

# CREOLE RECIPES



Signature Dishes

# 36 Cajun And Creole Recipes For Dinner, Dessert, And More

Let the good times roll!

The Real Test of Being a Southerner



PHOTO:

VICTOR PROTASIO; FOOD STYLIST: CHELSEA ZIMMER; PROP STYLIST: CHRISTINA DAILEY

Louisiana is the proud home of the Cajun and Creole recipes Southerners love. Cajun cooking is legendary in the South, and for good reason. Spice up your dinner table with classic Cajun and Creole [recipes like gumbo](#), étouffée, jambalaya, and more. If you've never attempted one of these

zesty recipes at home, now is the time. Bring Louisiana to your table with these delicious recipes.

# What's The Difference Between Gumbo And Jambalaya?

It's all comes down to the role of rice.

## Key Takeaways

- Gumbo is a stew served with rice, while jambalaya is a rice dish with other ingredients mixed in.
- Creole and Cajun gumbo have different ingredients, but both begin with a roux and have other thickeners added.
- Jambalaya has Spanish, French, and West African influences, and is made with rice, protein, vegetables, and spices.

[Gumbo](#) and [jambalaya](#) are classic Louisiana dishes that have become popular across the country. Both dishes have multicultural [Creole and Cajun roots](#), so they are similar all the way up to the point they're quite different. The main difference between the two is the role of the rice, which is integral to both. Gumbo is served with rice that is cooked separately, but rice goes into the jambalaya pot.

People who grew up eating gumbo and jambalaya often retain lifetime loyalties to the way it was made in their family, community, or favorite restaurant. For those of us not raised on these dishes, we probably

remember the first spoonful that brought us up to speed, the bite that made us say "Ah, that's the stuff. Now I get it."

## Gumbo

Gumbo is a Louisiana stew (or soup if brothy!) that dates back to the early 18th century. Gumbo is the state dish of Louisiana, and there are a number of gumbo festivals held in the fall, like the World Championship Gumbo Cookoff. [The name gumbo](#) is derived from the West African word for okra, *kingombo*. In addition to its West African roots, its ingredients and flavors have French, Spanish, German, West African, and Native American influences. This dish, cooked low-and-slow, is known for feeding a crowd, but it can easily be scaled down for the family dinner table.

### Gumbo Is Served With Rice

Gumbo is always served with hot, long-grain, white rice, but the rice never goes into the cooking pot. Most recipes for gumbo contain vegetables and one or more meats, birds, and/or seafood simmered together in thickened stock, although there are meatless gumbos, such as some recipes for [Gumbo Z'Herbes](#), a traditional Lenten dish. Gumbo can be brothy or a little more like stew, depending on the techniques and preferences of the cook

### Roux Is The Foundation Of Gumbo

[Roux](#) is the heart and soul of most gumbos. Despite its French name and daunting reputation, roux is nothing more than flour and fat cooked together until they transform into a smooth paste that can thicken a recipe a little—or a lot. Some roux are cooked only until light golden blond. Others, through the combined powers of vigilance, patience, and nonstop

stirring over a bubbling, scalding pot, are taken all the way to deep, dark mahogany brown. Dark roux adds deeper flavor and color to gumbo, although the darker the roux, the less thickening power it delivers. Recognizing and achieving the appropriate shade of roux for a given gumbo recipe takes a knowing eye, so a cook's way with roux is a point of pride and a benchmark for their culinary prowess.

## **Other Traditional Thickeners: Okra And Filé**

Gumbo often includes at least one other thickener, like [okra](#), which is simmered until the bulk of the vegetable dissolves and thickens the stew. Culinary historians teach us that the word gumbo derives from a West African word for okra.

Others gumbo cooks [turn to filé](#), the dried and powdered leaves of the North American sassafras, for thickening and flavor. (The roots and bark of this same plant were the original base for root beer.) Knowledge of how to use filé in cooking is a contribution of the Choctaw Native Americans and perhaps other tribes.<sup>1</sup>

## **Cajun vs. Creole Gumbo**

Gumbo is both a Creole and a Cajun dish, and while there is a lot of overlap, there are few key differences. "Both start with a roux and might incorporate okra or filé powder, but Cajun gumbo usually includes chicken or sausage," writes *Southern Living* associate editor Kaitlyn Yarborough. "While Creole gumbo often uses shellfish." But if there's one ingredient that separates the two, it's [tomatoes—Creole gumbo uses tomatoes but Cajun gumbo does not.](#)

# Jambalaya

Jambalaya is a rice dish originating in the early 18th century in Southern Louisiana. "The dish has been a part of New Orleans cuisine since colonial Spanish settlers tried reconstructing their native paella from locally-sourced ingredients," according to [NewOrleans.com](#).<sup>2</sup> Jambalaya's ingredients also draw from a mix of cultures, including the French (mirepoix), West Africans (rice), Germans (sausage), and Native Americans (cayenne). Like gumbo, you'll see crowd-pleasing jambalaya at Mardi Gras and other celebrations. Like gumbo, this dish also has its own festival. Gonzales, Louisiana is affectionately called the jambalaya "capital of the world" and lays claim to the [Gonzales Jambalaya Festival](#), which includes a world championship jambalaya cooking contest.

## Jambalaya Is A Rice Dish

Rice is a key ingredient in jambalaya—not just an accompaniment. This thick rice stew is a distant relative of Spanish paella, but it's made with an assortment of local ingredients. There are countless creative ways to make jambalaya, but there's also decorum and tradition that keep the dish recognizable. A standard jambalaya includes rice, protein, vegetables, and spices.

## Cajun Vs. Creole Jambalaya

Creole jambalaya, also known as red jambalaya, contains tomatoes. Cajun or brown jambalaya does not. Jambalaya isn't thickened with roux, although some cooks do include a little skillet-browned flour.

## Meaty And Smoky Flavors

Smoked pork sausage, such as andouille, is the most common meat, although others rely on diced ham, such as spicy, smoky tasso.

## The Holy Trinity

Jambalaya also relies on the seasoning from the holy trinity, the nickname for the finely chopped trio of onion, celery, and bell pepper, a descendant of French mirepoix.<sup>3</sup> There's often a pinch of cayenne in jambalaya and a bottle of [hot sauce](#) within easy reach on the table. (In contrast, many gumbo cooks take umbrage when people add hot sauce.)

## Gumbo And Jambalaya Cooking Tips and Tricks

If you're getting ready to cook gumbo or jambalaya, there's a few tips and tools to keep in mind. Gumbo and jambalaya are one-pot dishes, preferably cooked in a Dutch oven, which conducts heat nicely for roux, searing proteins, sautéing vegetables, and simmering. Jambalaya can be pulled off in an [Instant Pot](#) or a [sheet pan](#), however, and [even jazzed up from a box mix](#).

To make roux for gumbo, a whisk is essential, and there are [roux whisks dedicated to the task](#)—at the other extreme, there are instant and pre-prepared roux available, and you can also try this [roux microwave hack to speed up the process](#). For gumbo's key accompaniment, [check out these tips for making good rice](#), most home cooks have [burned or overcooked rice](#) at least once in their life!

Shrimp is a popular ingredient in Cajun and Creole recipes—[this tool helps clean, devein and de-shell shrimp](#), according to *Southern Living* editor Valerie Fraser Luesse.

# Our Favorite Gumbo and Jambalaya Recipes

Gumbo and jambalaya recipes have a lot to say and shouldn't be separated from their stories and history. Much depends on who stirred the pot, then and now. For *Southern Living* gumbo recipes, check out seafood-based, chicken-based, meatless, or a mix of everything. We also have classic jambalaya recipes or modern ones that use a sheet pan or Instant Pot.

## Gumbo Recipes To Try

### Seafood-based Gumbos

- [Crab-And-Shrimp Gumbo](#)
- [Shrimp and Sausage Gumbo](#)
- [Shrimp and Okra Gumbo](#)

### Poultry-based Gumbos

- [Chicken and Sausage Gumbo](#)
- [Smoked Turkey-and-Andouille Gumbo](#)

### Meatless gumbo

- [Leah Chase's Gumbo Z'Herbes](#)

## Jambalaya recipes

### Classic jambalaya

- [Jambalaya](#)
- [Creole Seafood Jambalaya](#)
- [Chicken and Sausage Jambalaya](#)

## Modern Jambalaya

- [Instant Pot Jambalaya](#)
- [Sheet Pan Jambalaya](#)

## More Cajun and Creole Recipes

Aside from gumbo and jambalaya, other [classic Cajun and Creole dishes](#) include, [red beans and rice](#), [dirty rice](#), [étouffée](#), [seafood boils](#), [po' boys](#) and [muffulettas](#), [remoulade sauce](#), and [maque choux](#). Go big—[celebrate the food of Mardi Gras](#) with [savory Fat Tuesday dishes](#) and something sweet like [king cake](#) or [beignets](#). Or go small—simply add some zip to your meal with Cajun or Creole seasoning (like Zatarain's, Slap Ya Mama, and Tony Chachere's Creole Seasoning), or you can always make your own.

Louisiana cuisine has something delicious for everyone to eat!



This classic one-pot dish is loaded with Creole spices and comes together in three easy steps.

## Our Best Jambalaya

Opinions often differ on what makes a jambalaya. But everyone will agree that this jambalaya recipe is the best around.

**Hands On Time:**

30 mins

**Total Time:**

1 hr

**Servings:**

8 to 10

[Jump to recipe](#)

According to the dictionary, jambalaya is "rice cooked usually with ham, sausage, chicken, shrimp, or oysters and seasoned with herbs." In talking

with lovers of the beloved Louisiana food, this statement is as close as you will get to having people agree on [what jambalaya really is](#).

Opinions differ on how to cook a proper jambalaya, just as they differ on how to cook a [gumbo](#) or whether you should put [sugar in your cornbread](#). Some add tomatoes (that's more Creole) and some don't (for the Cajuns). Some argue you should never add celery, some demand it.

STACY K. ALLEN, PROPS: JOSH HOGGLE, FOOD STYLIST: MELISSA GRAY

Everyone will agree, however, that this jambalaya recipe, which is ready in just an hour, is delicious and easy enough to earn a spot in the recipe box.

Fry up some flavorful andouille sausage to start the dish off right, followed by the aromatic trinity of onion, celery and pepper. This recipe uses shredded, cooked chicken, but feel free to substitute some [leftover Thanksgiving turkey](#), instead.

If you are having company over the holidays, take some of the meal-planning stress off your shoulders; simply make a pan of this ahead and freeze. Reheat it, and serve with a warm loaf of crusty bread for a delicious and hearty meal.

**Cook Mode** (Keep screen awake)

## Ingredients

- 1 pound andouille sausage, sliced
- 2 tablespoons canola oil
- 2 cups diced sweet onion
- 1 cup diced celery
- 1 large red bell pepper, diced
- 4 garlic cloves, minced

- 1 bay leaf
- 2 teaspoons Creole seasoning
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 2 (10-oz.) cans diced tomatoes and green chiles, drained
- 3 cups chicken broth
- 2 cups uncooked long-grain rice
- 2 cups shredded cooked chicken
- 1 pound peeled, medium-size raw shrimp, deveined
- 1/2 cup chopped fresh flat-leaf parsley
- Garnish: chopped green onions

## Directions

1. Cook sausage in hot oil in a Dutch oven over medium-high heat, stirring constantly, 5 minutes or until browned. Remove sausage with a slotted spoon.

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MELISSA GRAY

2. Add diced onion and next 7 ingredients to hot drippings; sauté 5 minutes or until vegetables are tender.

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MELISSA GRAY

Stir in tomatoes, next 3 ingredients, and sausage. Bring to a boil over high heat. Cover, reduce heat to medium, and simmer, stirring occasionally, 20 minutes or until rice is tender.

3. Stir in shrimp; cover and cook 5 minutes or just until shrimp turn pink. Stir in parsley. Serve immediately.

## **Freezing Tip**

Prepare recipe as directed. Line bottom and sides of a 13- x 9-inch baking dish with heavy-duty aluminum foil, allowing 2 to 3 inches to extend over sides; fill with jambalaya. Cover and freeze. To serve, remove foil, return casserole to original baking dish; cover and thaw in refrigerator 24 hours. Let stand at room temperature 30 minutes. Bake at 350°F until thoroughly heated.



This dessert may not be as well-known as beignets or king cake, but it's every bit as important to Cajun and Creole cuisine. Make it and fall in love with its luscious, silky custard filling and cookie-like crust.

## This Cajun Custard Pie Is An Old-Time Louisiana Favorite

A tarte à la bouillie is made with a cookie dough-like crust and a silky, creamy but delicate custard filling.

**Active Time:**

30 mins

**Chill Time:**

1 hr

**Total Time:**

4 hrs

**Servings:**

Louisiana may be known for culinary exports like gumbo, jambalaya, and beignets, but Cajun custard pie deserves space on that list. Made with a sweet dough and creamy vanilla custard, the tarte à la bouillie is beloved in the Bayou State, even if it's not well known outside its borders.

The custard for Cajun custard pie is nothing more than a stovetop egg-and-cornstarch vanilla custard. It's baked in a sweet-dough crust that tastes like "a really delicious cookie," one *Southern Living* Test Kitchen pro said.

Folding the dough over the filling is a bit unusual but entirely traditional. Ultimately, we really liked the extra texture from the dough sandwiching the silky custard filling. However, if you like a tidier presentation, you could [crimp the pie crust](#).

**Test Kitchen Tip:** This dough is fairly sticky, which is why we suggest you roll it out between two sheets of parchment. It also tears somewhat easily, even after chilling, but you can patch it up and it won't impact the outcome.

Lastly, we used vanilla paste so you can see some of the vanilla seeds in the filling, but vanilla extract will also work.

## Ingredients

**Crust:**

- 1 large egg
- 1 large egg yolk

- 1 Tbsp. half-and-half
- 2 1/2 cups (about 10 5/8 oz.) all-purpose flour, plus more for dusting
- 3/4 cup powdered sugar, plus more for dusting
- 2 tsp. baking powder
- 1/4 tsp. kosher salt
- Pinch of freshly grated nutmeg (optional)
- 1/2 cup (4 oz.) unsalted butter, cut into 1/2-in. pieces and chilled

### **Custard Filling:**

- 3/4 cup granulated sugar
- 1/3 cup cornstarch
- 1/4 tsp. kosher salt
- 2 large eggs
- 2 large egg yolks
- 2 1/2 cups half-and-half
- 2 Tbsp. unsalted butter
- 1 Tbsp. vanilla extract or paste

## **Directions**

### **1. Prepare the Crust:**

Whisk together egg, egg yolk, and half-and-half in a medium bowl until combined. Set aside. Place flour, powdered sugar, baking powder, salt, and nutmeg, if using, in the bowl of a food processor; pulse to combine, about 5 pulses. Add butter and pulse until coarse meal forms, about 15 pulses.

### **2. Add eggs:**

Add flour mixture to egg mixture in medium bowl and mix using clean hands to form a shaggy dough. (The dough should still look a little dry and crumbly, but hold together when squeezed.)

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Transfer to work surface and knead gently until cohesive.

### 3. Roll out dough:

Place dough between 2 sheets of parchment paper dusted with flour, and roll into a circle about 14 inches in diameter and about 1/8-inch thick. Transfer dough, still between sheets of parchment, to a baking sheet. Chill in refrigerator until firm, at least 1 hour and up to 12 hours.

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### 4. Prepare the Filling:

Whisk together sugar, cornstarch, and salt in a medium saucepan until combined. Whisk in egg and egg yolks; gradually whisk in half-and-half.

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STYLIST: JOSH HOGGLE

## 5. Cook Filling:

Place saucepan over low, and cook, whisking constantly, until mixture begins to thicken, 6 to 8 minutes. Remove from heat and whisk in butter and vanilla.

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STYLIST: JOSH HOGGLE

## 6. Chill Filling:

Pour into a medium bowl; cover with plastic wrap directly on surface and chill in refrigerator until ready to use.

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STYLIST: JOSH HOGGLE

## 7. Remove Crust from fridge:

Preheat oven to 350°F. Remove dough from refrigerator and let sit at room temperature until pliable, about 10 minutes. Remove and discard 1 sheet of parchment paper from dough. Transfer dough to a 9-inch pie dish, parchment-side up. Remove and discard second sheet of parchment paper. (Note: If dough tears, patch it with more dough.)

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STYLIST: JOSH HOGGLE

## 8. Fill Crust:

Gently press dough into pie dish, leaving excess dough hanging over the edges. .Pour Custard Filling into crust and fold excess crust over edges of Filling.

## 9. Bake pie and cool:

Bake in preheated oven until Filling is set and Crust is golden brown, about 35 to 40 minutes. Cool completely, about 2 hours. Cover with plastic wrap directly on surface of the Filling and chill in refrigerator until cold, at least 1 hour. Dust with powdered sugar before serving, if desired.



# Creole Seasoning

Keep this zesty, herbaceous, and spicy Creole seasoning on hand for all of your favorite Creole dishes.

If you find yourself making a classic Creole dish like [jambalaya](#), but don't have the pre-blended seasoning on hand, this Creole seasoning recipe will come in handy.

Spicy, savory, with a subtle earthy flavor, Creole seasoning brings out the best flavors of seafood like shrimp and crawfish to beef and sausage. As always, there's room to finesse it a bit—adding a little more of this or that—to your taste.

The best part is that you can prepare this seasoning and keep in an airtight container to use anytime. Learn how to make Creole seasoning.

## Ingredients For Creole Seasoning

You might just have all of these herbs and spices for Creole seasoning on hand already. Here's what you'll need:

- **Paprika:** For sweetness and smokiness
- **Kosher salt:** Enhances the flavors of the seasonings, and helps tenderize and enrich the flavor of the meat or vegetable.
- **Garlic powder:** For some strong sweet, nutty, garlicky flavor.
- **Onion powder:** The ground powder form of onion brings some sharpness and a hint of sweetness.
- **Dried oregano:** Earthy and a little peppery, oregano has a slight bitterness that balances the hint of sweetness from the garlic and onion powder.
- **Dried thyme:** Aromatic with lemony and even some minty notes, thyme brings some herbaceousness and freshness to the mix.
- **Black pepper:** Piney and peppery, black pepper brings some bite to the seasoning blend.
- **Cayenne pepper:** A strong spicy flavor really amps up the heat for a classic Creole seasoning.

# What Is Creole Seasoning Made Of?

Creole seasoning differs depending on the brand and the person who's cooking, but typically you'll find a combination of white or black pepper, onion and/or garlic powder, and a balance of thyme, oregano, basil, salt, and cayenne pepper.

# What's The Difference Between Creole and Cajun Seasoning?

While these seasonings have a lot of the same flavors and properties, Creole seasoning tends to lean on the herbaceous and earthy side. For example, it typically includes dried leafy herbs like oregano and thyme that are in this recipe.

# Ways To Use Creole Seasoning

The most obvious answer is to use Creole seasoning in gumbos, jambalayas, and any other Creole or Louisiana dish that calls for the seasoning mix. But beyond that, we recommend using the spice blend on chicken or pork for an instant flavor boost. You can also sprinkle it on vegetables or potatoes before or after roasting for big flavor with little effort.

# Recipes To Try With Creole Seasoning

- [Old-Fashioned Cabbage Rolls](#)
- [One-Pot Shrimp-And-Sausage Jambalaya](#)
- [Sheet Pan Jambalaya](#)
- [Hot Crawfish Dip](#)
- [Smashed Oven-Fried Okra](#)



# Crawfish or Shrimp Fried Rice

Just like your favorite, but with crawfish richness instead.

**Active Time:**

20 mins

**Total Time:**

20 mins

**Servings:**

Southerners will take rice just about any way they can get it, but this simple supper needs to be at the top of your list. Packed with tons of fresh

or thawed frozen crawfish meat, it's a hearty [one-skillet supper](#) that will wake up your weeknight routine.

While not technically [Cajun](#) in origin, this speedy fried rice tastes just like classic Chinese-American shrimp fried rice, but with the added richness of [crawfish](#).

[Leftover rice](#) works best for this recipe; cooling the rice and letting it hang out in the fridge overnight helps it dry out, leading to a crispier finished dish.

## Ingredients

- 3 Tbsp. vegetable oil, divided
- 3 large eggs, lightly beaten
- 2 medium (2 1/2 oz. each) carrots, finely chopped (about 1 cup)
- 3 medium garlic cloves, finely chopped (about 1 Tbsp.)
- 1 tsp. minced fresh ginger (from 1 [1-in.] piece fresh ginger)
- 2 tsp. toasted sesame oil
- 4 cups cooked and cooled jasmine white rice
- 1 lb. peeled cooked crawfish tails (or 1 lb. frozen peeled cooked crawfish tails, thawed and drained)
- 4 medium scallions, thinly sliced (about 1/2 cup)
- 1/2 cup frozen sweet peas
- 2 Tbsp. soy sauce, plus more for serving
- 1 tsp. kosher salt

## Directions

1. Heat 1 tablespoon of the vegetable oil in a large skillet or wok over medium. Add eggs, and cook, stirring often, until just set, about 1 minute. Transfer to a bowl; wipe skillet clean.

2. Heat 1 tablespoon of the vegetable oil in skillet over high. Add carrots, and cook, stirring often, until mostly tender, 2 to 3 minutes. Add garlic and ginger; cook, stirring constantly, until aromatic, about 1 minute. Add sesame oil and remaining 1 tablespoon vegetable oil. Add rice, spreading in an even layer; cook, stirring occasionally, until rice is lightly toasted, 3 to 4 minutes. Add crawfish, scallions, peas, soy sauce, salt, and cooked eggs; cook, stirring constantly, until hot and liquid is absorbed, 3 to 4 minutes. Drizzle with additional soy sauce, and serve.



# Cook-The-Enemy Gumbo

**Active Time:**

55 mins

**Total Time:**

2 hrs 30 mins

**Servings:**

10

[Jump to recipe](#)

If you're in bayou country, gumbo is a must—especially since the dish lends itself perfectly to tailgating. Make it a day in advance or in the morning, bring it to your gathering in a slow cooker, and keep it warm for hours.

This recipe is a rich Cajun version (meaning no tomatoes). Most of the flavor comes from a properly tended dark [roux](#), and the add-ins are kept simple with sausage, shrimp, and okra. But feel free to turn your gumbo

into a cook-the-enemy stew by adding chicken (Gamecocks), pork shoulder (Razorbacks), sliced brats (Dawgs), or even gator—depending on your team's opponent.

**Cook Mode** (Keep screen awake)

## Ingredients

- 1 cup canola oil
- 1 cup (about 4 1/4 oz.) all-purpose flour
- 1 1/2 lb. andouille sausage, sliced (about 4 1/2 cups)
- 2 1/2 cups chopped yellow onion (from 1 large [13 oz.] onion)
- 2 cups chopped green bell peppers (from 2 medium [1 lb. total] peppers)
- 1 1/2 cups chopped celery (from 3 to 4 large [about 8 oz. total] celery stalks)
- 6 large garlic cloves, minced (about 1 1/2 Tbsp.)
- 8 cups unsalted chicken stock
- 2 tsp. kosher salt
- 2 tsp. dried thyme
- 1/8 tsp. cayenne pepper
- 3 bay leaves
- 1 lb. frozen cut okra
- 1 1/2 lb. medium peeled and deveined raw shrimp
- Hot cooked rice

## Directions

1. Prepare roux:

Stir together oil and flour in a large Dutch oven. Cook over medium-low, stirring constantly, until mixture turns the color of milk chocolate, 30 minutes to 1 hour.

