cool Whip Topping over the cake. Sprinkle with remaining coconut. cover and chill for at least 4 hours before serving.
Dishpan Cookies

Source: Karena Britton
Makes: 7 dozen

They don’t call ’em “Dishpan” because they taste like they’re made from old murky dishwater . . . they call them that because you’ll need a tub to mix ’em in!

Ingredients:

• 2 cups sugar
• 2 cups brown sugar
• 2 cups vegetable oil
• 4 large eggs
• 2 teaspoons vanilla

• 4 cups all-purpose flour
• 2 teaspoons baking soda
• 2 teaspoons salt
• 1/2 cup oatmeal
• 4 cups corn flakes

Mix all of the ingredients together to form the dough. Using a soup spoon, place small amounts of the dough onto a lightly greased, heavy, flat baking sheet; space the dough blobs at least 1 inch apart. As always, try to make the cookies the same size and fill the baking sheet if possible. Bake each batch for about 14 minutes at 325°F.
Easy Rum Cake

Source: Jeanne Adkins
Serves: 12

Ingredients:

- 1 cup chopped pecans
- 1 18 \( \frac{1}{2} \) ounce yellow cake mix
- 1 small package Jello instant pudding
- 4 eggs
- \( \frac{1}{2} \) cup cold water
- \( \frac{1}{2} \) cup vegetable oil
- \( \frac{1}{2} \) cup dark rum

Grease and flour a 10-inch tube or bundt pan. Sprinkle the chopped nuts in the bottom of the pan. Mix cake batter using the remaining ingredients and pour over the nuts. Bake in a preheated 325°F oven for 1 hour or until the cake is done.

Glaze

- 1 stick unsalted butter
- \( \frac{1}{4} \) cup water
- 1 cup sugar
- \( \frac{1}{2} \) cup dark rum

To prepare the glaze, melt butter and stir in the sugar and water; boil mixture for 5 minutes. Add the rum. After cake is removed from oven and while it is still warm, pour on the glaze.
German Chocolate Cheesecake

Source: March Taylor

Makes: 1 9-inch cheesecake

Ingredients:

- 1 8 1/2 ounce package chocolate wafers
- 1/4 cup plus 2 tablespoons margarine, melted
- 1 1/4 cups sugar
- 3 tablespoons cake flour
- 1/4 salt
- 4 eggs
- 1 4-ounce package sweet baking chocolate, melted
- 1/4 cup evaporated milk
- 1 teaspoon vanilla extract
- Cheesecake Topping (recipe follows)

Combine wafer crumbs and butter. Press into the bottom of a 9-inch cheesecake pan. The mixture should extend about 1 3/4 inches up the sides of the pan. Beat cream cheese at medium speed of an electric mixer until light and fluffy. Add sugar, flour, and salt, mixing well. Add eggs one at a time. Add chocolate, milk, and vanilla. Spoon into pan and bake in a preheated oven at 325°F for 1 hour. Remove from oven, cool for 15 minutes, and loosen sides of the pan with a spatula. Cool another 30 minutes before removing sides of the pan.

Cheesecake Topping

This is the recipe for the optional German Cheesecake topping.

- 2 teaspoons cornstarch
- 1/4 cup margarine or butter, melted
- 1 1/4 cups sugar
- 2/3 cup evaporated milk
- 1 1/4 cups chopped pecans
- 1 3/4 cups flaked coconut
- 1 teaspoon vanilla extract

Combine cornstarch and sugar in a saucepan. Gradually add milk and butter. Cook over medium heat, stirring constantly, until mixture thickens and comes to a boil.
Boil 1 minute, stirring constantly. Remove from heat; stir in pecans, coconut, and vanilla. Cool.
German Chocolate Pie

Source: Jeanne Adkins

Serves: 8

This is Lee’s traditional birthday treat!

Ingredients:

- 4 ounces German chocolate
- $\frac{1}{4}$ cup butter
- $1\frac{2}{3}$ cups evaporated milk
- $1\frac{1}{2}$ cups sugar
- 3 tablespoons corn starch
- $\frac{1}{8}$ teaspoon salt
- 2 eggs
- 1 teaspoon vanilla
- 1 9-inch pie shell, unbaked
- $1\frac{1}{3}$ cup flaked coconut
- $\frac{1}{2}$ cup pecans

Preheat oven to 375°F.

Melt the butter and chocolate over low heat. Stir until blended and remove from heat. Gradually blend in the evaporated milk.

In a medium bowl, mix salt, corn starch, and sugar. Beat in the eggs and vanilla. Gradually blend in the chocolate mixture. Pour into pie shell.

Mix the coconut and pecans in a small bowl. Sprinkle over the filled pie shell. Bake at 375°F until puffed and brown, about 45 to 50 minutes. Let cool and serve.
Oatmeal Bars

Source: Barbara Beverage

Makes: a bunch

Ingredients:

- 2 cups scant boiling water
- 1 1/2 cups oatmeal
- 1 1/2 cups brown sugar
- 1 1/2 cups sugar
- 1 3/4 cups butter
- 1 1/2 teaspoons vanilla
- 3 eggs
- 2 1/4 cups flour
- 1 1/2 teaspoons baking soda
- 3/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg

Cook the oatmeal in the boiling water and set aside to cool. Cream the brown sugar, sugar, and butter. Add the vanilla. In a large mixing bowl mix the eggs, flour, soda, salt, cinnamon, and nutmeg. Add the cream mixture and the cooled oatmeal. Mix and pour into a lightly greased large jelly-roll pan.