## 2. Cook sausage and vegetables:

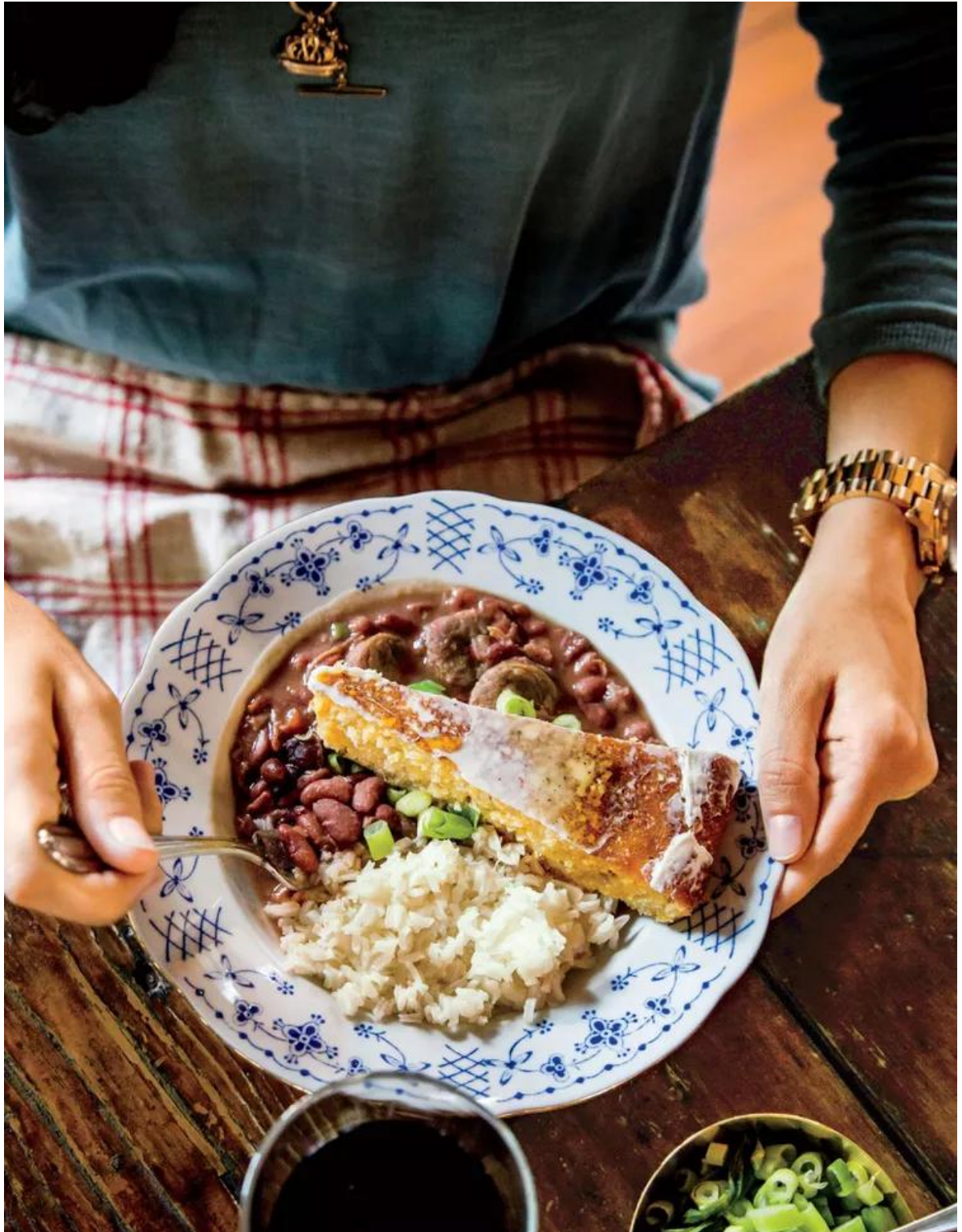
While roux cooks, heat a large skillet over medium. Cook andouille in 2 batches in skillet, stirring occasionally, until browned, 3 to 6 minutes per batch. Using a slotted spoon, transfer andouille from skillet to a medium bowl; set aside. Add onion, bell peppers, and celery to skillet; cook, stirring occasionally, until vegetables start to soften, 8 to 10 minutes. Stir in garlic; cook, stirring occasionally, until slightly softened, about 3 minutes. Remove from heat. Set aside until ready to use.

## 3. Simmer gumbo:

Stir cooked onion mixture into roux in Dutch oven. Gradually add stock, whisking constantly. Stir in salt, thyme, cayenne, bay leaves, and cooked andouille. Bring to a boil over high. Reduce heat to medium-low, and simmer, uncovered and stirring occasionally, for 1 hour.

## 4. Finish and serve:

Stir frozen okra into mixture in Dutch oven; cook over medium-low, stirring occasionally, until okra is almost tender, about 15 minutes. Stir in shrimp, and remove from heat. Cover and let stand until shrimp is cooked through, about 10 minutes. Serve over hot rice.



# Emily's Red Beans and Rice Recipe

New Orleans Chef Alon Shaya might be the chef in the family, but he can't take credit for this meal's main event: wife Emily's red beans and [rice](#). Her spicy, tender beans feed a large crowd, especially when served over fluffy, buttery rice.

**Active Time:**

25 mins

**Total Time:**

3 hrs 30 mins

**Yield:**

Serves 12 (serving size: about 1 1/4 cups beans, 1/2 cup rice)

## Ingredients

### Emily's Red Beans

- 1/4 pound bacon, roughly chopped
- 1/4 cup extra-virgin olive oil
- 1 medium-size yellow onion, diced
- 1 medium-size green bell pepper, diced
- 2 celery stalks, diced
- 1 bay leaf
- 1 tablespoon sweet paprika
- 1 tablespoon hot sauce (such as Tabasco), plus more for serving
- 1 1/2 pound dried red kidney beans (soaked overnight)
- 1 large smoked ham hock (about 12 1/2 ounces)
- 2 quarts chicken stock
- 1 tablespoon plus 1 teaspoon kosher salt
- 2 tablespoons granulated sugar

- 1 bunch scallions, green parts only, sliced

## **Emily's Rice**

- 1/2 cup canola oil
- 1 large yellow onion, diced
- 1/4 cup unsalted butter, softened
- 1 bay leaf
- 2 teaspoons kosher salt
- 2 cups uncooked jasmine rice
- 3 cups chicken broth or water

## **Directions**

1. Place a heavy-bottomed Dutch oven over medium. Add bacon and olive oil, and cook, stirring often, until fat drippings are rendered, 3 to 5 minutes. Add onion, bell pepper, and celery, and cook, stirring often, until onion is translucent but not too broken down, 3 to 5 minutes. Add bay leaf, paprika, and hot sauce.
2. Drain, rinse, and sort soaked red beans; add beans and ham hock to pot. Pour in chicken stock, covering beans. Increase heat to high, and bring mixture to a boil, skimming off and discarding foam from surface. Reduce heat to low; cover and simmer until beans are tender, 3 to 4 hours. Remove ham hock about the last hour of cooking, and cut meat from bone. Chop ham meat, and add to beans, stirring to further break beans apart. (Check beans periodically to ensure they aren't boiling and sticking to the bottom of the pot.)
3. Remove and discard bay leaf. Stir in salt, sugar, and, if desired, more hot sauce just before serving. Serve beans over Emily's Rice. Garnish with scallions, if desired.

4. For Emily's Rice: Heat oil in a saucepan over medium-high. Add onion, butter, bay leaf, and salt, and cook, stirring often, until onions are soft and translucent, about 6 minutes.
5. Add rice, and stir well. Stir in chicken broth, and bring mixture to a boil. Reduce heat to low; cover and cook 15 minutes.
6. Remove pan from heat, and let stand 5 minutes covered. Fluff rice with a fork.



## King Cake Beignets

**Active Time:**

50 mins

**Chill Time:**

4 hrs

**Total Time:**

4 hrs 50 mins

**Yield:**

3 dozen

[Jump to recipe](#)

[King cake](#) and [beignets](#) are two of Hey Y'all host [Ivy Odom](#)'s favorite Mardi Gras treats. So naturally, for this year's Fat Tuesday celebration, she decided to combine the two into one heavenly dessert: King Cake Beignets. The unforgettable crossover features a fluffy fried dough that's decorated just like a classic king cake. "These pillowy-soft treats are drizzled in a cream cheese glaze and sprinkled with crunchy sanding sugars in purple, green, and gold," Odom writes. "The best part? You can make the dough ahead so you'll have more time to let the good times roll."

Deep frying can be tricky business, but the key to getting consistent results is to monitor the temperature of your oil throughout the process. Maintaining a temperature of 360°F ensures that your beignets cook to a lovely golden brown. If the oil is too hot, they'll brown on the outside before cooking on the inside; if it's too cold, they'll soak up all that oil and result in a greasy beignet. After frying your beignets, you'll want to let them cool slightly before decorating (if your beignets are still piping hot, the cream cheese icing will melt right off), but we recommend enjoying at least one of these beignets straight out of the fryer.

We have a feeling that these King Cake Beignets will make their way onto your [Fat Tuesday menu](#) for years to come. Preparing a complete Mardi Gras meal? We've got [all the recipes you need](#).

# Ingredients

- 1 teaspoon active dry yeast (from 1 [ $\frac{1}{4}$ -oz.] envelope)
- $\frac{3}{4}$  cup warm water (105°F to 115°F), divided
- 4 tablespoons granulated sugar, divided
- 1 large egg, lightly beaten
- $\frac{1}{2}$  cup evaporated milk
- $\frac{3}{4}$  teaspoon kosher salt, divided
- 2 tablespoons vegetable shortening
- $\frac{3}{4}$  teaspoon ground cinnamon
- 3  $\frac{1}{2}$  cups bread flour, divided, plus more for work surface
- 1  $\frac{1}{2}$  ounces cream cheese (about 3 Tbsp.), at room temperature
- $\frac{1}{2}$  tablespoon unsalted butter, melted
- $\frac{1}{2}$  tablespoon whole milk
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{4}$  cup plus 2 Tbsp. powdered sugar, sifted
- Vegetable oil, for frying
- Green, purple, and yellow sanding sugars

# Directions

1. Stir together yeast,  $\frac{1}{4}$  cup of the warm water, and  $\frac{1}{2}$  teaspoon of the granulated sugar in bowl of a stand mixer fitted with a dough hook attachment. Let stand until foamy, about 5 minutes. Stir in egg, evaporated milk,  $\frac{1}{2}$  teaspoon of the salt, and remaining 3 tablespoons plus 2 $\frac{1}{2}$  teaspoons granulated sugar.
2. Stir together shortening and remaining  $\frac{1}{2}$  cup warm water in a bowl until melted. Add this to yeast mixture. Beat on low speed until just combined, 30 seconds.
3. Stir together cinnamon and 2 cups of the flour in a medium bowl. Gradually add to yeast mixture; beat on low speed until combined,

about 1 minute. Gradually add remaining 1½ cups flour, beating on low speed until a sticky dough forms, 1 minute. Transfer to a large bowl lightly greased with cooking spray; turn dough to grease top. Cover bowl; refrigerate until dough is thoroughly chilled and firm, at least 4 hours or up to 24 hours.

4. Place cream cheese, butter, whole milk, vanilla, and remaining ¼ teaspoon salt in a medium bowl. Beat with an electric mixer fitted with a paddle attachment on medium speed until smooth, 1 minute. Gradually add powdered sugar, beating until smooth, 1 minute. Spoon glaze into a piping bag or a ziplock plastic bag. Set aside.
5. Turn dough out onto a lightly floured work surface, and roll into a 12-inch square (about ¼ inch thick). Using a knife or a pizza cutter, cut dough into 2-inch squares (you should have about 36 pieces).
6. Pour oil to a depth of 2 inches in a 5- to 6-quart Dutch oven; heat over medium-high to 360°F, adjusting heat as needed to maintain temperature. Working in about 6 batches, carefully add dough pieces to hot oil. Fry until puffy and golden, about 1 ½ minutes per side. Remove beignets from oil using a slotted spoon; transfer to a wire rack set over a baking sheet. Let stand until just cool enough to handle, 1 to 2 minutes.
7. Snip a 1/16- to 1/8-inch tip off 1 corner of the filled piping bag. Drizzle glaze over slightly cooled beignets; sprinkle with sanding sugars. Serve immediately.



This Louisiana dish with Native American and Creole-French roots is a delicious way to use your trusty skillet and fresh summer corn and okra.

# Maque Choux with Sausage

**Active Time:**

25 mins

**Total Time:**

25 mins

**Yield:**

4 serves

A classic dish in Louisiana, Maque Choux (pronounced "mock-shoe") has Native American and Creole-French roots. While its exact origin remains unclear, it is typically made with corn and tomatoes, cooked together in a skillet with some cream or a roux to thicken the dish and add richness. Variations abound throughout the South; some recipes call for okra, bacon, chile peppers, and other ingredients. It is most often served as a [side dish](#), but this version, which is hearty enough to serve as a main dish, includes another Louisiana favorite, [spicy andouille sausage](#), along with okra, red bell pepper, thyme, and a nice amount of heavy cream for richness. This maque choux comes together in minutes once you have all of the ingredients prepped and ready to go. While you can prepare this dish in your trusty cast-iron skillet, our test kitchen recommends using a stainless steel or nonstick skillet to preserve the corn, pepper, and okra's vibrant color. A cast-iron pan may cause the vegetables to take on a gray tone. To make this Maque Choux with Sausage even more filling, serve it alongside steamed rice or your favorite whole grain or with plenty of crusty bread on the side for mopping up the delicious sauce. When made in the [summer](#) with fresh-picked ingredients, this dish will become a new family favorite.

## Ingredients

- 2 tablespoons unsalted butter
- 8 ounces andouille sausage, diced
- 3 cups fresh corn kernels (from 6 ears)
- 7 ounces fresh okra, sliced (about 2 cups)
- 1 medium-size red bell pepper, chopped (about 1 cup)
- 1 medium onion, chopped (about 1 cup)
- 1 tablespoon chopped fresh thyme
- 2 ½ teaspoons kosher salt
- 3 medium garlic cloves, minced (2 tsp.)
- 1 cup heavy cream

- ½ teaspoon cayenne pepper
- ½ teaspoon black pepper

## Directions

1. Melt butter in a large skillet over medium-high. Add andouille sausage. Cook, stirring occasionally, until lightly browned, 6 to 8 minutes. Add corn, okra, bell pepper, onion, thyme, salt, and garlic. Cook, stirring occasionally, until vegetables are softened, 6 to 8 minutes. Add cream and cayenne; bring mixture to a boil over medium-high. Reduce heat to medium. Simmer, stirring occasionally, until slightly thickened, 5 to 6 minutes. Stir in black pepper. Divide among 4 bowls.



# Big-Batch Cajun Lemonade

Cajun lemon is sure to become one of your favorites. The crisp, cool sipper delivers a lip-tingling hint of heat.

**Yield:**

8 cups

A good Southern host always has a few good cocktail recipes stashed in her recipe box. Whether it is something warm and comforting for a winter's afternoon or a refreshing summer cocktail to cool things down a bit, there is an [appealing cocktail recipe](#) to suit every need.

This big-batch Cajun lemonade recipe is sure to become one of your favorites to serve at pool parties, mid-morning brunches, or weekends at the lake. Take a few minutes to mix a batch of this Cajun lemonade, and enjoy a few sips on the porch while your [brunch casserole](#) is baking, or serve it alongside a tray of [light appetizers](#) on a summer evening while you visit with neighbors on your porch.

Citron, or lemon-flavored vodka, adds extra lemon tang to this summery cocktail. Stir together light rum, citron vodka, one can of lemonade concentrate, and a dash of hot sauce. Don't worry—this amount of [hot sauce](#) (we love Tabasco brand hot sauce) won't make the lemonade too hot to drink but give it just a little kick.

Of course, if you like things hot, add one or two more dashes to suit your taste. Save the club soda until just before serving, then add it into the pitcher. Pour the lemonade into high ball glasses and garnish with lemon slices and fresh sugarcane sticks, if available.

# Ingredients

- 2 cups (16 oz.) light rum
- 2 cups (16 oz.) citron vodka
- 1 (12-oz.) can frozen lemonade concentrate, thawed
- 1 tsp. hot sauce
- 1 liter club soda, chilled
- Crushed ice
- Lemon slices and sugarcane sticks, for garnish

# Directions

## 1. Combine spirits and lemonade concentrate:

Stir together first 4 ingredients in a pitcher.

## 2. Add club soda:

Add club soda just before serving.

## 3. Pour drinks into glasses, and serve:

Pour mixture into 8 highball glasses filled with crushed ice. Garnish with lemon slices and sugarcane.



# Old Bay Rémoulade with Crudités and Shrimp

Old Bay Rémoulade with Crudités and Shrimp is an ode summer getaways. The remoulade (which also travels well, if kept in a cooler) can be prepared up to one week in advance; store it in an airtight container in the refrigerator until ready to serve.

**Active Time:**  
30 mins

**Total Time:**  
30 mins

**Yield:**

8 serves

Growing up, I'd go with my family to our beach house on St. George Island, Florida. We would make the three-hour drive from [Moultrie, Georgia](#), down to the Gulf any chance we got. Our first stop as we crossed the bridge onto the island was Doug's Fresh Seafood Market, a bright yellow trailer stocked with the best selection of fish in town. After picking up Mr. Doug's catch of the day, we'd unpack the car and head straight for the beach to soak in the last few hours of sun before dinner. Our supper always featured goodies we'd bought from the seafood truck served with a few ingredients Mama had brought from home. My recipe for Old Bay Rémoulade with Crudités and Shrimp is an ode to those getaways we took years ago. Stir together Old Bay seasoning, mayonnaise, and a few pantry staples for an easy sauce that tastes amazing served with steamed peel 'n' eat shrimp or any other fresh seafood. It's the perfect first-day-at-the-beach supper, which, now that I'm an adult, is ideal paired with rosé spritzers and enjoyed with my friends. The remoulade (which also travels well, if kept in a cooler) can be prepared up to one week in advance; store it in an airtight container in the refrigerator until ready to serve.

JOHNNY AUTRY; PROP AND FOOD STYLING: CHARLOTTE L. AUTRY

**Cook Mode** (Keep screen awake)

## Ingredients

- 1 small garlic clove
- 1 1/2 cups mayonnaise
- 2 tablespoons ketchup
- 2 teaspoons drained capers, finely chopped
- 2 teaspoons stone-ground mustard
- 2 teaspoons Worcestershire sauce

- 2 teaspoons prepared horseradish
- 1 1/2 teaspoons Old Bay seasoning
- 2 pounds cooked peel 'n' eat large shrimp
- 8 ounces fresh haricots verts (French green beans), trimmed and steamed
- 8 Persian cucumbers, quartered lengthwise
- 16 small carrots with tops, trimmed and halved lengthwise
- 16 radishes, halved if large

## Directions

1. Using the flat side of a chef's knife, smash garlic on a cutting board. Run the flat side of knife over garlic until a paste forms, and place garlic paste in a medium bowl. Whisk in mayonnaise, ketchup, capers, mustard, Worcestershire, horseradish, and Old Bay until smooth. Transfer rémoulade to a serving bowl.
2. To serve, arrange bowl of rémoulade with shrimp and vegetables on a large platter. Store the rémoulade in an airtight container in the refrigerator up to 1 week.



# Creamy Andouille Pasta

Invite a little Cajun flavor to your weeknight dinner rotation with this creamy andouille sausage pasta.

**Active Time:**

35 mins

**Total Time:**

35 mins

**Servings:**

4

All of the rich, bold flavors of your Cajun favorites like [jambalaya](#) are right here in this speedy [pasta](#) dish, perfect for satisfying your weeknight cravings for cuisine from the Big Easy.

This creamy andouille sausage pasta recipe comes together quickly on the stovetop in your favorite [cast-iron skillet](#)—it's as simple as browning the sausage, then using the flavorful drippings to enrich a quick white sauce that gets a mild kick of pepper Jack cheese. Fairly easy to find in most Southern grocery stores, andouille sausage is what we prefer for this recipe, but any smoked sausage will work nicely.

And don't worry if you don't have penne pasta—any noodle you have on hand will be perfect in this [speedy supper](#) recipe.

## Ingredients for Creamy Andouille Pasta

Creamy andouille pasta is a flavorful, comforting dish that combines smoky sausage, tender pasta, and a luscious cheesy sauce with a Cajun kick.

Here's what you'll need:

- **Penne pasta:** The hearty base of the dish, perfect for catching the bold, creamy sauce.
- **Andouille sausage:** Adds a smoky, spicy depth that defines the dish.
- **Unsalted butter:** Combined with sausage drippings to sauté the veggies and create a rich roux.
- **Red bell pepper:** Adds vibrant color and a sweet, fresh flavor.
- **Vidalia onion:** Contributes a mild, sweet, and aromatic depth.
- **All-purpose flour:** Essential for thickening the creamy sauce.
- **Whole milk:** The rich, velvety base for the sauce.
- **Cajun seasoning:** Brings a signature blend of spice and flavor to the dish.

- **Kosher salt:** Enhances the overall flavors.
- **Pepper Jack cheese:** Melts into the sauce for a creamy, slightly spicy finish.
- **Scallions:** A fresh, green garnish that adds color and subtle oniony flavor.
- **Hot sauce:** Delivers an extra kick of heat for spice lovers.

JEN CAUSEY; FOOD STYLIST: EMILY NABOR HALL; PROP STYLIST: CHRISTINA DALEY

## How To Make Creamy Andouille Pasta

While this comforting dish is brimming with depth, it only takes 35 minutes of total time to prepare. Full instructions are below, but here's a brief recap before you get started:

- **Cook pasta:** Bring a large pot of salted water to a boil. Add pasta and cook until al dente. Drain.
- **Cook sausage:** Place sausage in a cold skillet, then cook over medium-high, stirring, until browned. Transfer to a plate using a slotted spoon.
- **Cook sauce:** Reduce heat to medium and add butter to drippings. Add pepper and onion and cook, stirring, until tender. Add flour and cook, stirring, until lightly toasted. Whisk in milk and cook, whisking, until thickened. Stir in Cajun seasoning, salt, and sausage. Add pepper Jack and stir until melted.
- **Add pasta, garnish, and serve:** Remove from heat, and stir in pasta. Garnish with scallions and serve with hot sauce.

## Go Slow

Start cooking the sausage in a cold skillet; the gradual increase in heat will render more of the flavorful drippings.

# Andouille Pasta Variations

When preparing andouille pasta, add a customized twist with these variations:

- **Pasta:** Swap the penne for other pasta shapes like rotini, rigatoni, farfalle, or fettuccine. If you're looking for a gluten-free option, you can also use gluten-free pasta as an alternative.
- **Protein:** If you want a different flavor profile, substitute the andouille sausage with kielbasa, chorizo, or smoked chicken sausage. For an extra protein boost, try adding sautéed or grilled shrimp, or grilled or shredded chicken.
- **Veggies:** Stir in fresh spinach, corn, or other veggies as desired for added texture and flavor.
- **Heat:** Adjust the level of heat in the dish by adding more or less Cajun seasoning and hot sauce when serving.
- **Herbs:** For extra depth, enhance the flavor with fresh herbs like thyme or parsley.

## How To Store and Reheat Leftover Andouille Pasta

To store leftovers, let the pasta cool completely before transferring to an airtight container. Refrigerate for up to four days. When reheating, use the stovetop for best results, adding a splash of milk or broth to restore the sauce's creamy consistency. Heat gently until warmed through, stirring often. Alternatively, reheat in the microwave, stirring occasionally to

ensure even heating. Avoid overheating to keep the pasta from becoming mushy and the sauce from separating.

## What To Serve With Creamy Andouille Pasta

Pair this creamy pasta dish with a mixed green salad or roasted vegetables like asparagus, Brussels sprouts, or [broccoli](#) for a fresh, balanced side.

Sautéed greens can add a nutritious touch, while [garlic bread](#) or a crusty baguette are ideal for soaking up the flavorful sauce. For an extra protein boost, serve alongside grilled shrimp, [blackened chicken](#), or other favorite items.

## More Creamy Pasta Recipes You'll Love

These creamy, indulgent pasta recipes are the perfect comforting touch for busy weeknights or special occasions:

- [Creamy Turkey Pasta Bake](#)
- [Creamy Kale and Pasta Bake](#)
- [Creamed Corn Pasta](#)
- [French Onion Pasta](#)
- [Cajun Chicken Pasta](#)
- [Chicken-and-Broccoli Pasta Bake](#)



# Instant Pot Jambalaya

Our Test Kitchen said this Instant Pot jambalaya was one of the best they have ever tasted. We were surprised by how easily it came together.

**Active Time:**

45 mins

**Total Time:**

1 hr 15 mins

**Servings:**

6

**Yield:**

12 cups

If you haven't made jambalaya in an [Instant Pot](#), give this recipe a try. Our Test Kitchen said our Instant Pot jambalaya was one of the best jambalayas they have ever tasted, and were surprised by how easily and quickly the dish comes together with the help of a multicooker.

[Shrimp](#) can go from raw to rubbery in minutes. In this recipe, they are perfectly cooked through right at the end, with the residual heat and steam of the Instant Pot. Once you've tried it, you'll never go back to the regular [stovetop method](#).

Learn how to make Instant Pot jambalaya, and it will be your new favorite way to make this Louisiana favorite.

## The History of Jambalaya

This beloved staple of Louisiana cuisine can be traced back to a few different influences, mainly Spanish, French, and African. Spanish settlers in Louisiana brought with them the method of making paella, and the name *jambalaya* is said to have French origins, possibly derived from the word *jambalaia*, meaning mishmash or mix-up.

African influence came by way of spices and seasonings. Enslaved Africans in Louisiana developed and cooked dishes like jambalaya, contributing to the culinary traditions of the area.

Variations, including Creole jambalaya with tomatoes, and Cajun jambalaya, which is tomato-free, are among the most well known, while other variations abound.

# Ingredients for Instant Pot Jambalaya

Smoked sausage, chicken thighs, Cajun seasoning, a Holy Trinity, shrimp, and more come together for this powerhouse of flavor cooked right in the Instant Pot. To make Instant Pot jambalaya, you'll need:

- **Canola oil:** To sauté ingredients in the Instant Pot and prevent them from sticking.
- **Smoked sausage:** Adds a savory, smoky richness to the jambalaya.
- **Boneless, skinless chicken thighs:** Bulks up the dish with protein.
- **Cajun seasoning:** Seasons the jambalaya with authentic spices and herbs.
- **Yellow onion, celery, green and red bell peppers:** A [Holy Trinity](#) to give the jambalaya a base of aromatic flavor.
- **Garlic:** Adds depth.
- **Chicken broth:** Savory liquid to help cook the rice.
- **Canned diced tomatoes:** Adds acidity, sweetness, and color to the dish.
- **Uncooked long-grain rice:** Cooks up tender while infusing with flavor from the other ingredients.
- **Bay leaves:** For a light herbal note.
- **Thyme leaves:** Adds a floral, herbaceous flavor to the dish.
- **Medium peeled, deveined raw shrimp:** For a classic seafood addition. Can substitute with other sizes of shrimp, if needed.
- **Smoked paprika:** Adds a smoky flavor and additional color and depth.
- **Kosher salt and black pepper:** Enhances the overall flavors.
- **Fresh flat-leaf parsley:** Adds a pop of freshness and color.
- **Scallions:** For a mild oniony note and crisp, fresh flavor that contrasts the richness of the dish.

# How To Make Instant Pot Jambalaya

With minimized cleanup, concentrated flavors, and a soul-satisfying dish ready in just a fraction of the time, you'll never want to make jambalaya without an Instant Pot again. Full instructions are below, but here's a brief recap before you get started:

- **Step 1. Cook smoked sausage:** Select SAUTÉ setting on a programmable pressure multicooker. Select HIGH temperature setting, and allow to preheat. Add oil and smoked sausage. Cook until browned. Transfer sausage to a plate.
- **Step 2. Add chicken:** Add chicken to cooker, and sprinkle with 1/2 teaspoon Cajun seasoning. Cook, stirring, until browned. Transfer chicken to a plate.
- **Step 3. Cook vegetables:** Add onion, celery, and bell peppers to cooker. Cook, stirring, until softened. Add garlic and cook 1 minute.
- **Step 4. Add ingredients to cooker:** Add broth and scrape up any browned bits. Add tomatoes, rice, bay leaves, thyme, sausage, chicken, and remaining Cajun seasoning; stir well.
- **Step 5. Cook jambalaya:** Press CANCEL on multicooker. Cover and lock in place. Turn steam release handle to SEALING position. Select MANUAL/PRESSURE COOK setting. Select HIGH pressure for 7 minutes.
- **Step 6. Toss shrimp in seasonings:** Toss together shrimp, smoked paprika, salt, and black pepper in a bowl.
- **Step 7. Add shrimp:** When cooking has stopped, turn steam release handle to VENTING position, and let steam fully escape. Remove lid and stir in shrimp. Cover and let stand until shrimp are cooked through. Stir in parsley and garnish with scallions.

# Can I Make Instant Pot Jambalaya Ahead?

Prepare jambalaya up to two days in advance, waiting to add the shrimp until ready to serve, and store in an airtight container in the refrigerator, or freeze for up to two months.

Thaw overnight in the refrigerator if frozen. Reheat the jambalaya in the Instant Pot or on the stovetop until hot throughout, then add seasoned shrimp and cook through. Garnish fresh before serving.

# How To Store and Reheat Leftover Instant Pot Jambalaya

Refrigerate leftover jambalaya in an airtight container for up to four days or freeze for up to two months. Reheat in the Instant Pot or on the stovetop until hot throughout when ready to serve. Adjust seasoning to taste and garnish before serving.

# What To Serve With Instant Pot Jambalaya

Jambalaya is a hearty one-pot meal. Serve with [cornbread](#), cheddar biscuits, [hushpuppies](#), [maque choux](#), collard greens, green beans, roasted vegetables, [fried okra](#), or a side salad.

# Instant Pot Collard Greens

There's no comfort food quite like homemade collard greens.



**Active Time:**

25 mins

**Total Time:**

40 mins

**Servings:**

6

[Jump to recipe](#)

These Instant Pot collard greens are ready in just 40 minutes, so you don't have to wait hours for your [collard greens](#) to simmer on the stovetop.

"These are so tender. Bacon lends a really nice smoky flavor to these," said one *Southern Living* Test Kitchen professional. "The vinegar and hot sauce add a subtle kick of heat and nice balance of acidity to the dish."

These collard greens straight from the [Instant Pot](#) are the perfect companion to your Sunday supper or [New Year's Day menu](#). You can use fresh collards or save even more time and buy them pre-chopped and pre-cleaned at the store. If you go that route, remember a tip from the Test Kitchen: "Sort through them first to remove any BIG stems from them."

Learn this simple, delicious recipe for Instant Pot collard greens. We have a feeling eating your greens won't be too difficult.

## What Are Collard Greens?

Collard greens are a staple Southern green vegetable. A member of the cabbage family, they're known for their dark green, sturdy leaves, and are traditionally eaten on [New Year's Day](#) as a symbol of prosperity for the year to come. When braised low and slow, these hearty greens become tender and silky, with a flavorful boost from bacon, onions, vinegar, or other popular additions.

## Ingredients for Instant Pot Collard Greens

With smoky bacon, onions, apple cider vinegar, light brown sugar, and a dash of hot sauce, these flavorful collard greens truly have it all. To make Instant Pot collard greens, you'll need:

- **Bacon slices:** For smoky, meaty bites throughout. Can swap with turkey bacon, smoked turkey, or ham if preferred.
- **Yellow onion:** Adds depth of flavor to the greens.

- **Collard greens:** Buy them pre-chopped to make this dish happen even quicker.
- **Lower-sodium chicken broth:** For a flavorful cooking liquid to break down the toughness of the greens. If using standard chicken broth, adjust the amount of additional salt added.
- **Apple cider vinegar:** Balances the bitterness of the greens and brightens the dish.
- **Light brown sugar:** Adds a hint of sweetness for a balanced flavor.
- **Hot sauce:** A kick of heat that can be increased or decreased to taste.
- **Kosher salt and black pepper:** Enhances the flavor of the collards.

## How To Trim and Clean Collard Greens

If you're new to breaking down collard greens, cleaning and chopping them is a simple process:

- **Step 1. Rinse the greens:** Rinse under cold water to remove any dirt or debris.
- **Step 2. Remove tough stems:** Trim around any thick stems to remove.
- **Step 3. Stack and roll:** Stack the leaves and roll, then slice into ribbons.
- **Step 4. Soak:** Soak the greens in a bowl of cold water to release any remaining dirt.
- **Step 5. Drain and dry:** Drain and thoroughly pat dry, then use as directed.

# How To Make Instant Pot Collard Greens

Using an Instant Pot to cook collard greens offers a few key advantages, including freeing up your hands to prepare other parts of the meal. Collard greens cooked this way are ready faster, retain more nutrients, and turn out consistently tender every time. Full instructions are below, but here's a brief recap before you get started:

- **Step 1. Cook bacon:** Select SAUTÉ and HIGH temperature on a pressure multicooker. Preheat 5 minutes. Add bacon and onion and cook, stirring occasionally, until bacon begins to crisp and onions soften.
- **Step 2. Add greens and broth:** Stir in collard greens and broth and cook until collards begin to wilt.
- **Step 3. Add seasoning:** Stir in vinegar, sugar, hot sauce, salt, and pepper. Press CANCEL.
- **Step 4. Pressure cook collard greens:** Cover cooker with lid, and lock in place. See additional cooking instructions below.
- **Step 5. Release steam, and serve:** Carefully turn steam release handle to VENTING position, and let steam fully escape. Remove lid and serve with additional hot sauce.

# How To Store and Reheat Leftover Collard Greens

Refrigerate leftover collard greens in an airtight container for up to four days, or freeze them for up to two months. Thaw overnight in the refrigerator if frozen. Reheat in the microwave or on the stovetop, adding a splash of water or broth if needed, until heated through. Make sure to heat

gently to maintain their texture, and adjust seasoning to taste before serving.

## What To Serve With Instant Pot Collard Greens

Serve collard greens with your protein of choice, including fried chicken, or grilled or smoked meats. For a traditional Southern meal, pair with [black-eyed peas](#), mac and cheese, sweet potatoes, rice, grits, fried okra, or corn, and of course, [cornbread](#) for soaking up the [potlikker](#).

## More Classic Southern Side Dish Recipes You'll Love

Comforting, easy, and crowd-pleasing, these classic Southern sides are always a welcome addition to the dinner table:

- [Fried Green Tomatoes](#)
- [Turnip Greens](#)
- [Home-Style Butterbeans](#)
- [Fried Pecan Okra](#)
- [Old-School Green Bean Casserole](#)
- [Southern-Style Potato Salad](#)
- [Southern Cornbread Dressing](#)
- [Classic Okra and Tomatoes](#)

# Ingredients

- 8 bacon slices, cut into 1/2-in. pieces
- 1 medium-size (about 12 oz.) yellow onion, chopped (1 1/2 cups)
- 1 large (2 lb.) bunch collard greens, stemmed and chopped (about 14 cups)
- 1 cup lower-sodium chicken broth
- 1 Tbsp. apple cider vinegar
- 2 tsp. light brown sugar
- 2 tsp. hot sauce, plus more for serving
- 1 tsp. kosher salt
- 1/4 tsp. black pepper

# Directions

## 1. Cook bacon:

Select SAUTÉ setting on a programmable pressure multicooker (such as Instant Pot). Select HIGH temperature setting, and allow to preheat 5 minutes. Add bacon and onion to cooker. Cook, stirring occasionally, until bacon begins to crisp and onion softens, about 12 minutes.

## 2. Add greens and broth:

Stir in collard greens and broth; cook, scraping up browned bits on bottom of cooker, until collards just begin to wilt, about 2 minutes.

## 3. Add seasoning:

Stir in vinegar, sugar, hot sauce, salt, and pepper. Press CANCEL.

## 4. Pressure cook collard greens:

Cover cooker with lid, and lock in place. Turn steam release handle to SEALING position. Select MANUAL/PRESSURE COOK setting. Select HIGH pressure for 15 minutes. (It will take 5 to 10 minutes for cooker to come up to pressure before cooking begins.)

## 5. Release steam, and serve:

Carefully turn steam release handle to VENTING position, and let steam fully escape (float valve will drop). (This will take 5 to 10 minutes.) Remove lid from cooker. Serve with additional hot sauce.

# Joanna Gaines' Chicken Pot Pie Recipe



**Prep Time:**

10 mins

**Cook Time:**

45 mins

**Cool Time:**

5 mins

**Total Time:**

1 hr

**Yield:**

10 to 12 servings

[Jump to recipe](#)

# Ingredients

- Vegetable oil spray, for the pan
- 4 tablespoons (1/2 stick) salted butter
- 1/4 small white onion, finely chopped (optional)
- 4 carrots, peeled and cut into 1/2 -inch dice
- 1/4 cup all-purpose flour
- 2 (32-ounce) boxes chicken broth
- 2 (22.6-ounce) cans condensed cream of chicken soup
- 4 cups shredded meat from 1 store-bought rotisserie chicken
- 1 cup frozen peas
- Kosher salt and freshly ground black pepper
- 2 (8-ounce) tubes refrigerated crescent rolls
- [Mashed potatoes](#)

# Directions

1. Preheat the oven to 375 F. Spray a 9x13x3-inch (deep) baking pan with vegetable oil.
2. In a large soup pot or Dutch oven, melt the butter over medium-low heat. Add the onion (if using) and sauté until tender and translucent, 3 to 4 minutes. Add the carrots and cook until slightly softened, about 4 minutes. Stir in the flour and cook for 1 minute, stirring often and scraping the bottom of the pot.
3. Whisk in the chicken broth and continue whisking until the flour is fully incorporated. Stir in the chicken soup. Increase the heat to medium-high and bring to a gentle boil. Simmer for 5 minutes.
4. Remove from the heat and stir in the shredded chicken and frozen peas. Taste and season if necessary with salt and pepper. Pour the mixture into the prepared baking dish.

5. Open one can of crescent dough and unroll the contents onto a surface. Press the perforations together inside each rectangle to make a single rectangle. Set it on top of the stew in the pan, flush against one long side; it will cover about two thirds of the surface. Open the second can of crescent dough and unroll the contents onto a surface. Set aside half of the dough. Press the perforations together inside the two remaining rectangles to make one long rectangle. Place it on the uncovered part of the stew, easing it into the space without overlapping it with the dough that is already there. Tuck the corners and edges in if necessary. The dough should fit pretty neatly on top without needing to crimp the edges. (If desired, form small crescent rolls with the remaining dough and bake them separately.)
6. Bake until the crust is nicely browned and the stew is bubbling around the edges, 15 to 20 minutes. Let stand for 5 minutes.
7. For each serving, place mashed potatoes in the center of a shallow pasta plate and spoon over a generous amount of stew and crust, so that the potatoes are completely covered. Serve.
8. Store leftovers in a covered container in the refrigerator for up to 2 days.



# Shrimp And Sausage Gumbo

**Active Time:**

1 hr

**Total Time:**

4 hrs

**Yield:**

12 cups

[Jump to recipe](#)

If there's a more satisfying meal to make for cool weather than shrimp and sausage gumbo, we haven't found it. [Gumbo](#) is a stay-inside-and-cook-all-day kind of dish that warms you inside and out.

While Louisianans have firm ideas about what goes into a proper gumbo, there are infinite variations—chicken and okra; turkey and sausage; duck, oyster, and sausage—and countless versions, including ones with filé as a thickener and others with [okra](#). So when the *Southern Living* Test Kitchen set out to make a singular recipe, we weighed all of the delicious combinations before landing on shrimp and sausage.

Of course, our gumbo has what you'd expect, like bell pepper, onions, and celery, plus a few surprises, such as canned tomatoes (because we think they add a nice touch of acidity). Our end result is a vibrant, cayenne-kissed dish that allows all of the ingredients to shine.

Now we wouldn't dare call this the best recipe you've ever tasted—we know that's the one you grew up enjoying. That said, this is the finest pot of gumbo our Test Kitchen has ever turned out, and that's saying a lot.

# What Is Traditional Gumbo Made Of?

Gumbo is a thickened stew made up primarily of stock, a [Holy Trinity](#) of onion, bell pepper, and celery; meat or shellfish, and a thickener—typically a roux, okra, or [filé powder](#). Gumbo originated in the early 18th century in Louisiana, although its exact origins are unknown, and this hearty dish is often used as a metaphor for the melting pot of cultures within the state. Varieties of gumbo can vary infinitely, but three of the main types include:

- **Creole gumbo:** Thickened with a roux that's light in color, this gumbo features ham or sausage, okra (which also lends thickening power), and tomatoes. This variety can also include seafood (often shrimp, oysters and/or crab).
- **Cajun gumbo:** A dark roux leads to a thinner consistency. Protein can include seafood, poultry, beef, and/or game, along with andouille sausage. Does not typically include okra or tomatoes.
- **Gumbo z'herbes:** A vegetarian option made for enjoying during Lent and other meatless meals. A medium tone roux is used to thicken a combination of various types of leafy greens (usually 7, 9, or other odd number for good luck).

## Ingredients for Shrimp and Sausage Gumbo

To make this gumbo, you'll need:

- **Smoked spicy-hot sausage:** Can substitute with other types of sausage, if preferred.
- **Salted butter and all-purpose flour:** For preparing a roux to thicken the gumbo.

- **Yellow onions, green bell pepper, celery stalks, and garlic:** To build flavor in the gumbo with a classic [Holy Trinity](#).
- **Chicken broth:** The base of the broth.
- **Fresh okra:** Helps thicken the gumbo.
- **Petite diced tomatoes:** Adds a bright, acidic note.
- **Bay leaves:** For subtle herbal flavor.
- **Salt and black pepper:** Seasons the gumbo.
- **Worcestershire sauce:** Adds a deep umami flavor.
- **Hot sauce:** For a little heat.
- **Dried thyme:** A mild floral note.
- **Unpeeled raw medium shrimp, peeled and deveined:** Can substitute with other sizes of shrimp if needed.
- **Flat-leaf parsley:** For a bright freshness.
- **Hot cooked rice:** For serving.
- **Sliced scallions and filé powder:** Optional for garnishing.

## What is filé powder?

Also called gumbo filé, filé powder is made by harvesting the leaves of North American sassafras trees, and grinding them to a fine powder. It is often used in Louisiana Creole cuisine, and can help to thicken gumbo, especially in varieties made without okra. It is typically sprinkled over gumbo after cooking to tighten it up and add an earthy flavor.

# How To Make Shrimp and Sausage Gumbo

Full instructions are below, but here's a brief recap before you get started:

- **Step 1.** Cook sausage in a large Dutch oven until browned, about 15 minutes. Remove sausage; drain and reserve drippings in pan.

- **Step 2.** Melt butter in hot drippings. Whisk in all-purpose flour, and cook until caramel colored, 20 to 30 minutes.
- **Step 3.** Add onions, bell pepper, celery, and garlic, and cook until tender, 15 to 18 minutes. Gradually stir in broth, then sausage, okra, tomatoes, bay leaves, salt, Worcestershire, hot sauce, thyme, and pepper.
- **Step 4.** Bring mixture to a boil, then reduce heat and simmer, partially covered, stirring occasionally, about 3 hours. [Remove bay leaves](#). Stir in shrimp and cook through. Stir in parsley. Serve over cooked rice. Garnish with sliced scallions and filé powder, if desired.

## Can I Make Shrimp and Sausage Gumbo Ahead?

Gumbo can be prepared up to two days in advance—the flavors will continue to deepen as it rests. Reheat on the stovetop over low heat until hot throughout before serving.

## How To Store and Reheat Leftover Shrimp and Sausage Gumbo

Store leftover gumbo in the refrigerator for up to four days, or freeze for up to three months. Thaw in the refrigerator overnight if frozen, then reheat on the stovetop until hot throughout before serving.



# Creole Bread Pudding with Bourbon Sauce Recipe

This bread pudding is from New Orleans chef Leah Chase, the queen of Creole cuisine. And yes, it does call for 5 tablespoons of vanilla extract!

## Hands On Time:

20 mins

## Total Time:

1 hr 15 mins

## Yield:

10 to 12 servings

**Cook Mode** (Keep screen awake)

## Ingredients

- 2 (12-oz.) cans evaporated milk
- 6 large eggs, lightly beaten
- 1 (16-oz.) day-old French bread loaf, cubed
- 1 (8-oz.) can crushed pineapple, drained
- 1 large Red Delicious apple, unpeeled and grated
- 1 1/2 cups sugar
- 1 cup raisins
- 5 tablespoons vanilla extract
- 1/4 cup butter, cut into 1/2-inch cubes and softened
- [Bourbon Sauce](#)

## Directions

1. Preheat oven to 350°. Whisk together evaporated milk, eggs, and 1 cup water in a large bowl until well blended. Add bread cubes,

stirring to coat thoroughly. Stir in pineapple and next 4 ingredients. Stir in butter, blending well. Pour into a greased 13- x 9-inch baking dish.

2. Bake at 350° for 35 to 45 minutes or until set and crust is golden. Remove from oven, and let stand 2 minutes. Serve with Bourbon Sauce.



# Shrimp Creole

**Hands On Time:**

20 mins

**Total Time:**

45 mins

**Yield:**

4 servings

## Ingredients

- 3 tablespoons butter
- 2 medium-size green bell peppers, finely chopped
- 1 medium onion, minced (1 1/2 cups)
- 1/4 cup chopped celery
- 1 bay leaf
- 1 teaspoon chopped fresh parsley
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon dried crushed red pepper
- 2 (14.5-oz.) cans diced tomatoes
- 1 pound peeled and deveined medium-size raw shrimp (26/30 count)
- Hot cooked rice

## Directions

1. Melt butter in a small Dutch oven over medium heat; add bell pepper and next 7 ingredients, and sauté 7 minutes or until vegetables are tender. Stir in tomatoes; bring to a boil, reduce heat to low, and simmer, stirring occasionally, 20 minutes. Increase heat to medium. Add shrimp; cook, stirring occasionally, 4 minutes or just until shrimp

turn pink. Remove and discard bay leaf. Serve immediately over rice in shallow bowls.



# One-Pot Cajun Chicken Alfredo

**Active Time:**

40 mins

**Total Time:**

45 mins

**Yield:**

Serves 4 (serving size: 1 1/4 cups)

# Ingredients

- 1 tablespoon olive oil
- 2 (8-oz.) boneless, skinless chicken breasts
- 2 teaspoons Cajun seasoning, divided
- 1 tablespoon all-purpose flour
- 1 1/2 cups half-and-half, divided
- 3 medium garlic cloves, minced (1 Tbsp.)
- 2 1/2 cups chicken broth
- 8 ounces uncooked linguine
- 3 ounces Parmesan cheese, grated (about 3/4 cup)
- 2 tablespoons chopped fresh flat-leaf parsley

# Directions

1. Heat oil in a large Dutch oven over medium. Sprinkle chicken evenly with 1 teaspoon of the Cajun seasoning. Add to hot oil; cook until browned on both sides and cooked through, about 8 minutes per side. Remove from Dutch oven; let rest 5 minutes. Cut into 3/4-inch cubes.
2. Whisk together flour and 1/4 cup of the half-and-half in a small bowl; set aside. Add garlic to Dutch oven; cook over medium, stirring often, for 1 minute. Add broth and remaining 1 1/4 cups half-and-half; cover and bring to a boil over medium-high. Break linguine noodles in half; add to Dutch oven. Reduce heat to medium; cover and cook, stirring occasionally, 8 minutes. Stir in chicken cubes and reserved flour mixture; cook, tossing constantly, until pasta is well coated and heated through, about 2 minutes.
3. Remove from heat; stir in cheese and remaining 1 teaspoon Cajun seasoning until cheese is melted. Sprinkle with parsley; serve.



# Cajun Mac And Cheese

**Active Time:**

50 mins

**Total Time:**

1 hr 30 mins

**Servings:**

8

A comforting weeknight meal or crowd-pleasing dish at a potluck or cookout, this creamy Cajun [macaroni and cheese](#) has a nice kick thanks to Andouille sausage, pepper Jack cheese, and [Cajun](#) seasoning. It's a flavorful twist on classic mac and cheese, with bold Cajun spices adding a warm

contrast to the comforting, velvety [cheese sauce](#). For milder palates, substitute Monterey Jack cheese and [smoked sausage](#) in the place of Andouille.

Learn how to make Cajun mac and cheese. However you choose to make it, this easy recipe serves a crowd and will be devoured by everyone around the table. Serve it hot for a satisfying, cheesy dish that's sure to be hit.

## Ingredients for Cajun Mac and Cheese

Bold Cajun seasoning and Andouille sausage add an irresistible punch of flavor to this creamy mac and cheese. To make Cajun mac and cheese, you'll need:

- **Water:** For boiling the pasta.
- **Kosher salt:** Seasons the pasta water, and enhances the overall flavor of the dish.
- **Large elbow pasta:** The foundation of the mac and cheese.
- **Canola oil:** Helps the sausage and veggies cook evenly.
- **Andouille sausage:** Adds a smoky, spicy flavor and gives the mac and cheese a meaty addition.
- **Yellow onion:** For an aromatic depth.
- **Green and red bell peppers:** Adds sweetness, color, and texture to the dish.
- **Garlic:** For an earthy, savory touch.
- **Salted butter:** The base of the roux for the cheese sauce.
- **All-purpose flour:** Thickens the cheese sauce for a creamy consistency.
- **Whole milk:** The liquid base of the cheese sauce, thinning the texture to coat the pasta evenly.

- **Cajun seasoning:** Adds complexity and spice to the dish.
- **Medium Cheddar cheese and pepper Jack cheese:** For the sharp, cheesy flavor and overall creaminess you look for in mac and cheese.

## How To Make Cajun Mac and Cheese

Simply cook the pasta, sauté the sausage and peppers, and coat it all in a creamy cheese sauce before baking until bubbly. Full instructions are below, but here's a brief recap before you get started:

- **Step 1. Cook the pasta:** Preheat oven, and bring water and salt to a boil in a Dutch oven. Cook pasta 8 minutes; drain and set aside.
- **Step 2. Cook the sausage and peppers:** Cook sausage, onion, and bell peppers, stirring, until sausage begins to brown and veggies are tender. Add garlic and cook 1 minute. Transfer to a plate; wipe skillet clean.
- **Step 3. Make the cheese sauce:** Melt butter in skillet. Add flour, and cook, whisking, 2 minutes. Gradually whisk in milk. Cook, whisking, until thickened and beginning to simmer. Cook an additional 5 minutes. Whisk in Cajun seasoning and remaining salt. Whisk in cheeses until smooth, and remove from heat. Stir in pasta and sausage mixture.
- **Step 4. Bake the macaroni and cheese:** Bake on top rack until golden and bubbly. Broil until browned and crisp.

## Can I Make Cajun Mac and Cheese Ahead?

Cajun mac and cheese can be made ahead so you're ready to bake when needed. To prepare it in advance, make and assemble as directed through

Step 3, then wrap and refrigerate for up to two days, or [freeze for up to three months](#). Thaw overnight in the refrigerator if frozen, then let stand at room temperature while the oven preheats before baking as directed.

## How To Store and Reheat Leftover Cajun Mac and Cheese

Wrap and refrigerate leftover mac and cheese for up to three days or freeze for up to three months. Thaw overnight in the refrigerator if frozen. Reheat, covered with foil, in a 350°F oven until hot throughout before serving.