Frosting

- 1 1/8 cup brown sugar
- 1 1/4 cups milk
- 1 3/4 cups butter
- 2 1/4 cups sifted powdered sugar

Mix the milk, butter and brown sugar in a small saucepan and bring to a boil. Remove from heat and set aside. Place the cooled mixture in a medium sized bowl and stir in the sifted powdered sugar.
Peanut Butter Pie

Source: Emeril’s New New Orleans Cooking [47]

Makes: 1 9-inch pie

As Emeril would say, “Oh yea, baby!”

Ingredients:

- 1 baked graham cracker crust (recipe follows)
- 8 ounces cream cheese, at room temperature
- \(\frac{3}{4}\) cup confectioners’ sugar
- \(\frac{1}{2}\) cup smooth peanut butter
- 2 tablespoons milk
- 2 tablespoons chopped roasted peanuts
- 4 cups heavy cream, whipped until thick
- \(\frac{1}{2}\) cup chopped salted peanuts
- \(\frac{1}{2}\) cup chocolate shavings and curls

Prepare graham cracker crust and allow it to cool completely.

Using an electric mixer, beat the cream cheese with the sugar until creamy. Add the peanut butter, milk and the peanuts and beat well.

Fold half the whipped cream into the peanut butter mixture and spoon this into the piecrust, smoothing out the top. Refrigerate for at least 1 hour until set.

To serve, spoon some of the remaining whipped cream over each wedge of pie, and top with 1 tablespoon of peanuts and 1 tablespoon chocolate curls.

Graham Cracker Crust

- 1\(\frac{1}{2}\) cups graham cracker crumbs
- 4 tablespoons (\(\frac{1}{2}\) stick) unsalted butter, melted
- \(\frac{1}{4}\) cup smooth peanut butter

Preheat oven to 350°F. In a bowl combine the ingredients thoroughly, and press mixture into a 9-inch pie pan. Bake until golden and crisp, for about 6 to 8 minutes. Remove from oven and allow to cool completely before filling.
Best-Ever Cookies

Source: Gourmet Our Way [7]

Makes: 5 dozen

This is a boldly named recipe from a collection published as a fundraiser for the Cascia Parent Faculty Association. Best ever? Not sure, but they are good.

Ingredients:

- 1 cup butter
- 1 cup sugar
- 1 cup brown sugar
- 1 cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla
- 3 1/2 cups flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1 cup Rice Crispies cereal
- 1 cup oats
- 1 cup coconut
- 1/2 cup pecans

Preheat oven to 350°F. In a large bowl cream butter and sugars. Add oil, eggs, and vanilla. Combine flour, salt, baking soda, and cream of tartar in a small bowl. Add to the butter and sugar mixture. Add cereal, oats, coconut, and pecans.

Make one-inch balls and flatten with a fork. Bake for 12 minutes. Remove and let cool.

That’s all folks!
Online Sources

Here is a partial list of places that I use.


**Baking** King Arthur Flour is terrific. So is their catalog and website at [http://www.kingarthurflour.com/](http://www.kingarthurflour.com/). This site offers everything you’ve ever thought you wanted (and more) for baking. This is also where I got my first Thermapen thermometer—an essential item in the kitchen.


**Sausage Making** I bought my stuffer at [www.lemproducts.com](http://www.lemproducts.com) and a bunch of other stuff at the [www.sausagemaker.com](http://www.sausagemaker.com).

**Cookbooks and General Stuff** Amazon.com ([http://www.amazon.com](http://www.amazon.com)) Cookware, gadgets, books, ingredients, you name it—they’ve probably got it. Decent prices and free shipping for most stuff. I also really like Metro Kitchen (Altanta, GA) [http://www.metrokitchen.com/](http://www.metrokitchen.com/) for cookware. I bought my fabulous Fissler pressure cooker there and was extremely pleased with the price paid and how quickly it arrived.
Grits A really good source is the Nora Mill Granary (http://www.noramill.com/). The prices are great when you buy in quantity. Another source is Anson Mills (http://www.ansonmills.com) from the great state of South Carolina. Use Anson’s slow cooker recipe for grits and you will be VERY happy.

Meat 1907 Meat Company (https://www.1907meat.co/) is a great place to buy locally sourced meat in Stillwater. Great breakfast and for lunch too.

Potato Chips http://www.zapps.com

Cool site http://boudinlink.com/ Boudin ratings!


My Cookbook Collection My Cookbooks

Dogs and Supplies The king, Ed Frawley, can be found at Leerburg.com. Every item I’ve bought from Leerburg has been first-rate. The training videos are excellent. For toys and food I recommend SitStay.com; they provide great service and ground shipping from Nebraska to Oklahoma is relatively cheap and very fast. My beloved GSD Isabella came from BrushCreekKennels.com. My beloved mutt, Palin, came from 19th street :)

Eat Your Books Fantastic resource if you collect cookbooks and can’t remember what is in them https://www.eatyourbooks.com/.
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