## What To Serve With Cajun Mac and Cheese

This Cajun mac and cheese truly has it all—protein, veggies, and of course, decadent mac and cheese. To round out the meal, serve with additional protein in the form of grilled or [blackened chicken](#), shrimp, crab cakes, or additional Andouille sausage. Pair with green beans, Brussels sprouts, asparagus, a salad, or other favorite veggies, as well as [cornbread](#) or garlic bread for a hearty addition.

## Why This Recipe Gets Rave Reviews

It's fun to take a classic dish and give it a new spin, and this Cajun mac and cheese does exactly that.

Kathy commented, "I made this for a Mardi Gras themed gathering. It was wonderfully creamy and flavorful. Definitely a hit with the group as my casserole dish was practically licked clean!"

Alec Brown said, "Rich, creamy, good mix of layered flavors!"

Whether you serve this dish at a Mardi Gras celebration, or just as a main course on a busy weeknight, there's no denying that it's a comforting entree you'll want to add to your dinner rotation.

## More Mac and Cheese Recipes You'll Love

Let's face it—sometimes you just need mac and cheese. But when you'd prefer that mac and cheese to come with a flavorful twist, one of these recipes will surely fit the bill:

- [Baked Mac and Cheese with Bacon](#)
- [Barbecue Mac and Cheese](#)
- [Tortellini Mac and Cheese](#)
- [Pulled Pork Mac and Cheese](#)
- [Green Chile Mac and Cheese with Chicken](#)
- [Fried Mac and Cheese Bites](#)



# Fried Mac And Cheese Bites

**Active Time:**

1 hr 25 mins

**Chill Time:**

3 hrs

**Total Time:**

4 hrs 25 mins

**Servings:**

12

Fried mac and cheese bites are the best of all worlds—creamy and rich, like the classic dish, but with all the crisp edges your family fights over.

Start by whipping up the [traditional recipe](#), but with a couple substitutions. Use white Cheddar and Monterey Jack for an extra tang to cut through the richness of the fried bites. Instead of baking the pasta and cheese, scoop into bites, and coat with an egg-and-panko mixture before deep-frying to golden brown and gooey goodness.

Make sure to grab a candy thermometer to prevent the bites from burning. No other fancy equipment is necessary. You can fry in any high-walled pot. For example, a cast-iron Dutch oven is ideal for holding heat and preventing splatters.

## Ingredients for Fried Mac and Cheese Bites

You'll need to gather some pantry and fridge staples to make this cheesy appetizer. See full measurements below:

- **Butter and flour:** You'll use this to make a bechamel for the mac and cheese's creamy sauce.
- **Milk:** For the cheese sauce.
- **Cheddar and Monterey Jack cheeses:** You can't have mac and cheese without cheese. We like these two for their strong flavor, but you can pick your favorites.
- **Kosher salt and black pepper:** To even out the flavors.
- **Garlic powder and cayenne pepper:** To elevate the mac and cheese's flavors a bit more than your typical recipe so it stands up against the frying.
- **Elbow macaroni:** The short noodles are better for fried mac and cheese balls because they shape up nicely.
- **Vegetable oil:** For frying the mac and cheese balls.
- **Eggs and water:** For adhering the panko crust to the balls.

- **Panko:** This makes the crunchy outer shell on the bites. Dried breadcrumbs are easily swapped in for panko; crushed Ritz crackers or crushed potato chips work, too.

## Which Cheeses Are in Mac and Cheese Bites?

This recipe for mac and cheese bites calls for white Cheddar and Monterey Jack cheeses, but other cheese combos like mozzarella and Parmesan, or [pimiento cheese](#) and white Cheddar would also work. Swap in whichever cheese combos you prefer.

## How To Make Mac and Cheese Bites

The first steps of these Fried Mac and Cheese Bites will be familiar to anyone who has made a homemade [macaroni and cheese](#) recipe before. You'll make the rich cheese sauce, but instead of baking the pasta dish, you'll head straight into the bites-making process.

Here's a brief recap of how to make mac and cheese bites. Full instructions are further below.

- **Make the sauce:** Add flour to melted butter in a saucepan. Stir constantly with a whisk to prevent clumping. Then, add the milk. Keep whisking so the roux and milk will be well incorporated. You'll simmer the sauce for a few minutes until it begins to thicken. Stir constantly to prevent hot spots and burning.
- **Add cheeses:** Once the sauce is thick enough to coat the back of a spoon, it's time to add the cheeses, salt, garlic powder, black pepper, and cayenne pepper. Stir regularly to help the ingredients melt and

turn smooth. When the sauce is well combined, take the pan off the stove. Gently fold in the cooked macaroni noodles.

- **Chill.** Spread the mac and cheese mixture into a 13-x 9-inch baking dish, then cover it, and chill it in the fridge for at least 3 hours. (Overnight or up to 24 hours is okay, too.)
- **Scoop bites:** After it's fully chilled, grab a two-tablespoon scoop from your drawer, and start scooping these mac and cheese bites. Place each bite on a parchment paper-lined baking sheet. Repeat until you have 36 mac and cheese balls.
- **Roll balls in panko:** Combine the eggs and a bit of water in a shallow bowl. Dredge each mac and cheese bite in the flour. Shake off the excess flour. Then, dunk the ball in the egg wash. Finally, roll the bite in the panko, and place it back on the parchment paper-lined baking tray. You may have to press the panko into the mac and cheese bites just a bit, but it'll stick reasonably well with the egg wash. Repeat with each of the bites.
- **Chill bites:** When you've coated each bite with the panko coating, wrap the baking sheets with plastic wrap, and place them back into the fridge for 30 minutes. This will help keep the bites solid during the frying process.
- **Fry:** Check your frying oil with a candy thermometer to be sure it's hot enough. If it's too cold, the balls won't sizzle, and they'll likely fall apart. Too hot, and they'll burn before the inside melts. When you've reached 350°F, drop six to eight mac and cheese bites into the oil. With a wooden or metal spoon, turn the balls occasionally to help them fry on all sides.

Once the outsides are golden and crispy and the insides are melty and gooey, use a slotted spoon to remove the bites from the oil. Place them on a paper towel-lined baking sheet, and repeat the frying process with the remaining bites until all are cooked.

## Can You Make Mac and Cheese Bites Ahead of Time?

Like most fried foods, mac and cheese bites are best immediately after cooking. Store leftovers in an airtight container in the fridge for two to three days, but the crisp coating will turn softer once refrigerated.

Alternatively, prepare the mac and cheese bites to step four of the recipe, and stop before frying. Store the mac and cheese bites in the fridge or freezer, depending on how far in advance they were prepared. One to two days in the refrigerator is fine. Otherwise, store the mac and cheese bites in the freezer until frying. Fry immediately from frozen.

## Can You Reheat Mac and Cheese Bites?

Reheat mac and cheese bites in the oven for 8 to 10 minutes at 400°F or in the air fryer at 350°F for 3 to 5 minutes. It is not advised to reheat mac and cheese bites in the microwave. They'll turn soggy and may fall apart.

## How To Serve Mac and Cheese Bites

Serve alongside a bright and acidic tomato-based dip like the [Pomodoro Dipping Sauce](#), which will help balance the salty richness of the cheese. Or go with the classic [Comeback Sauce](#) that combines spicy heat from paprika, hot sauce, and chili sauce with a cooling, creamy mayo.



# Shrimp Étouffée

**Active Time:**

1 hr 10 mins

**Total Time:**

1 hr 15 mins

**Yield:**

Serves 6 (serving size: about 1 cup étouffée over rice)

This classic Louisiana dish can be on the dinner table in just over an hour. Have all of the ingredients prepped and ready to go before you start cooking. To make the meal come together even faster, you can cook the rice ahead of time and reheat it before serving. Once dinner's done, all you'll need is some hot sauce and plenty of crusty bread for mopping up all the rich, velvety sauce. Not a fan of shrimp? Substitute [crawfish tail meat](#).

JENNIFER CAUSEY; FOOD STYLIST: EMILY NABORS HALL; PROP STYLIST:  
HEATHER CHADDUCK HILLEGAS

**Cook Mode** (Keep screen awake)

## Ingredients

- 1/2 cup (4 oz.) salted butter
- 1/3 cup (about 1 1/2 oz.) all-purpose flour
- 2 cups chopped yellow onion (from 1 large onion)
- 1/2 cup chopped celery (from 1 large stalk)
- 2 teaspoons minced garlic (from 1 large garlic clove)
- 1/2 cup chopped red bell pepper (from 1 medium bell pepper)
- 1/2 cup chopped green bell pepper (from 1 medium bell pepper)
- 1 cup chicken broth
- 1 cup water
- 2 pounds medium peeled, deveined raw shrimp
- 2 teaspoons hot sauce
- 1 1/4 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 1/4 cup chopped scallions (from 2 scallions)
- 1/4 cup chopped fresh flat-leaf parsley
- Hot cooked long-grain white rice

## Directions

1. Melt butter in a large Dutch oven over medium-low; whisk in flour. Cook, whisking constantly, until mixture turns golden brown, 10 to 12 minutes. Increase heat to medium, and add onion, celery, and garlic. Cook, stirring often, until soft and golden, about 15 minutes.
2. Stir in bell peppers, and cook, stirring often, 5 minutes. Stir in broth and water, and cook, stirring constantly, until mixture thickens, 7 to 10 minutes. Stir in shrimp, and cook, stirring occasionally, until

shrimp turn pink, about 5 minutes. Stir in hot sauce, salt, and pepper; cook 5 more minutes. Stir in scallions and parsley, and simmer 5 minutes. Remove from heat. Cover and let stand 5 minutes. Serve immediately over hot cooked rice.



# Cajun Chicken Cassoulet

**Hands On Time:**

35 mins

**Total Time:**

1 hr 15 mins

**Servings:**

6

[Jump to recipe](#)

Cajun chicken cassoulet is our Southern take on the classic slow-cooked French dish. In this one-pot meal, we incorporate Cajun ingredients such as Cajun smoked sausage, seasoning, and sliced okra—and our cassoulet doesn't cook all day.

***Editor's Note:** This recipe was developed by the Southern Living Test Kitchen; the intro was written by Patricia York.*

**Cook Mode** (Keep screen awake)

## Ingredients

- 1 (16-oz.) package Cajun smoked sausage, cut into 1/2-inch slices
- 6 skinned and boned chicken thighs (about 2 1/4 lb.)
- 1 tsp. salt
- 1 large onion, chopped
- 1 medium-size green bell pepper, chopped
- 2 celery ribs, chopped
- 4 garlic cloves, chopped
- 2 (16-oz.) cans cannellini beans, drained and rinsed
- 1 (14 1/2-oz.) can diced tomatoes
- 1 1/2 cups chicken broth
- 1/2 (16-oz.) package frozen sliced okra, thawed

- 1 1/2 tsp. Cajun seasoning

## Directions

1. Preheat oven to 400°F. Cook sausage in a large cast-iron Dutch oven over medium heat, stirring occasionally, 4 to 5 minutes or until browned. Remove sausage with a slotted spoon, and drain on paper towels, reserving drippings in Dutch oven.
2. Sprinkle chicken with salt. Cook chicken in hot drippings over medium-high heat 2 to 3 minutes on each side or until browned. Remove from Dutch oven. Add onion and next 3 ingredients to Dutch oven, and cook, stirring often, 5 minutes or until onion is tender. Add beans, next 4 ingredients, chicken, and sausage; cover with lid.
3. Bake, covered, at 400°F for 40 minutes or until bubbly.



# Smoked Turkey-and-Andouille Gumbo Recipe

**Active Time:**

2 hrs

**Total Time:**

13 hrs

**Yield:**

12 serves

[Jump to recipe](#)

Beau Beaulieu and Andy Soileau's New Iberia Kiwanis Club team has taken first place 11 times at the World Championship Gumbo Cookoff. This recipe for their mélange gumbo won in 2015, 2017, and 2018. Beaulieu likes to serve it alongside [potato salad](#) and garlic bread. Leftovers taste better the second day, Beaulieu says, and this gumbo freezes well.

## Ingredients

- 1 (10-lb.) smoked turkey
- 10 celery stalks, divided
- 1 medium-size yellow onion
- 2 small yellow onions
- 3 green bell peppers, divided
- 1 3/4 cups all-purpose flour
- 1 3/4 cups canola oil
- 2 pounds andouille sausage, cut into bite-size pieces
- 3 garlic cloves, minced (about 1 1/2 Tbsp.)
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons kosher salt
- 1 teaspoon ground bay leaf (or 4 bay leaves)

- 3/4 teaspoon cayenne pepper
- 3/4 teaspoon white pepper
- 3/4 teaspoon black pepper
- 1 tablespoon hot sauce (such as Tabasco)
- 1/4 cup very finely chopped scallions
- 1/4 cup very finely chopped fresh flat-leaf parsley
- Cooked white rice for serving

## Directions

1. Debone smoked turkey, trying not to shred meat. Cut turkey meat into manageable bite-size pieces, about 1 inch in size. Refrigerate turkey meat for later use in recipe. Place turkey carcass in a large (14-quart) stockpot.
2. Remove and reserve ends from celery. Remove and reserve ends and skins from all onions. Quarter medium-size onion. Quarter all bell peppers, and remove and reserve membranes; discard seeds. Add celery ends, pepper membranes, and onion ends and skins to pot, along with quartered onion, 4 whole celery stalks, and quarters from 1 pepper. Store remaining vegetables, covered, in refrigerator for later use.
3. Cover with water, and bring to a roaring boil over high; reduce heat to medium, and bring mixture to a simmer. Cook, at a steady simmer, until reduced to 8 quarts of stock, which will take up to 8 hours. Remove turkey carcass and vegetable pieces, and discard. Pour stock through a wire-mesh strainer over a large bowl to remove remaining solids; return strained stock to stockpot.
4. Stir together flour and oil in a medium-size cast-iron pan with a slotted, flat spatula. Stir until mixture is thoroughly combined and lumps or bits of flour are no longer visible. Cook mixture over medium, stirring constantly, until it is dark brown in color (think of an aged penny), between 35 minutes and 1 hour and 15 minutes. (This

process depends on the heat, which varies from stove-top to stove-top, and the aggressiveness of the cook. Patience is very important.) If the roux burns, throw it away and start over. A burned roux cannot be used. The spatula should constantly rub or scrape the bottom of the pot to prevent mixture from sticking and burning. If the roux begins to clump, whisk out the clump with an aluminum whisk. Once roux has reached desired color, remove pan from heat; continue stirring until slightly cooled, about 10 minutes. (The roux will continue to cook as it cools.)

5. Bring stock to a light boil, and carefully stir in cooled roux. Stir until roux has completely dissolved into stock, giving stock a dark brown color. (At this stage, mixture will be very bitter and taste flat.)
6. Lightly boil mixture, stirring constantly, 45 minutes. Continue to cook, stirring occasionally, 25 minutes longer.
7. Add andouille sausage, in batches, to stock mixture. (Adding in batches prevents mixture from cooling down too much.) Cook, stirring occasionally, 45 minutes.
8. Meanwhile, dice remaining refrigerated celery (6 stalks, about 1 1/2 cups), peppers (2 peppers, about 1 cup), and onions (2 small onions, about 2 cups). Keep diced vegetables separated.
9. Stir the minced garlic into the stock; stir in the "trinity" (diced celery, peppers, and onions), 1 vegetable at a time, adding onions last. Be careful not to cool down the gumbo. It is wise to add 1 vegetable and then wait 5 minutes, allowing the gumbo to heat back up before adding the next vegetable. Note the change in terminology: It's now a gumbo that is still in its infancy. Cook, stirring occasionally, 30 minutes.
10. Add turkey pieces slowly so the gumbo does not cool down. Lightly boil, stirring occasionally, 30 minutes. Stir gently to avoid breaking up the turkey pieces.

11. Add seasonings and hot sauce. If your taste buds are sensitive to seasonings, add only half of each seasoning (except the garlic powder) and hot sauce.
12. With a small aluminum ladle, begin to remove grease from top of gumbo. If additional grease rises to the surface, remove before serving. (Removing the grease is a key step.) Taste the gumbo. If it still seems flat, cook it longer for a greater depth of flavor. The amount of heat under the gumbo and the number of times it is stirred either shortens or lengthens the process.
13. Once you have settled on the taste and the gumbo is ready for serving, add scallions and parsley. Serve over rice, making sure you do not see the rice in your bowl and removing bay leaves (if using). It's not meant to be like a stew or rice and gravy. It should be served like a soup with rice at the bottom of the bowl.



# Roast Beef Debris Po'Boy

**Active Time:**

30 mins

**Total Time:**

2 hrs 15 mins

**Servings:**

4

New Orleans is famous for many things—strong drinks, delicious food, gorgeous homes. Sandwiches are at the top of the list: The [muffuletta](#) layers tangy olive salad with deli meats and creamy cheese.

But it's the po'boy that perhaps garners the most affection. The NOLA version of the "submarine sandwich," po'boys are sandwiches made on hoagie rolls and piled high with crispy lettuce, juicy tomatoes, tangy

signature sauces, and a variety of meats, from [fried chicken](#) to fried alligator. The roast beef debris po'boy is a really special option even among the best sandwiches.

"Debris" is the term given to the tender bits of meat that fall off a [roast beef](#) and sit in the pan drippings and gravy. Mother's Restaurant claims the debris sandwich as their original creation, and as an iconic meat-and-three, the idea of using "leftover" bits of beef for an all-new dish fits perfectly in their wheelhouse.

The beef, which we're cooking in a [pressure cooker](#) for the sake of time, is heavy on the garlic, but in the best way: The garlic gets sweet and soft, seasoning the beef and gravy the whole way through. The relish mayo cuts through the fatty richness of the beef and dresses the vegetables on the toasted bread. It's sandwich perfection, one might say.

Now that it's so popular, debris po'boys are made with beef roast that is cooked until ultra tender in a juicy, rich gravy especially for the sandwich. This beef mixture can be spooned on a roll and served up warm and comforting to hungry customers seven days a week.

For home cooks who like to get ahead, good news: The beef for a debris po'boy is ideally made in advance. The beef can be made ahead up to one week and stored in its drippings to keep moist. The mayo mixture can be refrigerated up to two weeks, so you can make this for the family while on vacation or for busy weeks when you don't have time to cook so warm sandwiches are just a few seconds away.

# Ingredients for Roast Beef Debris Po'Boy

These classic po'boys are made with tender bits of roast beef piled high on hoagie rolls, with a dill relish-mayonnaise for a tangy richness, and lettuce and tomato for a fresh touch. To make debris po'boys, you'll need:

- **Boneless beef chuck roast:** The star of the dish, this cut is marbled with fat for a tender, fall-apart texture after roasting.
- **Garlic cloves:** Infuses the beef with a savory depth.
- **Kosher salt and black pepper:** Enhances the overall flavor of the beef.
- **Canola oil:** Helps brown the beef to seal in the juices and deepen the flavor.
- **Beef broth:** Cooking liquid to keep the beef moist in the Instant Pot.
- **Yellow onion:** For an aromatic sweetness.
- **Thyme sprigs:** For a floral, earthy note.
- **Fresh or dried bay leaf:** Adds a subtle, herbal flavor.
- **Mayonnaise:** A creamy spread that coats the rolls.
- **Dill relish:** Mixed with the mayonnaise for a tangy, briny contrast to the meat.
- **Hoagie rolls:** Soft, sturdy rolls as the base of the sandwich.
- **Plum tomatoes:** For a fresh, juicy contrast to the rich meat.
- **Iceberg lettuce:** Adds a crisp, refreshing texture to the po'boys.

# How To Make Roast Beef Debris Po'Boy

For the ultimate Louisiana sandwich experience at home, this recipe has you covered. The best part? The roast beef is made in a pressure cooker so

you can enjoy your first bite in no time. Full instructions are below, but here's a brief recap before you get started:

- **Step 1. Gather ingredients.**
- **Step 2. Prepare beef:** Cut 1/2-inch slits all over roast.
- **Step 3. Season roast:** Fill each slit with half a garlic clove, then rub roast with salt and pepper. Let stand at room temperature 30 minutes.
- **Step 4. Sear roast:** Select SAUTÉ setting on a programmable pressure multicooker. Select HIGH temperature setting, and preheat for a few minutes. Add oil and roast to cooker and cook until browned on both sides. Press CANCEL.
- **Step 5. Cook roast:** Add broth, onion, thyme sprigs, and bay leaf to cooker. Cover and lock in place. Turn steam release handle to SEALING position. Select MANUAL/PRESSURE COOK setting. Select HIGH pressure for 1 hour.
- **Step 6. Make sandwich spread:** While beef cooks, stir together mayonnaise and relish in a small bowl. Cover and refrigerate.
- **Step 7. Vent pressure cooker:** Carefully turn steam release handle to VENTING position, and let steam fully escape. Remove lid.
- **Step 8. Shred beef:** Transfer roast and 1/2 cup juices to a large bowl. Shred into pieces.
- **Step 9. Spread mayo:** Spread mayo mixture onto hoagie roll halves.
- **Step 10. Build sandwiches:** Top bottom halves with beef, tomato, and shredded iceberg. Top and serve.

## Debris Po'Boy Variations

The *Southern Living* Test Kitchen found this recipe incredibly easy to make and ultra comforting. Here, they offer a few more tips for getting it just right:

- **Want more gravy?** Make one by degreasing the juices from the cooker and thickening them with a cornstarch slurry.
- **Change up the protein:** Use pork instead of beef, if you'd like.
- **Toppings:** Whip up a [remoulade](#) instead of the relish-mayo, or use a store-bought one for a faster option.
- **Cooking method:** Swap a slow cooker for the pressure cooker, if that's what you have. Cook the beef for 8 to 9 hours on LOW or 4 hours on HIGH. Continue with the recipe as directed. If you don't have a slow cooker or a pressure cooker, use a Dutch oven and cook the beef either on the stove or in the oven at 300°F for about 3 hours or until tender.

## How To Store and Reheat Leftover Roast Beef Po'Boys

Although leftovers are unlikely, transfer leftover beef to an airtight container and store in the refrigerator for up to four days, or freeze for up to three months. Store any extra bread and mayo separately. The mayo should last up to five days in the refrigerator.

When ready to serve, reheat the beef on the stovetop over low heat with splash of water or broth until heated through. You can also reheat it covered in 300°F oven, or in the microwave. Toast the rolls if needed, and assemble the sandwiches fresh before serving.

If you have leftover assembled po'boys, wrap in foil and refrigerate. Enjoy within 1-2 days for the best flavor and texture. Reheat, wrapped in foil, in a preheated 350°F oven, or without foil in the microwave until heated through.

# What To Serve With Debris Po'Boys

These sandwiches are rich, juicy, and packed with flavor. To round out the meal, pair with French fries or [sweet potato fries](#), [potato chips](#), pickles, coleslaw, or [potato salad](#) for a satisfying addition. Whether you enjoy your po'boy for lunch or dinner, it's guaranteed to be a hearty, comforting meal you'll want to add to your repertoire.

# Chicken-Andouille Gumbo With Roasted Potatoes

**Hands On Time:**

45 mins

**Total Time:**

3 hrs 10 mins

**Yield:**

10 cups

[Gumbo](#) isn't just deep in flavor—it's rich in the culinary history of [Louisiana](#). Originating in the early 18th century, this beloved stew is a melting pot of West African, French, Spanish, and Native American cuisines, featuring a flavorful stock, "[holy trinity](#)" of aromatics, hearty proteins, and a thickener for a satisfying texture.

This chicken-andouille gumbo offers a delicious twist on classic gumbo. The smoky depth of andouille sausage and a slow-cooked roux add to the bold and savory flavors, but instead of traditional white rice, we're serving it over a bed of roasted potatoes for added comfort. It's the ultimate [one-pot meal](#) for chilly nights, family gatherings, or anytime you're craving comfort food.

***Editor's Note:** This recipe was developed by the Southern Living Test Kitchen; the recipe tips were written by Katie Rosenhouse.*

**Cook Mode** (Keep screen awake)

## Ingredients

- 1 lb. andouille sausage, cut into 1/4-inch-thick slices
- 1/2 cup peanut oil

- 3/4 cup all-purpose flour
- 1 large onion, coarsely chopped
- 1 red bell pepper, coarsely chopped
- 1 cup thinly sliced celery
- 2 garlic cloves, minced
- 2 tsp. Cajun seasoning
- 1/8 tsp. ground red pepper (optional)
- 1 (48-oz.) container chicken broth
- 2 lb. skinned and boned chicken breasts
- [Roasted Potatoes](#)
- Toppings: chopped fresh parsley, cooked and crumbled bacon, hot sauce

## Directions

### 1. Cook sausage:

Cook sausage in a large skillet over medium heat, stirring often, 7 minutes or until browned. Remove sausage; drain and pat dry with paper towels.

### 2. Make roux:

Heat oil in a stainless-steel Dutch oven over medium heat; gradually whisk in flour, and cook, whisking constantly, 18 to 20 minutes or until flour is caramel-colored. (Do not burn mixture.)

Reduce heat to low, and cook, whisking constantly, until mixture is milk chocolate-colored and texture is smooth (about 2 minutes).

### 3. Add gumbo ingredients and simmer; shred chicken once cooked:

Increase heat to medium. Stir in onion, next 4 ingredients, and, if desired, ground red pepper. Cook, stirring constantly, 3 minutes. Gradually stir in chicken broth; add chicken and sausage. Increase heat to medium-high, and bring to a boil. Reduce heat to low, and simmer, stirring occasionally, 1 hour and 30 minutes to 1 hour and 40 minutes or until chicken is done. Shred chicken into large pieces using 2 forks.

### 4. Prepare gumbo to serve:

Place Roasted Potatoes in serving bowls. Spoon gumbo over potatoes. Serve immediately with desired toppings.

# Gumbo Vs. Jambalaya

While these two dishes are both staples of Cajun and Creole cuisines, the major difference can be boiled down to rice: In [jambalaya](#), rice is cooked a part of the dish, while [gumbo](#) is typically spooned over rice to serve.

What's The Difference Between Gumbo And Jambalaya?

## Ingredients Chicken-Andouille Gumbo

Smoky andouille sausage, tender shredded chicken, Cajun seasoning, and rich aromatics combine for a gumbo that's bold but comforting. To make chicken-andouille gumbo with roasted potatoes, you'll need:

- **Andouille sausage:** Adds a smoky flavor and richness to the gumbo.
- **Peanut oil:** Fat used to prepare the roux. If needed, swap for canola or vegetable oil.
- **All-purpose flour:** Cook with the oil to form a roux that adds flavor and thickens the gumbo.
- **Onion, bell pepper, and celery:** Holy trinity of Cajun cooking that acts as an aromatic base for the gumbo.
- **Garlic cloves:** Deepens the savory flavor.
- **Cajun seasoning:** Adds heat, smokiness, and a signature Cajun flavor to the gumbo.
- **Ground red pepper (optional):** For added heat.
- **Chicken broth:** The liquid base, helping to cook the ingredients through.
- **Chicken breasts:** The primary protein, shredded after cooking for a tender texture throughout.
- **Roasted Potatoes:** A creamy, starchy base for the gumbo, although you can also spoon the gumbo over white rice or mashed potatoes.

- **Fresh parsley, crumbled bacon, and hot sauce:** For serving.

## ***Southern Living* Test Kitchen Tips for the Best Gumbo**

When preparing gumbo, keep these tips in mind for the best results every time:

- **Be patient with the roux:** Cook the [roux](#) low and slow, watching the color as you go for the ideal flavor and consistency. Try not to rush the process or the roux could burn.
- **Use a wooden spoon or spatula:** While we whisk the roux, you can also consider using a wooden spoon or spatula to make sure you reach all the corners of the pan to keep the roux from burning.
- **Stir in broth gradually:** Add the broth slowly to keep the roux from separating.
- **Don't skip the garnishes:** Hot sauce adds an acidic touch to the gumbo, parsley adds a fresh pop of color and flavor, and who could say no to crispy bacon?

## **How To Store Chicken-Andouille Gumbo**

This chicken-andouille gumbo can be prepared ahead so you're ready to serve on busy weeknights. Prepare as directed and cool completely. Then cover or transfer to an airtight container and refrigerate for up to three days for the freshest flavor. Roast the potatoes fresh before serving or opt for white rice if preferred.

Store leftover gumbo covered or in an airtight container in the refrigerator for up to four days. You can also freeze in a freezer-safe container or zip-top bag for up to three months. Thaw overnight in the refrigerator if frozen before reheating.

Reheat the gumbo on the stovetop or in the microwave until heated through, adding a splash of broth if needed to loosen the consistency.

MORGAN HUNT GLAZE; PROP STYLIST: PRICILLA MONTIEL; FOOD STYLIST: EMILY NABORS HALL

## Try This Twist!

Chicken-and-Shrimp Gumbo: Prepare recipe as directed through Step Stir in 1/2 to 3/4 lb. peeled and deveined, medium-size raw shrimp (3 1/40 count). Cook 5 minutes or just until shrimp turn pink. Serve with Roasted Potatoes and desired toppings.

## Frequently Asked Questions

- **Is roux better with butter or oil?**  
You may find that some cooks prefer butter and some oil when making a roux, as each has its own benefits. Oil has a high smoke point, which keeps it from burning easily, while butter adds a rich flavor but requires more careful cooking.
- **What's the ideal consistency of gumbo?**  
Gumbo can vary in texture. Most recipes include thickeners like a roux, okra, or filé powder to bring it to your desired consistency.
- **What's the difference between Cajun and Creole gumbo?**  
Cajun gumbo typically features Andouille sausage and chicken, and is made without tomatoes, while Creole gumbo has a lighter roux, includes tomatoes, and sometimes features seafood like shrimp.



# Shrimp and Okra Gumbo Recipe

**Active Time:**

55 mins

**Total Time:**

1 hr 30 mins

**Yield:**

12 serves

A seafood gumbo is thickened with [okra](#) and packed with shrimp to make a low-country classic stew. This simple and easy-to-make recipe will have you making gumbo like a pro, as it comes together in just an hour and a half. Feel free to use fresh okra when it's in season, but for this recipe, we incorporated frozen cut okra for a thicker consistency. Don't worry about slimy results here. The okra is cooked down just long enough for a tender finish. Surprisingly, there's no roux in this Shrimp and Okra Gumbo, because the okra really gives it the dark color that the roux normally would. Okra, shrimp, and diced tomatoes make this Cajun favorite delicious and quite healthy, too. In her cookbook *United Tastes of Texas*, Jessica Dupuy shares her family recipe. "This is the version my grandmother in Houston always made using fresh Gulf shrimp and a whole lot of okra," she says. "Because it doesn't have a roux, many may contend that it isn't true [gumbo](#). I'm not one to argue with my elders, so I'm sticking to what my grandmother calls this. But if you'd like to call it shrimp and okra stew, you're free to do so." Serve this Louisiana favorite over rice for an authentic one-dish dinner that will wow your guests.

# Ingredients

- 6 tablespoons butter
- 2 cups finely chopped onion
- 1 ½ cups finely chopped green bell pepper
- 1 ½ cups finely chopped celery
- 5 garlic cloves, minced
- 1 ½ teaspoons dried thyme
- 1 ½ teaspoons table salt
- 1 teaspoon freshly ground black pepper
- 3 (14.5-oz.) cans diced tomatoes
- 2 (16-oz.) packages frozen cut okra, thawed
- 1 (32-oz.) container chicken broth
- 2 bay leaves
- 2 pounds unpeeled, medium-size raw shrimp, peeled and deveined
- 1 tablespoon hot sauce
- 1 teaspoon filé powder
- Hot cooked rice

# Directions

1. Melt butter in a large Dutch oven over medium; add onion and next 3 ingredients, and sauté 15 minutes or until vegetables are tender. Stir in thyme, salt, and pepper, and cook 1 to 2 minutes. Stir in tomatoes, okra, broth, and bay leaves.
2. Bring to a boil over medium-high; cover, reduce heat to low, and simmer 30 minutes. Add shrimp, hot sauce, and filé powder. Cook 3 to 5 minutes or just until shrimp turn pink. Remove and discard bay leaves. Serve over rice.



# Mini Muffulettas

These hand-held [sliders](#) disappear like hotcakes at any party. Stuffed with layers of cheese, cold cut, and [pickled vegetables](#), these are sure to please the crowd this summer. Test Kitchen Tip: You can prepare the muffulettas the day before, store in zip-top plastic freezer bags, and refrigerate overnight.

**Hands On Time:**

25 mins

**Total Time:**

25 mins

**Yield:**

12 servings

## Ingredients

- 2 (16-oz.) jars mixed pickled vegetables
- 3/4 cup pimiento-stuffed Spanish olives, chopped
- 2 tablespoons bottled olive oil-and-vinegar dressing
- 12 small dinner rolls, cut in half
- 6 Swiss cheese slices, cut in half
- 12 thin deli ham slices
- 12 Genoa salami slices
- 6 provolone cheese slices, cut in half

## Directions

1. Pulse pickled vegetables in food processor 8 to 10 times or until finely chopped. Stir in olives and dressing.

2. Spread 1 heaping tablespoonful pickled vegetable mixture over cut side of each roll bottom. Top each with 1 Swiss cheese slice half, 1 ham slice, 1 salami slice, 1 provolone cheese slice half, and roll tops. Cover with plastic wrap. Serve immediately, or chill until ready to serve.
3. Note: We tested with Mezzetta Italian Mix Giardiniera pickled vegetables and Newman's Own Olive Oil & Vinegar dressing.



# Cajun Shrimp Casserole

**Prep Time:**

30 mins

**Cook Time:**

16 mins

**Bake Time:**

20 mins

**Total Time:**

1 hr 6 mins

**Servings:**

6

This hearty seafood [casserole](#) is filled with [shrimp](#), cheese, and rice and gets its Cajun flair from the addition of okra, bell peppers, and cayenne pepper. It's a great choice for a special occasion meal. If you're not a fan of okra, you can leave it out of this dish.

# Can Shrimp Casserole Be Made in Advance?

An unbaked casserole may be made one day in advance. Cover and refrigerate. Let stand at room temperature 30 minutes before baking as directed.

# Can You Freeze Shrimp Casserole?

To freeze unbaked casserole, prepare as directed, omitting Parmesan cheese. Cover tightly, and freeze. Let stand at room temperature 30 minutes before baking. Bake, covered, at 350°F for 50 minutes. Uncover; sprinkle evenly with Parmesan cheese, and bake 10 more minutes or until cheese is lightly browned.

**Cook Mode** (Keep screen awake)

## Ingredients

- 2 lbs. unpeeled, large fresh shrimp
- 1/4 cup butter
- 1 small red onion, chopped\*
- 1/2 cup chopped red bell pepper\*
- 1/2 cup chopped yellow bell pepper\*
- 1/2 cup chopped green bell pepper\*
- 4 garlic cloves, minced
- 2 cups fresh or frozen sliced okra
- 1 Tbsp. lemon juice
- 1 1/2 tsp. salt
- 1 (10 3/4-ounce) can cream of shrimp soup\*\*

- 1/2 cup dry white wine
- 1 Tbsp. soy sauce
- 1/2 tsp. cayenne pepper
- 3 cups cooked long-grain rice
- 1/4 cup grated Parmesan cheese
- Garnishes: quartered lemon slices, fresh flat-leaf parsley sprigs

## Directions

### 1. Prepare shrimp:

Peel shrimp; devein, if desired.

### 2. Cook ingredients:

Melt 1/4 cup butter in large skillet over medium-high heat. Add onion and next 3 ingredients; sauté 7 minutes or until tender. Add garlic, and sauté 1 minute. Stir in okra, lemon juice, and salt; sauté 5 minutes. Add shrimp, and cook 3 minutes or until shrimp turn pink. Stir in soup and next 4 ingredients until blended.

### 3. Add casserole to baking dish:

Pour into a lightly greased 11- x 7-inch baking dish. Sprinkle evenly with Parmesan cheese.

### 4. Bake casserole:

Bake at 350°F for 15 to 20 minutes or until casserole is bubbly and cheese is lightly browned. Garnish, if desired.

## Ingredient Notes

- \*1 (10-ounce) package frozen onions and peppers may be substituted for fresh onion and bell peppers.
- \*\*1 (10 3/4-ounce) can cream of mushroom soup may be substituted for cream of shrimp soup.



# Chicken And Sausage Gumbo

Chicken and sausage gumbo is a classic for a reason.

**Prep Time:**

55 mins

**Cook Time:**

3 hrs

**Total Time:**

3 hrs 55 mins

**Servings:**

4 to 6

[Jump to recipe](#)

This iconic chicken and sausage gumbo recipe represents everything we love about [Louisiana cooking](#). With ordinary ingredients, the right seasonings, and patience, the results are extraordinary.

The secrets to a good [gumbo](#) aren't anything fancy either, but if you take the time to do them right, your gumbo will be just as good as the ones served in New Orleans.

The first? Make sure to brown the sausage and chicken until they both have crispy caramelization. Secondly, don't fear the [roux](#). Brown is the color of flavor so make sure to stir your vegetable oil and flour mixture until it's reached a true chocolate hue.

## What Is Gumbo?

Gumbo originated in the early 18th century in Louisiana, and is a flavorful stew made up of stock, a [holy trinity](#) of onion, bell pepper, and celery; meat or shellfish, and a thickener—typically a roux, okra, or [filé powder](#). A vibrant combination of flavors and textures, this hearty dish is often used as a metaphor for the melting pot of cultures within the state.

You may come across a few unique types of gumbo. [Creole gumbo](#), thickened with a light roux and featuring tomatoes, differs from Cajun gumbo, which is thickened with a dark roux, and does not traditionally have tomatoes in the mix. [Gumbo z'herbes](#) is another type of gumbo, made vegetarian to be enjoyed during Lent or for other meatless occasions.

## Gumbo vs. Jambalaya

Gumbo and jambalaya are both staples of Cajun and Creole cuisine, with unique flavor profiles based on who's making the dish. The major difference between the two is how they're served—gumbo is served spooned over rice, while [jambalaya](#) is cooked with rice as a part of the dish.

# Ingredients for Chicken and Sausage Gumbo

Andouille sausage, a holy trinity, Creole seasoning, and bone-in chicken breasts combine for this richly flavored chicken and sausage gumbo your family will ask for on repeat. To make chicken and sausage gumbo, you'll need:

- **Andouille sausage:** Adds a smoky, spicy richness to the dish.
- **Bone-in chicken breasts:** The main protein of the gumbo.
- **Vegetable oil and all-purpose flour:** To create a roux to thicken the gumbo.
- **Onion, green bell pepper, and celery ribs:** A classic "[holy trinity](#)" in Cajun and Creole cooking, providing an aromatic base.
- **Hot water:** To create the broth of the gumbo, although you can also use broth or part stock for deeper flavor.
- **Garlic cloves:** Adds a savory, aromatic depth.
- **Bay leaves:** For a subtle herbal flavor.
- **Worcestershire sauce:** Adds a savory, umami-rich flavor.
- **Creole seasoning:** A blend of spices including paprika, cayenne, oregano, and thyme, among others for a flavorful result.
- **Dried thyme:** Adds an earthy, floral quality to the gumbo.
- **Hot sauce:** For a touch of heat, although you can increase or decrease as you see fit.
- **Green onions:** Used as a garnish for a fresh, oniony flavor and pop of color.
- **Filé powder (optional):** Made from ground sassafras leaves to thicken the gumbo and add a unique flavor profile.
- **Hot cooked rice:** For serving the gumbo.
- **Green onions:** To garnish the dish.

# What Is Filé Powder?

While optional, filé powder is used to flavor and thicken gumbo, and is often used in Louisiana Creole cuisine. It's a seasoning made from dried and ground leaves of North American sassafras trees, with a slightly herbal flavor. It's typically sprinkled over gumbo after cooking to tighten it up and add an earthy flavor, as cooking it too long could cause a stringy result.

## How To Make Chicken and Sausage Gumbo

The best dishes are worth waiting for, and the slow simmer of this gumbo builds deep flavor for a rich and savory blend of ingredients. Full instructions are below, but here's a brief recap before you get started:

- **Step 1. Cook sausage:** Cook sausage in a Dutch oven until browned. Drain on paper towels, reserving drippings. Andouille sausage is technically already cooked, because it's smoked, so you're just getting it nicely crisped and browned.
- **Step 2. Cook chicken:** Cook chicken in reserved drippings until browned. Transfer to paper towels, reserving drippings.
- **Step 3. Make the roux:** Add enough oil to drippings in Dutch oven to measure 1/2 cup. Add flour, and cook, stirring, until roux is chocolate-colored.
- **Step 4. Simmer the gumbo:** Stir in onion, bell pepper, and celery and cook until tender. Gradually add 2 quarts hot water, and bring to a boil. Add chicken, garlic, and next 5 ingredients, reduce heat, and simmer 1 hour. Remove chicken.
- **Step 5. Add sausage:** Add sausage and cook 30 minutes. Stir in green onions and cook another 30 minutes.

- **Step 6. Finish the gumbo:** Remove chicken bones and cut meat into strips. Return to gumbo and simmer to heat through. Remove bay leaves.
- **Step 7. Prepare to serve:** Remove from heat. Sprinkle with filé powder, if desired. Serve over rice and garnish as desired.

## Can I Make Chicken and Sausage Gumbo Ahead?

Gumbo is a great make-ahead dish. To make this dish in advance, cook as directed, then cool completely before transferring to an airtight container. Refrigerate for up to two days for the freshest flavor and reheat on the stovetop before serving.

## How To Store and Reheat Leftover Gumbo

Leftover chicken and sausage gumbo will keep in the refrigerator for up to four days. Store in an airtight container, and reheat on the stovetop until heated throughout. You can also reheat small portions in the microwave as needed.

You can also freeze leftover gumbo in a freezer-safe container or zip-top bag for up to three months. Thaw overnight in the refrigerator, and reheat on the stovetop or in the microwave when ready to serve.

# Why This Recipe Gets Rave Reviews

We love when a recipe gets stellar reviews—especially when they come from those who have made it for a number of years with success.

One *Southern Living* community member commented, "I have made this recipe for years and it is the best gumbo I have ever had, hands down!"

While another said, "I've made this recipe for the last 10+ years. Being a cajun myself (south of I10 😊 ) this is definitely close to home and also quick and easy for beginners. Definitely my go-to favorite. Let's also mention my family devours it and nothing is left over!! It's requested for holidays and get togethers all the time. Bon Appétit!"

## More Hearty Gumbo Recipes You'll Love

For the ultimate shrimp, chicken, turkey, or vegetarian gumbo, look no further:

- [Chicken Gumbo](#)
- [Shrimp and Sausage Gumbo](#)
- [Shrimp and Okra Gumbo](#)
- [Leah Chase's Gumbo Z'Herbes](#)
- [Smoked Turkey-and-Andouille Gumbo](#)
- [Chicken-Andouille Gumbo with Roasted Potatoes](#)



# Leah Chase's Gumbo Z'Herbes

Chef Leah Chase of New Orleans said, "You will acquire a new friend for every kind of green in the pot—and we hope one of them is rich!"

**Hands On Time:**

55 mins

**Total Time:**

2 hrs 50 mins

**Servings:**

10 to 12

The story of [Leah Chase](#) reads like a social history of New Orleans. Creole-born across Lake Pontchartrain, she started waitressing in 1941—part of

the first group of female servers in the French Quarter—when the men were off at war. In '46, she began working at her in-laws' restaurant, Dooky Chase's, where jazz greats such as Ray Charles, Duke Ellington, and Sarah Vaughan would congregate.

"There was no place else for them to eat when they came to town," Leah said.

Every year on the Thursday before Easter, she used to cook up to 100 gallons of her Gumbo Z'Herbes, made with nine different types of greens. All people of New Orleans, no matter their religion or skin color, would flock to her gumbo pot en masse.

"The best way to know people is through food," she says. "Get them to talk about food. Talk over food. It might be about food, but you're also talking about issues."

## Ingredients

- 5 cups chopped mustard greens
- 5 cups chopped collard greens
- 5 cups chopped turnip greens
- 3 cups chopped beet tops (5 oz.)
- 2 cups chopped cabbage
- 2 cups chopped romaine lettuce
- 2 cups chopped watercress
- 1 1/2 cups coarsely chopped spinach
- 1 cup chopped carrot tops (1 1/2 oz.)
- 2 garlic cloves, chopped
- 1 medium onion, chopped
- 1/2 pound smoked sausage, diced

- 1/2 pound smoked ham, diced
- 1/2 pound uncooked beef brisket, diced
- 1/2 pound dry Spanish chorizo or andouille sausage, diced
- 2 tablespoons vegetable oil
- 1/4 cup all-purpose flour
- 2 teaspoons table salt
- 1/2 teaspoon fresh thyme leaves
- 1/2 teaspoon ground red pepper
- 1/2 teaspoon filé powder
- Hot cooked rice

## Directions

1. Combine first 11 ingredients and water to cover in a 15-qt. stockpot; cover. Bring to a boil over high heat (about 20 minutes). Uncover; boil, stirring occasionally, 30 minutes. Drain, reserving cooking liquid. Coarsely chop greens.
2. Combine smoked sausage and next 2 ingredients in pot with 2 cups reserved cooking liquid. Bring to a boil. Boil, stirring once, 15 minutes.
3. Meanwhile, cook chorizo in hot oil in a medium skillet over medium-low heat, stirring occasionally, 10 minutes or until browned. Remove with a slotted spoon; drain on paper towels, reserving 3 Tbsp. drippings in skillet.
4. **Make a roux:** Stir flour into reserved drippings with a wooden spoon, and cook over medium heat, stirring constantly, until flour is medium brown (about 15 minutes; see "Master the Art of Making Roux," page 5, as a guide). Add flour mixture to mixture in stockpot, and stir well. Add chopped greens mixture and 5 cups reserved cooking liquid. Reduce heat to medium-low; simmer, stirring occasionally, 20 minutes. Stir in salt, thyme, red pepper, and chorizo. Cook, stirring

occasionally, 40 minutes. Stir in filé powder; stir vigorously. Serve over hot cooked rice.



# New Orleans Red Beans And Rice

**Active Time:**

5 mins

**Total Time:**

7 hrs 5 mins

**Yield:**

3 1/2 quarts

[Jump to recipe](#)

Louisiana by nature, New Orleans by distinction, red beans and rice is a hallmark of [Cajun](#) cuisine. Yet every cook's recipe is bound to be a little different.

For some, [ham hocks](#), andouille sausage, or bacon are a must; for others, it's pickled or salt pork. But this New Orleans [red beans and rice](#) recipe perfectly captures the simple perfection that defines the [quintessential Southern dish](#).

## The Tradition of New Orleans Red Beans and Rice

In Louisiana, red beans and rice was traditionally served on Mondays—wash day. The beans could simmer unattended while the cook was busy with the laundry and other chores. It was a perfect fit, easily feeding a crowd and being versatile enough to tailor according to what was in the pantry.

But of course, because this recipe is made with a slow cooker, it's suited for dinner any night of the week. It's especially a great idea during the busy [holiday season](#) when you need a filling dinner without a lot of lift.

## Ingredients for New Orleans Red Beans and Rice

To make this comforting dish, you'll need:

- **Dried red beans:** The star of the show, providing a hearty, velvety texture in the final dish.
- **Water:** Helps the beans soften in the slow cooker.
- **Bell pepper, onion, and celery sticks:** A classic [Holy Trinity](#) to build flavor.

- **Garlic cloves:** For an earthy depth of flavor.
- **Andouille sausage:** Adds a smoky, spicy flavor and bulks up the dish.
- **Creole seasoning:** While the spices can vary, Creole seasoning typically contains a powerful blend of dried herbs and spices, including paprika, onion, garlic, thyme, oregano, cayenne, parsley, and more.
- **Hot cooked rice:** Creates a base for serving the slow-cooked red beans.
- **Sliced green onions:** For garnishing; adds a pop of color and brightness to the dish.

## How To Make New Orleans Red Beans and Rice

This hearty meal is almost completely hands-off. Just combine all the ingredients in a slow cooker, cover and cook. By the time the family's ready for dinner, you'll be ready to serve.

- **Step 1. Prepare:** Place first 8 ingredients in a slow cooker.
- **Step 2. Cook:** Cook, covered, on HIGH 7 hours or until beans are tender.
- **Step 3. Serve:** Serve with rice and sliced green onions if desired.

## What To Serve With Red Beans and Rice

After spooning these tender, flavorful red beans over fluffy rice, pair it with some of our [perfect skillet cornbread](#) and [collard greens](#) for a hearty Southern-style meal. It also pairs well with fried or sautéed [okra](#), a light salad, coleslaw, or crusty French bread for soaking up every drop of the flavorful bean broth.

# Ingredients

- 1 lb. dried red beans
- 7 cups water
- 1 green bell pepper, chopped
- 1 medium onion, chopped
- 3 celery stalks, chopped
- 3 garlic cloves, chopped
- 1/2 lb. andouille sausage, sliced
- 3 Tbsp. Creole seasoning
- Hot cooked rice
- Garnish: sliced green onions

# Directions

## 1. Prepare ingredients:

Place first 8 ingredients in a 4-quart slow cooker.

## 2. Cook red beans and rice:

Cook, covered, at HIGH 7 hours or until beans are tender.

## 3. Garnish and serve:

Serve with hot cooked rice. Garnish, if desired.

# Sheet Pan Jambalaya

A delicious recipe to try this season.

**Active Time:**

15 mins

**Total Time:**

35 mins

**Servings:**

4

It just got [easier than ever](#) to make this Southern classic. Jambalaya is a staple of Creole cuisine, and while there are plenty of debates on how to cook a proper [jambalaya](#), this weeknight-friendly version diverges from any technique you've ever seen. We're making this recipe entirely on a sheet pan.

This is inspired by the Creole-style (red) jambalaya, which contains tomatoes, rather than Cajun (brown) jambalaya, which does not. This Sheet Pan Jambalaya packs all the traditional flavors you might find in the dish—from andouille sausage and onion to shrimp and Creole seasoning. Spicy and savory with lots of Creole flavor, this [jambalaya](#) cooks in just 35 minutes. The andouille sausage renders a decent amount of fat, keeping the grains of rice and vegetable mixture moist. The tomatoes and bell peppers provide a sweet counterpoint to the spicy Creole seasoning. Precooked microwavable rice is the real secret to this baked jambalaya—it absorbs all the drippings from the sausage and vegetables, cooking the rice perfectly and preventing it from going mushy.

For a Jambalaya breakfast, reheat the leftovers in a skillet (adding a touch of water, if needed) until warm. Make indentations in the rice and crack an

egg into each well. Cover and cook until the egg whites are set and the yolks are runny.

## Ingredients

- 2 small mixed yellow, orange, and/or red bell peppers, cut into thin slices and slices halved crosswise
- 1 (12-oz.) pkg. andouille sausage, sliced
- 1 medium-size yellow onion, thinly sliced (3 cups)
- 1 ½ tablespoons chopped fresh thyme
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- 2 teaspoons Creole seasoning (such as Tony Chachere's), divided
- 3 large scallions
- 12 ounces jumbo peeled, deveined raw shrimp
- 1 (10-oz.) can diced tomatoes and green chiles (such as Rotel), drained
- 2 (8.8-oz.) pkg. precooked microwavable white rice

## Directions

1. Preheat oven to 425°F. Toss together bell peppers, sausage, onion, thyme, oil, garlic powder, and 1 teaspoon of the Creole seasoning on a 13- x 18-inch rimmed baking sheet; spread mixture in an even layer. Bake until mixture is almost tender-crisp, 15 to 17 minutes, stirring mixture once halfway through cook time.
2. Meanwhile, thinly slice dark green parts of scallions; set aside. Thinly slice white and light green parts of scallions; transfer to a large bowl. Add shrimp, drained tomatoes and green chiles, and remaining 1 teaspoon Creole seasoning. Using your hands, crumble rice into shrimp mixture to separate any clumps; stir to combine. Set aside until ready to use.

3. Remove baking sheet from oven. Stir shrimp mixture into bell pepper mixture on baking sheet; return to oven. Bake at 425°F until shrimp are pink and opaque throughout and rice is warm and tender, about 9 minutes. Sprinkle with dark green parts of scallions.



# Chicken And Sausage Jambalaya

**Active Time:**

20 mins

**Total Time:**

1 hr 5 mins

**Servings:**

8

The beloved Creole rice dish that we know today as jambalaya has a list of variations that's as long as its history: The dish dates back to early 18th century Southern Louisiana, when Spanish settlers adapted paella using local ingredients.

At its core, jambalaya is a one-pot rice dish [usually made with smoked sausage](#), onion, celery, green peppers, and [Creole](#) seasonings. But depending on which Southern cook you ask, it might also include tomatoes, a roux, and an array of proteins—including chicken, smoked ham or turkey, fresh oysters or shrimp, or different kinds of sausage.

This chicken and sausage jambalaya recipe calls for the classic combination of chicken thighs and smoked sausage. When simmered with the rice, vegetables, herbs, and spices, they impart deep flavor to this hearty, soul-satisfying dish. And since it all comes together in about an hour, you don't have to wait for a special occasion like [Mardi Gras](#) or a tailgating party to cook up a batch.

JEN CAUSEY; PROP STYLIST: JOSH HOGGLE; FOOD STYLIST: RUTH BLACKBURN

## Is Jambalaya Creole or Cajun?

There are actually two types of jambalaya: [Creole and Cajun](#). Creole versions, like this one, are made with tomatoes. That's why you may hear it called "red jambalaya."

Cajun-style jambalaya (AKA "brown jambalaya") does not call for tomatoes. It's usually thickened with a brown roux that gives the broth its color.

# What Is the Difference Between Gumbo and Jambalaya?

There are a lot of similarities between these two classic Louisiana stews, including the types of spices, vegetables, meats, and seafood that are commonly used.

Both of them also call for rice, but the key difference between the two is how it's used. Jambalaya is a rice dish: The grains get added directly to the pot.

With [gumbo](#), on the other hand, rice is an accompaniment. The grains are cooked separately, and the gumbo is served overtop.

The other major difference between the two dishes is that base of any traditional gumbo recipe is a [roux](#)—a time-consuming and laborious step that can't be skipped if you want real-deal gumbo flavor.

One major perk of opting to make a big pot of jambalaya over gumbo is that it delivers the same flavors and warming comfort without the constant whisking required to make a proper roux.

## Jambalaya Ingredients

The medley of budget-friendly chicken thighs, smoked sausage, fire-roasted tomatoes, rice, and the "[holy trinity](#)" of diced onion, bell pepper, and celery give this one-pot wonder its bold and lively flavor. They're simmered until tender in a broth of chicken stock flavored with spicy [Creole seasoning](#), garlic, [bay leaves](#), thyme, and oregano.

Canned fire-roasted tomatoes add smoky, charred taste to this dish. But if you can't find them at the grocery store, just swap in standard canned diced tomatoes.

Our recipe calls for smoked sausage like [Conecuh brand](#), but Andouille, kielbasa, or any other kind of smoked sausage will all work well as swaps.

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## How To Serve Jambalaya

Immediately divvy your pot of hot jambalaya into individual bowls, or serve it at the table family-style in a large serving dish.

Top it with fresh sliced [green onions](#), [chives](#), or chopped parsley. If you'd like, add hot sauce and a loaf of warm, crusty bread.



# New Orleans Beignets

**Prep Time:**

25 mins

**Cook Time:**

35 mins

**Total Time:**

5 hrs

**Yield:**

5 dozen

[Jump to recipe](#)

On my first visit to [New Orleans](#), I popped over to the historic Cafe du Monde to grab a paper bag of beignets and a takeaway cup of [coffee](#). I

walked to the water's edge to watch the sky at dusk over the Mississippi River, a couple of buskers singing a few yards away.

Like any first-timer, I made the mistake of inhaling as I bit into the beignet, coughing powdered sugar all over myself. But it was worth it. The warm yeasted dough must've been fried minutes beforehand, and the sweet, crispy edges gave way to an airy interior that smelled and tasted like heaven.

Beignets are cut into squares, which means the corners become slightly crispier than the rest of the pastry—those fried corners alone make beignets a legitimate rival to any circular doughnut.

Made from a simple [yeast](#) mixture, evaporated milk, shortening, eggs, and flour, beignet dough only takes a few minutes to throw together, but the secret to the perfect homemade beignet is letting the dough sit in the refrigerator overnight. This time in the fridge allows the yeast to develop slowly, making a particularly fluffy and flavorful beignet.

## Ingredients

- 1 (1/4-oz.) envelope active dry yeast
- 1 1/2 cups warm water (100°F to 110°F), divided
- 1/2 cup granulated sugar, divided
- 2 large eggs, lightly beaten
- 1 tsp. kosher salt
- 1 cup evaporated milk
- 1/4 cup vegetable shortening
- 7 cups bread flour, plus additional for rolling
- Vegetable oil, for frying
- Sifted powdered sugar, for dusting

# Directions

## 1. Make the yeast mixture:

In stand mixer bowl, mix to combine yeast with 1/2 cup warm water and 1 teaspoon granulated sugar; set aside for 5 to 10 minutes until foamy. Add eggs, salt, evaporated milk, and remaining sugar. Mix lightly to combine.

## 2. Prepare the dough:

Heat remaining water in the microwave until hot. Add shortening and mix until melted. Add shortening mixture to yeast mixture along with 4 cups bread flour. Using hook attachment, mix until a sticky dough forms.

Gradually add remaining 3 cups of bread flour, mixing until the dough is smooth and pliable.

Transfer to a lightly greased bowl, turning dough to grease entire surface. Cover and refrigerate for 4 to 24 hours.

## 3. Cut out beignets:

Lightly dust a clean surface with flour and roll dough to 1/4-inch thickness. Cut into 2 1/2-inch squares.

## 4. Fry the beignets:

Heat 2 to 3 inches of vegetable oil in a Dutch oven or large pot to 350°F to 360°F. Fry in oil until golden brown and puffed (about 2 minutes per side).

Drain on paper towels. Immediately dust with powdered sugar and serve warm.

## What Are Beignets?

There are two main types of beignets: French beignets made with deep-fried choux pastry, and Louisiana-style yeasted beignets. Typically cut into squares or rectangles and served hot with a cup of [chicory coffee](#) for breakfast, dessert—or really any time of day—these yeasted pillows are generously dusted with powdered sugar and a real treat to eat.

## Do Beignets Taste Like Doughnuts?

Beignets are similar to doughnuts in that they're sweet, fried dough, and total comfort food. Beignets are pillowy in the center and crisp on the edges. Think of them as an elevated doughnut, with textural contrasts and a mellow flavor.

But don't expect any glazes, sprinkles or fillings. Beignets are meant to be quick to make, quick to assemble, and easy to eat.

## Key Ingredients for New Orleans Beignets

To make New Orleans Beignets, you'll need:

- **Active dry yeast:** Can be swapped with instant yeast. Note: Instant yeast does not require "proofing," so you can proceed with the recipe without waiting for the mixture to become foamy.

- **Warm water:** Warm is key! Yeast enjoys a comfortable environment—too hot and it will start to die off.
- **Evaporated milk:** Adds a rich flavor and light, fluffy texture to the beignets.
- **Vegetable shortening:** Doughnuts made with shortening are typically lighter and puffier.
- **Bread flour:** Can be substituted with all-purpose flour, but may result in a stickier dough that requires more kneading time.
- **Vegetable oil, for frying:** For extra points—although it may be a bit harder to source—mimic Cafe du Monde by using cottonseed oil for frying.
- **Sifted powdered sugar:** For dusting.



# Creole Daube

Author and culinary historian Jessica B. Harris reflects on one of New Orleans' "endangered dishes."

**Cook Time:**  
10 mins

**Active Time:**

50 mins

**Additional Time:**

3 hrs 15 mins

**Total Time:**

4 hrs 15 mins

**Servings:**

6

[Jump to recipe](#)

"When the weather has a nip in the air, my thoughts turn to braised roasts and rich, dense stews," writes author and culinary historian Jessica B. Harris. "For years, I'd made a variation of my mother's [beef stew](#), and then one year in New Orleans, the late chef [Leah Chase](#) introduced me to the Creole daube (pronounced "dohb")." [Creole Daube](#) is a hearty beef [stew](#) with French and Italian influences. Considered to be one of [New Orleans'](#) "endangered dishes," daube is made for cold days and cozy nights.

This version, which comes to us from Harris, is no exception. "In New Orleans, daube usually turns up around the year-end holidays, but it's perfect anytime something filling and soul warming is needed on the table," she writes. Packed with hickory-smoked bacon, boneless chuck roast, beef stock, and dry red wine, this dish is nothing short of rich. A [trinity](#) of onion, bell pepper, and celery forms the foundation for the dish, while ground cloves add an enigmatic warmth.

Leftovers? You're in for a treat. Harris writes, "With the addition of gelatin, it can be transformed into daube glacé—a glorious, terrine-like appetizer that's sliced cold and served with crackers."

## Ingredients

- 3 thick-cut hickory-smoked bacon slices, coarsely chopped
- 1 (3 1/2-lb.) boneless chuck roast, trimmed
- 1 Tbsp. kosher salt

- 1 tsp. black pepper
- 2 small yellow onions, chopped (2 1/4 cups)
- 1 small green bell pepper, chopped (1 cup)
- 1 large celery stalk, chopped (1/2 cup)
- 3 Tbsp. tomato paste (from 1 [6-oz.] can)
- 2 1/2 Tbsp. finely chopped garlic (from 8 garlic cloves)
- 1 cup dry red wine
- 2 cups beef stock
- 5 (5-in.) thyme sprigs
- 3 fresh bay leaves
- 1/8 tsp. ground cloves
- 5 small carrots, sliced on an angle into 2-in. pieces (2 cups)
- 2 medium turnips, peeled and cut into 1-in. pieces (3 cups)

## Directions

### 1. Cook bacon:

Preheat oven to 325°F. Cook bacon in a large Dutch oven over medium, stirring occasionally, until it's browned and fat has rendered, about 8 minutes. Transfer bacon to a plate, and reserve drippings in skillet.

FRED HARDY; FOOD STYLIST: RISHON HANNERS; PROP STYLIST:  
PHOEBE HAUSER

### 2. Sear roast:

Sprinkle roast with kosher salt and black pepper. Increase heat to medium-high. Add roast to Dutch oven, and sear until browned on 2

sides, about 12 minutes, carefully flipping halfway through. Transfer to a plate.

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### 3. Add vegetables and remaining ingredients:

Reduce heat to medium. Add onions, bell pepper, and celery to Dutch oven; cook, stirring often and scraping up browned bits from bottom of Dutch oven, until onions soften, about 6 minutes.

Add tomato paste and garlic; cook, stirring constantly, until tomato paste turns a shade darker, about 2 minutes. Add wine, and bring to a simmer over medium. Simmer stirring occasionally, until it's slightly thickened and some of the alcohol burns off, about 3 minutes. Stir in stock, thyme sprigs, bay leaves, and cloves. Nestle roast and bacon back into Dutch oven along with any juices that have accumulated; bring to a simmer over medium, and then remove from heat.

### 4. Braise beef:

Cover and transfer to preheated oven, and braise 2 hours. Remove from oven; uncover and stir in carrots and turnips. Cover and return to oven; braise until meat and vegetables are tender, about 1 hour, 15 minutes. Remove from oven, and let rest 15 minutes.

### 5. Shred beef and skim fat:

Transfer roast to a work surface, and shred into large pieces. Skim off fat from broth, and discard. Remove and discard thyme sprigs and bay leaves. Return shredded beef to Dutch oven, and then serve.

# The History of Daube

Daube is a traditional French slow-cooked stew that originated in the Provence region of southern France. Creole daube, a variation of this dish, reflects the cultural fusion of French, African, Spanish, and Native American influences in Louisiana. This dish is known for its low and slow cooking method, which tenderizes tougher, less-expensive cuts of meat.

When French colonists arrived in Louisiana in the 18th century, they brought their culinary traditions, including daube, and adapted them using locally available ingredients. The addition of Cajun or Creole seasonings gave the dish a distinctive flavor unique to the region. By the 19th century, Creole daube had become a beloved dish in Louisiana, often associated with special occasions and large gatherings. It is typically served with rice and remains a comforting, iconic dish enjoyed during holidays and other celebrations today.

## Key Ingredients for Creole Daube

Every ingredient in this recipe, from hickory-smoked bacon to red wine, aromatic vegetables, and beyond, adds layers of rich, savory flavor that will leave you craving more. To make Creole daube, you'll need:

- **Hickory-smoked bacon:** Adds a smoky depth and salty, meaty flavor to the dish.
- **Boneless chuck roast:** A tough cut of beef that becomes tender and flavorful when slow-cooked.
- **Yellow onions, green bell pepper, and celery:** A classic flavor base referred to as the [holy trinity](#) of Creole and Cajun cooking.
- **Tomato paste:** Adds richness, umami, and depth to the dish.
- **Dry red wine:** Adds acidity to help break down the meat and add complexity to the dish.

- **Beef stock:** A savory, liquid base of the stew to create a gravy-like consistency of the sauce.
- **Carrots and turnips:** For a mild sweetness and heartiness.

## Our Tips for the Best Creole Daube

For the best, most delicious Creole daube, keep these tips in mind:

- **Render the fat:** Cook the bacon until browned and the fat is rendered to leave enough drippings to sear the roast.
- **Brown the meat:** Brown the chuck roast on two sides to create a deep, rich flavor.
- **High-quality stock and wine:** The more flavorful your stock and red wine, the better the dish will be.
- **Chop evenly:** For the most even cooking and best presentation, chop the holy trinity of onions, bell peppers, and celery as consistently as possible.
- **Low and slow cooking:** Don't rush the process. Cook as directed for fall-apart meat and tender veggies.
- **Taste and adjust:** Taste and re-season the mixture as needed after cooking for the best flavor.
- **Let it rest:** Let the daube rest to give the juices in the meat time to redistribute and make it easier to handle.

## Can I Make Daube Ahead?

Creole daube is a fantastic dish to make ahead, as the flavors will continue to meld and deepen as it rests. Prepare as directed, then cool completely before transferring to an airtight container. Refrigerate for up to two days for the freshest flavor, or freeze for up to three months.

To reheat, thaw overnight in the refrigerator if frozen. Reheat slowly over low heat on the stovetop or covered in a preheated 300°F oven, stirring occasionally, until heated through. Adjust the consistency with broth or wine to loosen the sauce slightly if needed.

## How To Store and Reheat Leftover Creole Daube

Cool leftover daube before transferring to an airtight container and storing in the refrigerator for up to four days or freezing for up to three months. Thaw overnight in the refrigerator if frozen. Reheat over low heat on the stovetop, or covered in a preheated 300°F oven until heated through. You can also reheat small portions of daube in the microwave. Avoid overheating or heating too quickly, which can toughen the meat.

## What To Serve With Creole Daube

Creole daube is a flavorful, hearty dish that pairs wonderfully with a variety of sides to round out the meal. Serve it over white or brown rice to soak up the rich, savory sauce, or opt for [dirty rice](#), Cajun, or Creole rice for added flavor. For a classic touch, [cornbread](#) or crusty bread, such as garlic bread, is perfect for dipping.

To add some greens, pair it with [collard greens](#), kale, or steamed green beans or asparagus for a satisfying veggie side. Roasted vegetables like carrots, bell peppers, and sweet potatoes offer a nice balance, or mashed potatoes or [roasted potatoes](#) can add a hearty touch. A crisp green salad can add a fresh finish.



# Cajun-Style Meatloaf

**Active Time:**

30 mins

**Total Time:**

1 hr 35 mins

**Servings:**

8

Revamp your weeknight dinner with a Cajun meatloaf. This recipe starts with the "holy trinity"—onion, celery and green bell pepper. It gets its Louisiana kick from Cajun seasoning.

Incredibly tender and juicy, with a bit of spicy heat, serve this Cajun meatloaf with garlic mashed potatoes, bitter greens, or [collard greens and dirty Creole rice](#).

## What Is Cajun-Style?

Originating in southwest Louisiana, Cajun cuisine combines traditional French cooking styles with local ingredients. It was developed by the Acadians, a group of French settlers who favored hearty one-pot meals like [red beans and rice](#) or [Maque Choux](#).

## What Is Creole Seasoning?

Another Louisiana-based cuisine, Creole food was developed with French, Spanish, African, and Caribbean influences. A savory and earthy spice blend with a bit of heat, Creole seasoning is available online or at your local grocery store in the spice section.

If you can't find Creole seasoning, you could make your own: Combine paprika, dried oregano, ground black pepper, dried basil, kosher salt, cayenne pepper, granulated onion, dried thyme, and [granulated garlic](#).

## How To Make Cajun Meatloaf

There are a few steps to this meatloaf recipe, but it all comes together in one loaf pan.

- **Step 1. Prep the pan:** Tear two pieces of aluminum foil off the roll, then press them into a 9- x 5-inch loaf pan, leaving a 3-inch overhang on the long sides of the pan. The double layer helps prevent spills and seepage, but also makes lifting the meatloaf from the loaf pan easier.
- **Step 2. Cook the aromatics:** Onions are frequently used to meatloaves, but this wouldn't be a Cajun meatloaf if we didn't use the holy trinity—onion, celery, and green bell peppers. So for the second step, heat oil in a large skillet over medium-high heat, then cook the onion, celery, and green bell peppers. Then, add the Creole seasoning and pepper. Spoon the onion mixture into the bottom of a large bowl. Let it cool for 5 minutes so it's easy to handle in the next steps.
- **Step 3. Make the meatloaf:** To the bowl with the onion mixture, add the beef, pork, breadcrumbs, parsley, eggs, and some of the ketchup. Press the meat into the prepared loaf pan.
- **Step 4. Make topping:** In a small bowl, combine sugar and remaining ketchup. Spread the ketchup mixture over the meatloaf in the pan. This ketchup mixture is a bit on the sweeter side to balance the spicy hit of the Creole seasoning. But if you wanted to double down on the spice, add a bit of the seasoning to this sauce, too.
- **Step 5. Cook the meatloaf:** Bake the Cajun meatloaf in a 350°F degree oven for 50 minutes to 1 hour. You'll know the meatloaf is done when the thickest portion of the loaf registers 165°F on a meat thermometer.

Remove the meatloaf from the oven, and let it cool in the pan for 15 minutes. Using the foil overhangs as handles, gently lift the meatloaf from the loaf pan.

Transfer the pan to a cutting board or platter, and cut into 8 slices.

## What Do You Put in Meatloaf to Keep It Together?

Eggs and breadcrumbs are an essential binder for meatloaf. They help keep the meat and other ingredients together once baked.

This recipe calls for two large eggs and one cup of dry breadcrumbs. If you're having trouble getting your meatloaf to stick together, try increasing the amount of breadcrumbs by  $\frac{1}{4}$  cup.

You can substitute crackers, panko, or even oatmeal for breadcrumbs in a pinch.

## How Do You Make Cajun-Style Meatloaf Moist?

This recipe's combination of ground chuck and ground pork creates a flavorful and juicy meatloaf. Fat provides flavor and moisture in this recipe, so choose ground beef with at least 20 percent fat content.

Think of your meatloaf like baking a cake: You don't want to overmix or overbake it, as both are common causes of dried loaves. Mix meatloaf ingredients until they are just combined, then stop. Since the meatloaf will be shaped in the pan, it's easy to overwork and dries out this dish.

Don't crank up the heat in the oven. Instead, bake your meatloaf at a low temperature for a more extended time. This recipe calls for 30 minutes at 350°F.

## How To Store Leftover Meatloaf

Refrigerate leftover meatloaf in an airtight container or a plastic zip-top bag. Cajun-style Meatloaf will last three to four days in the refrigerator.

Cooked meatloaf can be stored in the freezer for three to four months, wrapped in plastic wrap and sealed in a freezer-safe bag or airtight container.

Raw meatloaf can also be stored in the freezer in the same manner for up to six months. It is a good idea to mark the package with a piece of tape, whether the dish has been cooked or not. A meatloaf may look a lot like banana bread once frozen, and it'll definitely ruin supper if you thaw the bread instead of the meatloaf.

## How To Bake Frozen Meatloaf

Remove the meatloaf from the freezer, and thaw it in the fridge overnight. Bake as per original recipe instructions.

If in doubt, check the internal temperature, which should register 165°F on a meat thermometer.

Editorial Contributions by [Alexandra Emanuelli](#).

**Cook Mode** (Keep screen awake)

## Ingredients

- Cooking spray
- 1 Tbsp. extra-virgin olive oil
- 1 medium (9 oz.) yellow onion, finely chopped (1 1/2 cups)
- 2 medium-size (3 1/2 oz. total) celery stalks, finely chopped (3/4 cup)
- 1 small (7 oz.) green bell pepper, finely chopped (3/4 cup)
- 1 1/2 Tbsp. Creole seasoning

- 1/2 tsp. black pepper
- 1 lb. ground chuck
- 8 oz. ground pork
- 1 cup dry breadcrumbs
- 3 Tbsp. chopped fresh flat-leaf parsley
- 2 large eggs
- 1/4 cup, plus 2 Tbsp. ketchup, divided
- 1 Tbsp. light brown sugar

## Directions

### 1. Prepare oven and pan:

Preheat oven to 350°F with rack in top third position. Line a 9- x 5-inch loaf pan with a double layer of aluminum foil, leaving a 3-inch overhang on long sides. Lightly coat with cooking spray, and set aside.

### Cook onion, pepper, and celery:

Heat oil in a large skillet over medium-high. Add onion, and cook, stirring occasionally, until tender, about 4 minutes. Add celery and bell pepper; cook, stirring often, until tender, about 4 minutes. Add Creole seasoning and pepper; cook, stirring often, until fragrant, about 1 minute. Transfer to a large bowl; spread in an even layer across bottom of bowl, and let cool for 5 minutes.

### 2. Mix meatloaf:

Add beef, pork, breadcrumbs, parsley, eggs, and 2 tablespoons of the ketchup to onion mixture in bowl. Gently fold together using your hands just until incorporated. Press into prepared loaf pan.

### 3. Make meatloaf topping:

Stir together sugar and remaining 1/4 cup ketchup in a small bowl; spread evenly over meatloaf.

### 4. Bake meatloaf:

Bake in preheated oven until well browned and a thermometer inserted in thickest portion of meatloaf registers 165°F, 50 minutes to 1 hour. Let cool for 15 minutes. Remove meatloaf from loaf pan using foil overhang as handles, and transfer to a cutting board. Cut into 8 slices.

## Frequently Asked Questions

- **What is the difference between Cajun and Creole food?**  
While similar, Cajun and Creole food uses different ingredients to make their signature dishes. According to the culinary school Escoffier, "Cajun food is typically spicier than Creole food, and it also contains more pork and crawfish. Creole food utilizes more ingredients like tomatoes, shrimp, oysters, and crab."
- **What are famous Creole foods?**  
Jambalaya, a Creole cuisine, is made from cooked rice, vegetables, and meat. Jambalaya is also considered Cajun food, but the preparation and ingredients differ. In New Orleans, red beans and rice is a traditional Creole dish.

The basic food of the Creole consists of rice, beans, bread, fish, and most any type of meat. Creole dishes can be very exotic in flavor, and some of the delicacies include rice-and-beans, cowfoot soup, crab soup, stew fish, boil-up, and conch soup. Although things grow in Belize as if they liked to grow, a lot of foodstuff is still imported as the Creole community looks down on farming as a menial occupation. The Creole, however, enjoys all the various seasonal fruits and vegetables available in the markets.

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FOOD

# Manale's Seafood Gumbo Recipe

If you're looking for authentic Creole fare, you can't go wrong with a bowl of homemade gumbo. Just about every New Orleans family has their own recipe for gumbo, some of which have been passed down for generations. Thanks to the city's immigrant legacy, the range of cultural influences any given Creole family may draw upon in their gumbo is boundless. A family with an Afro-French background might go heavy on the hot sauce and sop up the gumbo's peppery juices with French bread as they eat. A family with a Native American and German background might make their gumbo with deer or duck and serve it over potato salad rather than rice. The various and constantly intersecting ethnic backgrounds of New Orleans families have made for an incredibly wide range of different dishes that can all be called gumbo.

Every family likes theirs best, of course. We all think our recipe is the *real* one. Ours is *right*. The beauty of Creole cooking, though, is that they're all right. The widespread variation and personalization of Creole dishes are what makes Creole food so gosh darn special.

Today, I'm gonna walk you through one of my family's recipes (since it's the best of its kind, obviously). This gumbo recipe contains tomatoes – a very controversial ingredient! Some say gumbo has to have them, some say gumbo must *NOT* have them under any circumstances.

In any case, the tomatoes in this recipe are evidence of my family's Italian roots. Most of my mom's side of the family immigrated to New Orleans from Sicily in the late 1800s. They settled in an area in the back of the French Quarter called "Little Palermo," often with an abundance of extended family members all living in one house. In 1913, my mom's great-great uncle, Frank Manale, opened the doors to the family restaurant: Manale's. One of Frank's trusted nephews, Pascal Radosta (uncle/surrogate father to my grandpa), took over after Frank died in 1937. Pascal updated the name from just Manale's to Pascal's Manale Restaurant so that he would be represented too, as the new owner. I'll tell you something though; my family still calls it Manale's. I'm gonna keep calling it Manale's. Probably force of habit.

Anyway, Manale's got to be really popular under Pascal's direction. By the fifties, the restaurant was famous. My grandpa, Papa, worked there pretty much his whole life. He moved in with Pascal's family at age ten, after his father died, and started helping out as a delivery boy. He was promoted to maitre'd as soon as he was old enough (probably like 20), and became a fixture of the restaurant as it began to rise to prominence.

In its heyday Manale's was a New Orleans nightlife staple, where people went when they were "steppin' out." Papa said the bar used to be so busy there wasn't enough room to stand there and change your mind. He told me, "Super Bowl weekend the bar would be so packed a broad could put her hand in her pocket and wind up with her hand in your pocket!" He was called the "keeper of the book" because he asked any famous people who came to eat or have drinks at Manale's to sign this special leather-bound guest book he kept in a safe in the back. Marilyn Monroe even signed it once. Needless to say, Papa told me stories about his glory days at Manale's that would make any grandkid's eyes sparkle.

Papa's last gig on the floor at Manale's was Mardi Gras, 2015. He was 83 years old. EIGHTY-THREE YEARS OLD! Papa loved Manale's, and he loved the hell out of his job. He passed away this year, to my great sadness. However, when I made the gumbo recipe I'm about to share with you I felt close to him again. I was reminded that he lives on through me as a part of my heritage, in my very genetic makeup. He also lives on through all the people who were there – the people who remember Papa's gold-toothed grin greeting them from behind the maitre'd

podium at Manale's throughout its most iconic years. So, let's celebrate Papa! I'm going to show you how to make a classic from the Manale's menu: seafood gumbo. I think if Papa were here today he'd be glad you're trying your hand at it. That is, making gumbo the *right* way.

Here's what you'll need:

- 2 pounds okra
- 3 tablespoons + 1/2 cup vegetable oil
- 1/2 cup flour
- 1 green bell pepper
- 1 onion
- 2 stalks celery
- 4 cloves garlic
- 2 quarts seafood stock
- 2 bay leaves
- 1 14.5 oz can crushed tomatoes
- 1 pound small peeled shrimp
- 1/2 pound lump crab meat
- 1/2 pound crab claw meat
- 1 bunch green onion
- 2 tablespoons file powder
- 3 tablespoons salt
- 1 tablespoon black pepper
- Louisiana style hot sauce (optional)
- 5 cups cooked rice

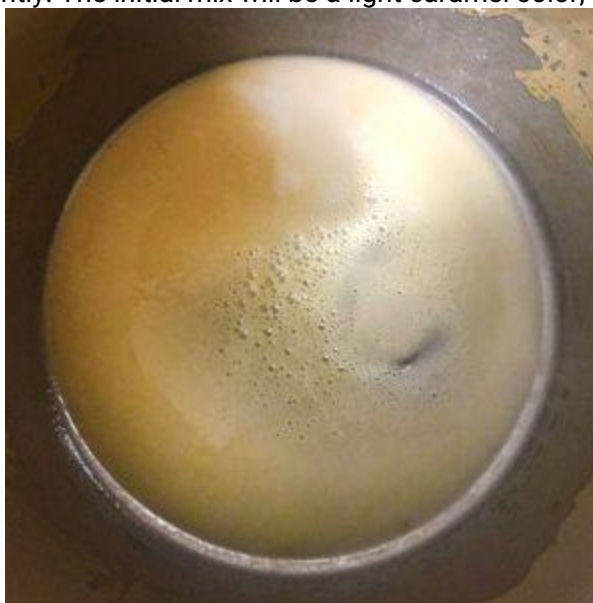
Before starting on the base of your gumbo, you first need to prepare the okra. Preheat your oven to 425 degrees. Cut 2 pounds of okra into 1/4 inch slices, then toss them in a large bowl with 3 tablespoons of vegetable oil. Spread in one layer on a baking sheet and roast for five minutes. Carefully stir, then roast again for another five minutes. Your okra slices should be a



slightly darker green color, but not cooked to the point they turn brown (see picture). Take the pan out of the oven and put it to the side – the okra will be used soon. But first, the unsung hero of the stew: *the roux*.

There are about a thousand and one possible combinations of proteins and vegetables that might make their way into a Creole's gumbo pot, but just about every gumbo begins with a roux. Made of equal parts fat and flour, roux acts as a thickening agent to create the heartiness that distinguishes gumbo from other watery soups. The rich, full-bodied quality of a steaming bowl of gumbo thickened with roux makes it the perfect comfort food to dig into as hot summer days turn to crisp autumn nights. Just the other day a Facebook friend of mine shared a post that read, "Can you smell the roux? That means it's below 80 degrees in South Louisiana."

To start your roux, combine  $\frac{1}{2}$  cup of vegetable oil with  $\frac{1}{2}$  cup of flour in a six-quart stockpot. Over medium to low heat, stir constantly. The initial mix will be a light caramel color, and it



should start to bubble up as it heats. The most crucial requirement of this step is that you stir continuously, because the heat will scorch your roux if it sits untouched for too long. You'll know if this happens because it will have a distinct burning smell. No worries though — keeping a roux unburned is simple if you keep your eye on it! Even if your hand gets tired, keep stirring at least once every thirty seconds until the roux is a chocolate brown color. The time this takes may vary, but typically a roux will darken within a half hour. Mine took about twenty-five minutes.

When you've got your roux darkened to a chocolate brown, add in one chopped bell pepper, one chopped onion, two chopped stalks of celery, and 4 chopped cloves of garlic. Most gumbos use large chunks of vegetables, and that's how I prefer mine, but if you want to chop your veggies up finely for a smoother stew that's alright too. (One tip: I found that from this point on in the recipe, putting ingredients into a large bowl and then pouring them into the pot made for less

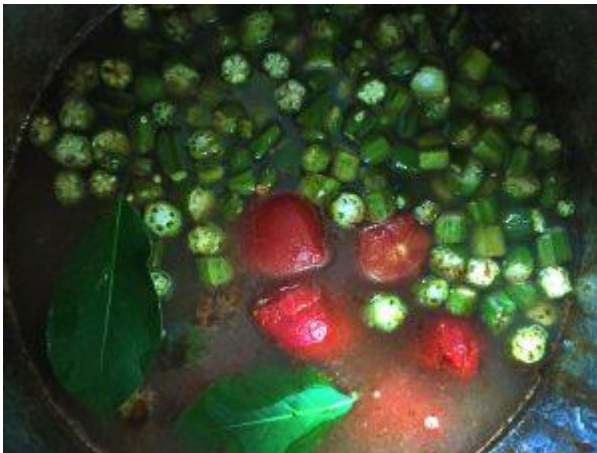
splashing than adding them by hand.) Stir the vegetables so that the roux coats them like in the



image to the right, and cook for 10 minutes.

Once your vegetable base has steeped in roux for ten minutes, you are ready to hydrate your gumbo. Add 2 quarts of seafood stock, 2 bay leaves, 1 14.5 oz can of crushed tomatoes, and the 2 pounds of okra you roasted beforehand. Bring to a boil, mix, then return to a heavy simmer. At this point, you finally get a little break. Phew! Simply let the mixture cook for one hour, stirring occasionally.

After your gumbo has stewed for an hour, add 1 pound of small, peeled shrimp and 1 bunch of chopped green onion. Cook for five minutes. Next, add your crab meat and 3 tablespoons of salt. The original recipe calls for ½ pound jumbo lump crabmeat and ½ pound claw crabmeat, but for the sake of my budget I went with a 16 oz can of Chicken of the Sea claw crabmeat. It's probably better with fresh crab if you can get it, but I think the flavor of my gumbo still came out great with the canned stuff. Return to a simmer.



While your gumbo simmers, add 2 tablespoons of file powder to a small bowl. Take one ladle of gumbo liquid from your pot and whisk it in with the file powder. The mix should thicken to create a slurry. Pour the slurry back into the gumbo pot and mix. This addition is an important finishing touch because the flavor of file is a feature consistent in the majority of gumbo's many iterations. Just like you don't really make a gumbo without a roux, you don't really make a gumbo without file powder. I was expecting to have a

tough time finding the stuff, but small bottles of it were actually available at my local Walmart in



the “ethnic foods” section.

With the addition of file powder, your gumbo has finally come to life. Season with salt, pepper, and hot sauce to taste. Serve over rice and congratulate yourself – you just made yourself a pot of authentic New Orleans gumbo. If you’d like to dine in the spirit of Papa or the Big Easy, enjoy your meal with good friends, lively conversation, and a cocktail or two. Buon appetito!

# Creole Cuisine & Seasoning

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It's MARDI GRAS every day in our New Orleans Kitchen. After 40 years on the Columbus restaurant scene, seasoned Chef Henry Butcher Sr. went back to his homegrown roots, the Louisiana Bayou, where his love for colorful Creole food began.

It's a passion he proudly instilled in his three children – and today, we work together in our family restaurant, sharing the vibrant flavors and traditions we were raised on. From live jazz shows to hearty jambalaya, spicy crawfish etouffee, and po'boys with all the fixin's join us for the authentic BIG EASY experience.....and be sure to save room for a beignet or two.

Creole Kitchen remains open for carryout and dine-in services.







## Creole cuisine (Louisiana)



Creole dishes

**Creole cuisine** is a cuisine that is native to the United States in [Louisiana](#), especially in [New Orleans](#). It has similarities with [Cajun cuisine](#) in the same region, but is more oriented towards classic [French cuisine](#). A basis for many dishes in both culinary traditions is, for example, the so-called "*Holy Trinity*", which consists of finely chopped onions, sweet peppers and celery.

## Origin of the word

[\[edit\]](#) [Edit source](#)

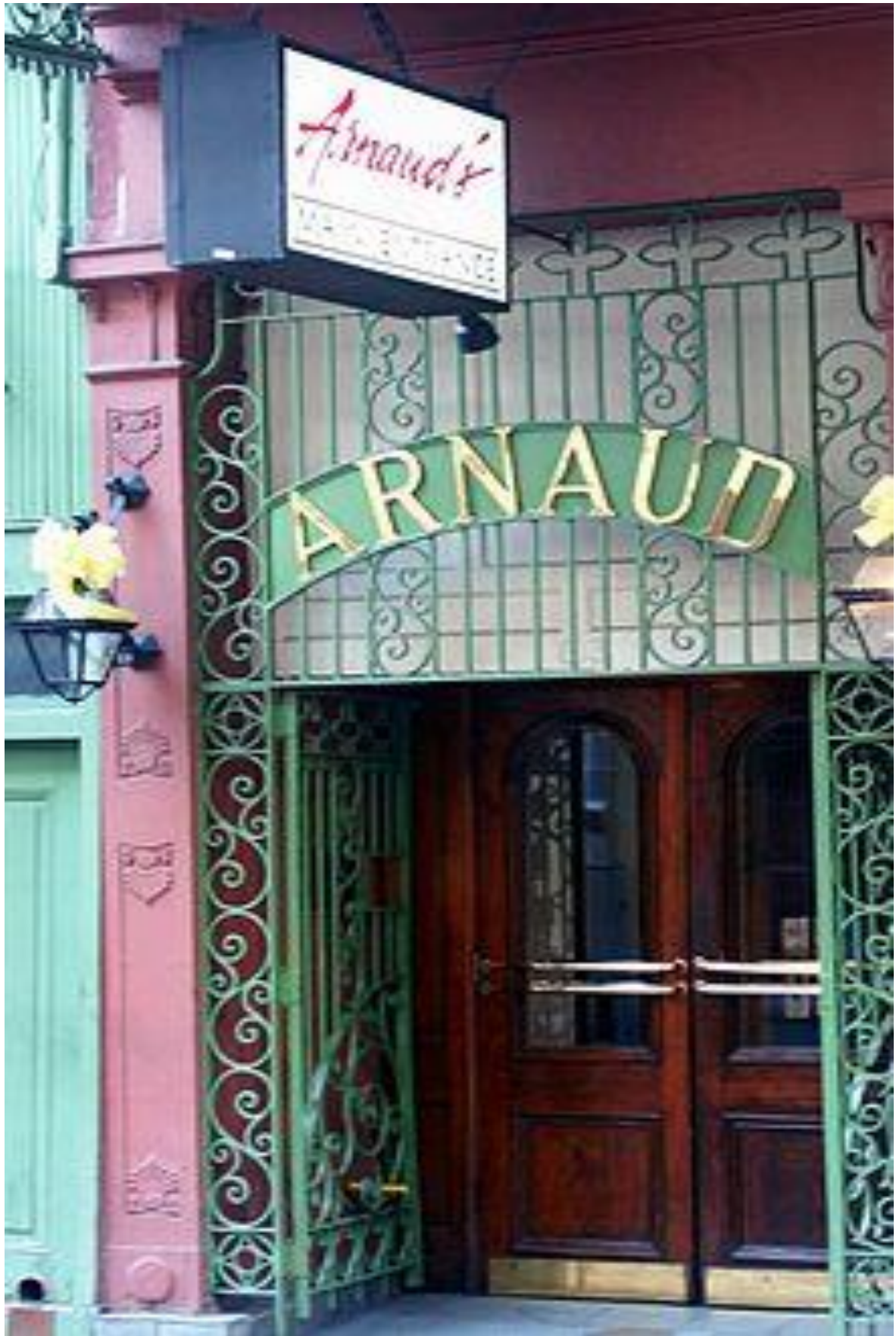
The word **Creole** is a derivation of the Spanish word *Criollo*. In the 16th century, this was the name given to the Spaniards who were born in the Spanish **colonies** in **South America**. In Louisiana, this was the name given to the descendants of the French and Spanish colonists in the 17th and 18th centuries. Later, the meaning of the term was expanded more and more, so that finally it was simply used to refer to the origin from New Orleans.

## Origins

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While the Cajun cuisine of the French-born descendants of the **Acadians** is rather hearty and rustic, Creole cuisine is influenced by the diverse immigrants from Europe and tends to follow the more upscale European cooking traditions, especially **French cuisine**. French, Spanish and Italians, among others, each brought in their culinary traditions, adapted them to the locally available ingredients and integrated American and African elements, which came to Louisiana via **slaves** from Africa and the **Caribbean** colonies.

## Well-known dishes and restaurants



## Restaurant Arnaud's

Examples of Creole cuisine in Louisiana are the [Red Jambalaya](#), which is prepared with tomatoes in contrast to the Cajun version, Pain Perdu, comparable to the German [Arme Ritter](#), the well-known [beignets](#) from the [Café du Monde](#) in New Orleans or Pompano en papillote (a [type of mackerel](#) baked in parchment paper), Oysters Rockefeller (baked [oysters](#)) and [Eggs Sardou](#).

The stew [gumbo](#) is also part of both Cajun and Creole cuisine, although Creole goomos are light brown rather than dark brown and, unlike the Cajun variant, may contain tomatoes. Also popular in both cuisines is [red beans and rice](#), which, despite its simplicity, is on the menus of upscale restaurants in Louisiana. Another typical dish is [shrimp creole](#), a stew with [shrimp](#).

New Orleans, in particular, has a large number of Creole restaurants, the oldest and most famous being *Antoine's*, *Arnaud's*, *Brennan's*, *Commander's Palace* and *Galatoire's*.

## CREOLES

Unlike many other ethnic groups in the [United States](#), Creoles did not migrate from a native country. The term Creole was first used in the sixteenth century to identify descendants of French, Spanish, or Portuguese settlers living in the [West Indies](#) and [Latin America](#). There is general agreement that the term "Creole" derives from the Portuguese word *crioulo*, which means a slave born in the master's household. A single definition sufficed in the early days of European colonial expansion, but as Creole populations established divergent social, political, and economic identities, the term acquired different meanings. In the [West Indies](#), Creole refers to a descendant of any European settler, but some people of African descent also consider themselves to be Creole. In [Louisiana](#), it identifies French-speaking populations of French or Spanish descent. Their ancestors were [upper class](#) whites, many of whom were plantation owners or officials during the French and Spanish colonial periods. During the eighteenth and nineteenth century, they formed a separate caste that used French. They were Catholics, and retained the traditional cultural traits of related social groups in [France](#), but they were the first French group to be submerged by Anglo-Americans. In the late twentieth century they largely ceased to exist as a distinct group. Creoles of color, the descendants of free mulattos and free blacks, are another group considered Creole in Louisiana.

## HISTORY

In the seventeenth century, French explorers and settlers moved into the [United States](#) with their customs, language, and government. Their dominant presence continued until

1768 when France ceded Louisiana to [Spain](#). Despite Spanish control, [French language](#) and customs continued to prevail.

Many Creoles, however, are descendants of French colonials who fled Saint-Domingue ([Haiti](#)) for [North America](#)'s Gulf Coast when a slave insurrection (1791) challenged French authority. According to Thomas Fiehrer's essay "From La Tortue to La Louisiane: An Unfathomed Legacy," Saint-Dominique had more than 450,000 black slaves, 40,000 to 45,000 whites, and 32,000 *gens-decouleur libres*, who were neither white nor slaves. The slave revolt not only challenged French authority, but after defeating the expeditionary corps sent by Napoleon, the leaders of the slaves established an independent country named Haiti. Most Whites were either massacred or fled, many with their slaves, as did many mulatto freemen, many of who also owned slaves. By 1815, over 11,000 refugees had settled in [New Orleans](#).

Toussaint L'Ouverture (1743-1803), a self-educated slave, took control of Saint-Domingue in 1801, sending more refugees to the Gulf Coast. Some exiles went directly to present-day Louisiana; others went to [Cuba](#). Of those who went to Cuba, many came to [New Orleans](#) in the early 1800s after the Louisiana territory had been purchased by the [United States](#) (1803). This influx from Saint-Domingue and Cuba doubled [New Orleans](#)' 1791 population. Some refugees moved on to St. Martinville, Napoleonville, and Henderson, rural areas outside New Orleans. Others traveled further north along the [Mississippi](#) waterway.

In Louisiana, the term Creole came to represent children of black or racially mixed parents as well as children of French and Spanish descent with no racial mixing. Persons of

French and Spanish descent in New Orleans and St. Louis began referring to themselves as Creoles after the [Louisiana Purchase](#) to set themselves apart from the Anglo-Americans who moved into the area. Today, the term Creole can be defined in a number of ways. Louisiana historian Fred B. Kniffin, in *Louisiana: Its Land and People*, has asserted that the term Creole "has been loosely extended to include people of mixed blood, a dialect of French, a breed of ponies, a distinctive way of cooking, a type of house, and many other things. It is therefore no precise term and should not be defined as such."

Louisiana Creoles of color were different and separate from other populations, both black and white. These Creoles of color became part of an elite society; in the nineteenth century they were leaders in business, agriculture, politics, and the arts, as well as slaveholders. Nonetheless, as early as 1724 their legal status had been defined by the *Code Noir* (Black Code). According to Violet Harrington Bryan in *The Myth of New Orleans in Literature, Dialogues of Race and Gender*, they could own slaves, hold real estate, and be recognized in the courts, but they could not vote, marry white persons, and had to designate themselves as *f.m.c.* or *f.w.c.* (free man or color or free woman of color) on all legal documents.

## **THE FIRST CREOLES IN AMERICA**

According to Virginia A. Dominguez in *White By Definition*, much of the written record of Creoles comes from descriptions of individuals in the baptismal, marriage, and death registers of Catholic churches of Mobile ([Alabama](#)) and New Orleans, two major French outposts on the Gulf Coast. The earliest entry is a death record in 1745 wherein a

man was described as the first Creole in the colony. The term also appears in a 1748 slave trial in New Orleans.

## **Acculturation and Assimilation**

Differences of opinion regarding the Creoles persist. The greatest controversy stems from the presence or absence of African ancestry. In an 1886 lecture at Tulane University, Charles Gayarre ("Creoles of History and Creoles of Romance," New Orleans: C.E. Hopkins, c. 1886) and F. P. Poche (in a speech at the American Exposition in New Orleans, *New Orleans Daily Picayune*, February 8, 1886) both stated that Louisiana Creoles had "not a particle of African blood in their veins." In "A Few Words About the Creoles of Louisiana" ([Baton Rouge](#): Truth Books, 1892), Alcee Fortier repeated the same defense. These three men were probably the most prominent Creole intellectuals of the nineteenth century. Lyle Saxon, Robert Tallant, and Edward Dreyer continued this argument in 1945 by saying, "No true Creole ever had colored blood."

According to Sister Dorothea Olga McCants, translator of Rodolphe Lucien Desdunes' *Our People and Our History* ([Baton Rouge](#): Louisiana State University Press, 1973), the free mixed-blood, French speakers in New Orleans came to use the word Creole to describe themselves. The phrase "Creole of color" was used by these proud part-Latin people to set themselves apart from American blacks. These Haitian descendants were cultured, educated, and economically prosperous as musicians, artists, teachers, writers, and doctors. In "Louisiana's 'Creoles of Color'," James H. Dorman has stated that the group was clearly recognized as special, productive, and worthy by the white community, citing an editorial in the *New*

*Orleans Times Picayune* in 1859 that referred to them as "Creole colored people." Prior to the [Civil War](#), a three-caste system existed: white, black, and Creoles of color. After the [Civil War](#) and [Reconstruction](#), however, the Creoles of color—who had been part of the free black population before the war—were merged into a two-caste system, black and white.

The identification of a Creole was, and is, largely one of self-choice. Important criteria for Creole identity are [French language](#) and social customs, especially cuisine, regardless of racial makeup. Many young Creoles of color today live under pressure to identify themselves as [African Americans](#). Several young white Creoles want to avoid being considered of mixed race. Therefore, both young black and white Creoles often choose an identity other than Creole.

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### **TRADITIONS, CUSTOMS, AND BELIEFS**

With imported furniture, wines, books, and clothes, white Creoles were once immersed in a completely French atmosphere. Part of Creole social life has traditionally centered on the French Opera House; from 1859 to 1919, it was the place for sumptuous gatherings and glittering receptions. The interior, graced by curved balconies and open boxes of architectural beauty, seated 805 people. Creoles loved the music and delighted in attendance as the operas were great social and cultural affairs.

White Creoles clung to their individualistic way of life, frowned upon intermarriage with Anglo-Americans, refused to learn English, and were resentful and contemptuous of Protestants, whom they considered irreligious and wicked. Creoles generally succeeded in remaining separate in the

rural sections but they steadily lost ground in New Orleans. In 1803, there were seven Creoles to every Anglo-American in New Orleans, but these figures dwindled to two to one by 1830.

Anglo-Americans reacted by disliking the Creoles with equal enthusiasm. Gradually, New Orleans became not one city, but two. Canal Street split them apart, dividing the old Creole city from the "uptown" section where the other Americans quickly settled. To cross Canal Street in either direction was to enter another world. These differences are still noticeable today.

Older Creoles complain that many young Creoles today do not adhere to the basic rules of language propriety in speaking to others, especially to older adults. They claim that children walk past homes of people they know without greeting an acquaintance sitting on the porch or working on the lawn. Young males are particularly criticized for greeting others quickly in an incomprehensible and inarticulate manner.

## **CUISINE**

Creole cooking is the distinguishing feature of Creole homes. It can be as subtle as Oysters Rockefeller, as fragrantly explicit as a jambalaya, or as down to earth as a dish of red beans and rice. A Creole meal is a celebration, not just a means of addressing hunger pangs. Many of the dishes listed below are features of African-influenced Louisiana, that is, Creoles of color and black Creoles.

The Europeans who settled in New Orleans found not only the American Indians, whose *file* (the ground powder of the sassafras leaf) is the key ingredient of Creole gumbos, but

also immense areas of inland waterways and estuaries alive with crayfish, shrimp, crab, and fish of many different varieties. Moreover, the swampland was full of game. The settlers used what they found and produced a cuisine based on good taste, experimentation, and spices. On the experimental side, it was in New Orleans that raw, hard liquor was transformed into the more sophisticated cocktail, and where the simple cup of coffee became *café Brulot*, a concoction spiced with cinnamon, cloves, and lemon peel and flambéed with cognac. The seasonings used are distinctive, but there is yet another essential ingredient—a heavy black iron skillet.

Such dexterity produced the many faceted family of gumbos. Gumbo is a soup or a stew, yet too unique to be classified as one or the other. It starts with a base of highly seasoned roux (a cooked blend of fat and flour used as a thickening agent), scallions, and herbs, which serves as a vehicle for oysters, crabs, shrimp, chicken, ham, various game, or combinations thereof. Oysters may be consumed raw (on the half-shell), sauteed and packed into hollowed-out French bread, or baked on the half-shell and served with various garnishes. Shrimp, crayfish, and crab are similarly starting points for the Creole cook who might have croquettes in mind, or a pie, or an omelette, or a stew.

## **DANCES AND SONGS**

Creoles are a festive people who enjoy music and dancing. In New Orleans during French rule, public balls were held twice weekly and when the Spanish took over, the practice continued. These balls were frequented by white Creoles, although wealthy Creoles of Color may also have attended. Cotillions presented by numerous academies provided

young ladies and gentlemen with the opportunity to display their skills in dancing quadrilles, *valse à un temps*, *valse à deux temps*, *valse à trois temps*, polkas, and *polazurkas*. Saturday night balls and dances were a universal institution in Creole country. The community knew about the dances by means of a flagpole denoting the site of the dance. Families arrived on horseback or in a variety of wheeled carriages. The older adults played *vingt-et-un* (Twenty-one) or other card games while the young danced and engaged in flirtations until the party dispersed near daybreak. During the special festive season, between [New Year's](#) and [Mardi Gras](#), many brilliant balls were scheduled. Only the most respected families were asked to attend with lists scrutinized by older members of the families to keep less prominent people away

## PROVERBS

A rich collection of Creole proverbs can be found in several references. One of the best is from [Lafcadio Hearn's](#) *Gombo Zhebes, Little Dictionary of Creole Proverbs* (New Orleans: deBrun, n.d.): the monkey smothers its young one by hugging it too much; wait till the hare's in the pot before you talk; today drunk with fun, tomorrow the paddle; if you see your neighbor's beard on fire, water your own; shingles cover everything; when the oxen lift their tails in the air, look out for bad weather; fair words buy horses on credit; a good cock crows in any henhouse; what you lose in the fire, you will find in the ashes; when one sleeps, one doesn't think about eating; he who takes a partner takes a master; the coward lives a long time; conversation is the food of ears; it's only the shoes that know if the stockings have holes; the dog that yelps doesn't bite; threatened war doesn't kill many soldiers; a burnt cat dreads fire; an empty sack cannot stand up; good

coffee and the Protestant religion were seldom if ever seen together; it takes four to prepare the perfect salad dressing—a miser to pour the vinegar, a spendthrift to add the [olive oil](#), a wise man to sprinkle the salt and pepper, and a madcap to mix and stir the ingredients.

## Language

The original language community of the Creoles was composed of French and Louisiana Creole. French was the language of white Creoles; it should not be confused with Louisiana Creole (LC). Morphologically and lexically Louisiana Creole resembles Saint-Domingue Creole, although there is evidence that Louisiana Creole was well established by the time Saint-Domingue refugees arrived in Louisiana. For many years, Louisiana Creole was predominantly a language of rural blacks in southern Louisiana. In the past, Louisiana Creole was also spoken by whites, including impoverished whites who worked alongside black slaves, as well as whites raised by black nannies.

French usage is no longer as widespread as it once was. As Americans from other states began to settle in Louisiana in large numbers after 1880, they became the dominant social group. As such, the local social groups were acculturated, and became bilingual. Eventually, however, the original language community of the Creoles, French and Louisiana Creole, began to be lost. At the end of the twentieth century, French is spoken only among the elderly, primarily in rural areas.

## GREETINGS AND OTHER POPULAR EXPRESSIONS

The past sayings of the Creoles were unusual and colorful. According to Leonard V. Huber in "Reflections on the Colorful Customs of Latter-Day New Orleans Creoles," an ugly man who has a protruding jaw and lower lip had *une gueule de benitier* (a mouth like a [holy water](#) font), and his face was *une figure de pomme cuite* (a face like a baked apple). A man who stayed around the house constantly was referred to as *un encadrement* (doorframe). The expression *pauvres diables* (poor devils) was applied to poor individuals. Anyone who bragged too much was called *un bableur* (a hot air shooter). A person with thin legs had *des jambes de manches-à-balais* (broomstick legs). An amusing expression for a person who avoided work was that he had *les cotes en long* (vertical ribs). Additional Creole colloquialisms are: *un tonnerre a la voile* (an unruly person); *menterie* (lie or story); *frou-frou* (giddy); *homme de paille, pistolet de bois* (a man who is a bluff).

## **Family and Community Dynamics**

Traditionally, men were the heads of their household, while women dedicated their lives to home and family. The Creoles also felt it a duty to take widowed cousins and orphaned children of kinspeople into their families. Unmarried women relatives (*tantes*) lived in many households. They provided a much-needed extra pair of hands in running the household and rearing the children. Creoles today are still closely knit and tend to marry within the group. However, many are also moving into the greater community and losing their Creole ways.

## **WEDDINGS**

In the old days, Creoles married within their own class. The young man faced the scrutiny of old aunts and cousins, who were the guardians and authorities of old family trees. The suitor had to ask a woman's father for his daughter's hand. The gift of a ring allowed them to be formally engaged. All meetings of young people were strictly chaperoned, even after the engagement. Weddings, usually held at the St. Louis Cathedral in New Orleans, were opulent affairs with [Swiss Guards](#) meeting the wedding guests and preceding them up the aisle. Behind the guests came the bride, accompanied by her father, and then the groom, escorting the bride's mother. The groom's parents followed, and then all the relatives of both bride and groom. A relative's absence was interpreted as a silent protest against the wedding. The bride's gown was handed down through generations or purchased in [Paris](#) to become an heirloom. Unlike today's weddings, there were no ring bearers, bridesmaids, or matrons of honor, or any floral decorations in the church. Ceremonies were held in the evenings. St. Louis Cathedral is still the place for New Orleans' Creole weddings, and many relatives still attend, though in fewer numbers.



# International French Creoles

## Creole Food: 18 Popular Dishes + 3 Secret Recipe Tips

 [Diana Barkley](#) (Senior Editor)



No matter where you go in Louisiana, you can catch the rich aroma of French-inspired Creole food. It's the flavorful taste of Louisiana that you'll never forget. Who said you can't make your creole dishes at home? We'll introduce the concepts, and you do the cooking.

## Table of Contents

Have you ever heard the term Creole food? That's the popular city food descending from different parts of the world to fuse in Louisiana.

It's known for its spicy flavors, rich aromas, and traceable French inspiration. If you'd like to try it, you've come to the right place. This article outlines 18 popular creole dishes and gives you three major recipe secrets to render the original creole taste in any dish you make.

## Traditional Creole Cuisine – More Than Jambalaya And Gumbo





*Most Popular Creole Street Food in Louisiana*

Louisiana is known for its savory food that combines French sophistication with American colorfulness. With seafood as the base, you can build plenty of Creole dishes in your kitchen. Here's a list of the most popular street Creole dishes you can get from north to south Louisiana.

Jambalaya



### *Jambalaya*

When you say Creole food, Jambalaya automatically pops into your head. It's a popular Creole dish that can be inexpensive and filling at the same time.

It has French, African, Caribbean, and Spanish influences. This one-pot dish was initially popular at church fairs. However, it soon became popular in other gatherings due to its economical ingredients and easy cooking.

Interestingly, there are several versions of Jambalaya. Typically, this dish is a mix of seafood, meat, veggies, and rice. However, chefs around the world can add their touches. This freedom makes the dish very popular among people of all origins in Louisiana. For instance, some people prefer to:

- Add any vegetables lying around in the house.

- Use any type of meat, such as crawfish, beef, chicken, shrimp, sausage, or duck.
- Serve it with any amount and type of rice to act as the filling ingredient in the recipe.

## Gumbo



*Gumbo*

Gumbo is another super popular dish in Louisiana. It's a thick stew of veggies, seafood, and meat cooked with a dark roux, which is a mix of flour and butter. People in Louisiana traditionally serve Gumbo with white rice. In fact, this savory dish has become an integral part of the state's history.

Like most Creole dishes, Gumbo comes in different variations. With origins traced back to France and West Africa, the original recipe has been somehow lost in the many additions and perfections ever made in Louisiana.

Therefore, this dish allows every family to have its own legacy for a unique experience.

You can use chicken, sausage, or seafood along with white or dirty rice. In addition, you're free to adjust the quantities of the ingredients according to your preferences.

For instance, you can have more veggies than meat. Better yet, you may have your own vegetarian version of this dish.

### Crawfish Étouffée



*Crawfish Étouffée*

That's another Creole dish popular in Louisiana. With crawfish in the title, it doesn't give chefs the same freedom offered by Gumbo or Jambalaya. However, some versions of the dish come with shrimp instead of crawfish.

This savory dish is a thick stew with a special type of golden roux. That's a blend of butter and flour, which makes the stew thick and velvety enough to be served over rice. Traditional étouffée is made with celery, onions, and bell pepper.

This dish is hearty, easy, and fast. You can make it in less than half an hour, which makes it a perfect dinner for busy weekdays. In addition, it bursts with flavor due to the colorful Creole seasoning.

Typically, you may season your étouffée with blends of paprika, white pepper, garlic powder, thyme, onion powder, oregano, and cayenne pepper.

### Creole Food In the World



### *Creole Food In the World*

Creole food represents the fusion between African, European, and American cuisines, which gives it a unique nature. It also means that you can find variations of this type of food around the world.

Given its European origins, Creole food is popular in several countries, especially those that have once been European colonies. For instance, you can get Creole food in:

- Caribbean regions such as Jamaica, Cuba, the French Antilles, the French Guiana, and the Dominican Republic.
- South American countries such as Brazil, Mexico, and Peru,
- African countries, including Sierra Leone, Annobón (Equatorial Guinea), Mauritius, Liberia, and the Republic of Cape Verde.

Interestingly, no one can claim a single Creole cuisine. However, no one denies that there's some common ground for Creole dishes around the world.

All Creole foods share two primary aspects: the pungent seasoning and the simple cooking style. Apart from that, each country adds a unique touch to its own Creole cuisine. For example, here's what Creole food in each region is known for: In Brazil, Creole food refers to the influence of African slaves on the traditional dishes. Feijoada is an example of such African influence, and it has become now a national dish in Brazil.

In Réunion, the main cuisine is Creole. That's primarily because this French territory is populated by people of French and African descent.

In Mauritius, Creole dishes are a fusion of African, French, and Indian cuisines. They rely on seafood, fresh vegetables, corn, and beans.

In Cuba, the key ingredients in Creole dishes are meat, beans, and rice. They make use of local ingredients like viandas, which are starchy root vegetables, such as sweet potatoes.

In Peru, Creole food is a blend of Chinese, Spanish, and African cuisines. Ceviche, made of fish marinated in lemon juice, is a signature dish in Peruvian Creole Cuisine.

How Healthy Is Creole Food?



### *How Healthy Is Creole Food?*

Perhaps, the only health issue you face with Creole food is the ample amount of fat you find in each recipe. However, it's still not the worst.

For starters, you can reduce this fat content or opt for healthier fat sources, such as Animal fat and olive oil. In other words, we know it's too good to be true, but the savory Creole food is relatively healthy.

It contains plenty of healthy ingredients that can add to your minerals and vitamin intake, such as the following.

Red and Green Bell Peppers



*Red and Green Bell Peppers*

Peppers in general have amazing health benefits. Rich in vitamins A, C, and K, peppers can help prevent cell damage, support the immune system, and fight diseases related to aging.

Another health perk of peppers is their ability to boost your body's production of heat and consumption of oxygen to burn more calories.

Garlic



### *Garlic*

Luckily, garlic is a staple in all Creole dishes. It features a myriad of health benefits. For instance, it improves digestion and brain functions. In addition, it enhances your immune system and skin health.

Garlic can also prevent cancer and ulcers. More importantly, it's beneficial for diabetics since it helps balance blood sugar.

Onions



### *Onions*

Onions can indeed give you bad breath and watery eyes. However, you can't deny their powerful health benefits. For starters, onions have anti-inflammatory properties that help fight cancer and heart disease.

In addition, onions can prevent infections and colds due to their anti-viral and anti-bacterial properties.

Crawfish



### *Crawfish*

Despite its cholesterol content, crawfish is a healthy ingredient in many Creole dishes. For starters, it's an amazing low-calorie and low-fat protein source.

It also includes vitamins A and B. Moreover, crawfish contains fatty acids, like Omega-3, and minerals, such as selenium, phosphorus, and iron.

Tomatoes



*Tomatoes*

Rich with vitamins A and C, tomatoes are strong anti-oxidants. Vitamin A is important for your vision, teeth, bones, and hair. Tomatoes can also neutralize free radicals in your blood. Moreover, they help with heart disease and diabetes.

**Famous and Popular Creole Dishes You Have to Try**



*Famous and Popular Creole Dishes You Have to Try*

Every Creole dish is uniquely flavorful and delicious. That's why, you'll miss out on a lot if you don't try dishes from Creole cuisine.

The question is: where to start? And here we are to help you with that. Let us give you a list of the most famous and popular Creole dishes you have to try.

Crawfish Boil



*Crawfish Boil*

Crawfish boil is more than a traditional Creole dish; it's an event in Louisiana. This dish entails a heavily seasoned base of crawfish cooked with other meats and veggies, such as corn and potatoes. With a combination of seafood, chicken, and sausage, this dish is rather an entire meal.

Interestingly, this festive dish combines plenty of flavors and ingredients. On the veggies side, you can use potatoes, baby corn, artichokes, onions, and green beans. It also makes use of citrus fruit, such as lemon and oranges for a zesty flavor.

Moreover, a key part of Crawfish boil is its seasoning. This dish is heavily seasoned with garlic, bay leaves, salt, and black pepper. Like many

Creole dishes, Crawfish boil can be served spicy. Therefore, you're free to add jalapeno or cayenne pepper if you prefer your dishes spicy.

### Shrimp Creole



*Shrimp Creole*

This dish shares some similarities with the shrimp étouffée. However, it features a tomato sauce base that gives it a unique blend of flavors.

Typically, it includes shrimp, tomatoes, celery, onions, and bell peppers along with the typical Creole seasoning. Although this dish is usually hot, the seasoning is still up to you.

You may opt for the original recipe with the cayenne peppers and hot sauce, or go for a blander version with salt, black pepper, and other Creole spices.

That's what makes Shrimp Creole a flavor bomb. These Creole spices include garlic, oregano, thyme, and paprika. In addition to these savory ingredients, don't forget the lemon juice that gives this dish its pungent taste and aroma.

This dish is fast and easy to make. It doesn't require more than about 20 to 30 minutes. Moreover, to add to its richness, serve it with white rice. You can also garnish it with green onions for a savory taste and an unforgettable aroma.

### Dirty Rice



*Dirty Rice*

This dish is another staple in Louisiana. It's a combination of rice, ground sausage, and ground beef. In addition, this recipe features the typical Creole vegetables that include celery, onions, and bell peppers. That, of course, doesn't mean that you can't add other veggies to the recipe.

Some variations of that dish include liver along with ground beef and sausage. It's a matter of taste and preferences.

The best part is that with ground beef and sausage, you have enough fat to brown the rice without adding any extra fat source. That's good news for those watching their fat intake.

Dirty rice is an economical dish. In fact, it's best made with leftover cooked rice since its grains can be easier to separate in the pot.

In addition, we recommend using long-grain rice as it's less gluey than short-grain varieties. Next time, think twice before throwing out that leftover box of rice in the fridge.

## Soups & Salads



### *Soups & Salads*

Creole food doesn't leave out any part of the meal. In fact, you can have savory and healthy Creole soups and salads.

With the typical hearty ingredients of Creole cuisine, these salads and soups can form a full meal on their own. Here are our favorite Creole soups and salads.

## Creole Vegetable Soup

### *Creole Vegetable Soup*

There are different variations of vegetable soup around the world, but none is tastier than the Creole version. Let us show you how to add an irresistible twist to your vegetable soup to make it pure Creole.

For starters, get ready for a flavor explosion with the Creole seasoning and veggies.

Creole vegetable soup includes a myriad of ingredients. Additionally, it gets its rich aroma from the traditional Creole seasonings, such as oregano, thyme, garlic, and paprika. The key ingredients in this soup are:

- **Beef short ribs:** Use it with the bones in beef for a healthy and rich protein source. It's boiled to create the base broth of the soup.
- **Bay leaves:** Use dried bay leaves for this recipe. Add them from the start to the beef to give it a rich aroma and flavor.
- **Vegetables:** The veggies in this recipe include potatoes, tomatoes, carrots, and onions. You may add other vegetables but don't skip any of the main veggies if you want the original taste.
- **Corn Kernels:** That can be the source of healthy starch in your dish. You can go for the juicy sweet corn kernels or the dried variety.
- **Lima beans:** That's a super nutritious addition to the dish. It's rich in fiber, zinc, protein, iron, and folate.

## *Grilled Chicken Pasta Salad*

This salad offers a delicious twist to your regular pasta salad. It includes pasta, chicken, vegetables, and a rich creamy dressing. This recipe is an ideal side dish for barbecues and cookouts. However, that's not all; it's fresh and light, which makes it ideal next to almost any main dish.

The grilled chicken pasta salad is guaranteed to leave your guests asking for more, thanks to its unconventional dressing.

How heavily you season the dressing for this salad depends on your taste. However, it typically includes mayonnaise, lemon juice, oil, salt, pepper, garlic, oregano, and paprika.

With such untraditional ingredients, this dressing makes the mouthwatering salad a true representative of Creole cuisine.

Preparing the dish is easy. Mix the cooked pasta and the chicken breast bites after they cool down. Then you can add the veggies.

This dish has several types of vegetables, including onions, celery, red and green bell peppers. You can also chop up some green onions to garnish your salad.

## Starters, Sandwiches, and Sides

### *Starters, Sandwiches, and Sides*

Who said you can't have Louisiana Creole food on the go? This rich cuisine offers a variety of delicious sandwiches, starters, and side dishes.

With the same healthy ingredients and spicy flavors, you're guaranteed a lasting taste and a fabulous dining experience. Here are our top picks in this category:

The Po'Boy Shrimp Sandwich

### *The Po'Boy Shrimp Sandwich*

This sandwich comes with a bit of history. It all started with the Louisiana streetcar workers' strike in 1929. Two brothers promised to give the striking workers free meals for the entire duration of the strike.

Therefore, they tried to get bread that would be larger and cheaper than the typical French bread in the market. Fortunately, they managed to make the special baguette used in the Po' Boy or "Poor Boy" sandwich.

That said, if you can't find this special type of bread, go for a hero or even a hollowed French baguette.

The Po'Boy Shrimp sandwich is typically made of fried shrimp with iceberg lettuce and tomatoes topped with remoulade sauce in this iconic bread. It's a flavor bomb that's usually served spicy with Tobasco.

With lemon juice, mayonnaise, Dijon mustard, and minced pickles, the remoulade sauce is a key ingredient that gives the sandwich a tangy taste. However, that's not it.

As typical of Creole dishes, the shrimp is seasoned with garlic powder, onion powder, smoked paprika, cayenne, and hot sauce. That way, the taste isn't just in the sauce, but also in the shrimp and toppings.

## Fried Okra



*Fried Okra*

Creole cuisine has a liking for okra. It's one of those staple ingredients you can find in most gumbo and Jambalaya recipes. The question remains, though, "Have you ever tried frying your okra?" Fried okra is a traditional recipe from south Louisiana.

Whether deep fried in oil or cooked in the air fryer, fried okra is a typical Creole side dish or even a starter you're sure to love.

With strong seasoning and spicy flavors, this recipe transforms the bland okra into a vegetable you've never tasted before. Thanks to the great seasoning and cornmeal coating, okra is reborn.

You can cut your okra any way you want. However, we recommend cutting it vertically in halves. That way, you get long crispy pods that look a lot like French fries. We promise it tastes even better.

Try this golden extra-crispy okra on the side of your seafood dishes for an unconventional experience you won't easily forget.

### Andouille-and-Sweet Potato Pie With Tangy Apple Salad



#### *Andouille-and-Sweet Potato Pie With Tangy Apple Salad*

This is a one-of-a-kind starter that fuses different tastes and dishes into one extraordinary dining experience. It's a classic sweet potato pie with andouille sausage and apple salad.

Even the name sounds delicious. In fact, it has a firm crust and a super creamy filling that adds to its wealth of flavors.

Season the sweet potatoes with all your typical Creole seasoning. However, this recipe doesn't call for spicy ingredients.

That's why salt and black pepper will be enough in order not to lose the distinct taste of sweet potatoes. The real seasoning goes into the sausage, which is cooked with onion, garlic, and dried sage.

The crust here is made of yellow cornmeal and flour. Then, it's filled with sweet potato puree mixed with cream and andouille sausages.

You can have an apple and watercress salad with each slice to add a tangy flavor to the mix. This starter is ideal for a multi-course Creole meal as it'll ignite your appetite for more gems from Creole cuisine.

## Mains



### *Mains*

If you wish to create a multi-course meal that impresses your dinner guests, Creole cuisine is your best option. Creole main dishes are full of flavor and contain plenty of healthy ingredients.

Most Creole dishes are served with [rice](#), so you won't have a problem finding a savory main dish for the center of your meal. Here are our picks.

## Blackened Fish With Creole Sauce



*Blackened Fish With Creole Sauce*

This seafood dish has traces of Spanish, African, and French influences. It's a hearty dish guaranteed to impress your dinner party. The keyword in this recipe is the seasoning. It goes literally everywhere in the dish. To make this dish, you should season the fish, the veggies, and the sauce.

Like most Creole dishes, the seasoning here includes salt, black pepper, thyme, oregano, and garlic. This flavorful dish is a baked barramundi or snapper with a savory Creole sauce that combines several ingredients. For instance, it contains celery, capsicum, parsley, [onions](#), and tomatoes.

The aromatic sauce in this dish features hints of Worcestershire sauce. That adds a combination of flavors to the dish. Simply, you can't miss the sour, sweet, and spicy tastes. You can serve this dish with mashed potatoes, but rice is always more Creole-like.

## Sticky Ribs



*Sticky Ribs*

This recipe is another sweet and sour addition to spice up your dinner party. We know you have had ribs before, but you haven't yet tried the Creole sticky version.

It's a classic dish that deserves its name, thanks to the rich spices and sauces. You can serve it with dirty rice for an extra tasty main course.

To make this iconic dish, marinate the ribs in Djingo mustard, Worcestershire sauce, passata, and tomato sauce. Moreover, add some brown sugar, garlic powder, and onion powder.

If you prefer your food spicy, feel free to toss some cayenne or hot green pepper into the mix. That mix has two functions; the first is to give the ribs a sticky texture, and the second is to add loads of flavors to your dish.

The only drawback is that this dish takes a while to prepare. However, it's worth it. The marinated ribs need about 40 minutes on each side to bake in their rich sauces. In the end, you'll enjoy a savory dish that's guaranteed to impress.

### Creole Stuffed Bell Peppers



*Creole Stuffed Bell Peppers*

This dish embodies the typical nature of Creole cuisine. In other words, it blends several flavors to create a unique taste you'll never imagine. In addition, it helps you create magic from simple ingredients that you can easily find in your kitchen.

This recipe features bell peppers stuffed with a mix of rice, veggies, ground beef, and shrimp. That's a combination you can only find in Creole food. The vegetables in this mix include onion, garlic, and tomatoes. You can also add some chopped jalapeno to the filling for a spicier taste.

This dish requires a bit of work. Once you make the stuffing, you stuff the peppers and bake them for about 45 minutes.

Interestingly, you don't need any side dishes to serve with this dish. It has it all: protein, carbs, and fiber. That makes it a complete meal on its own, not just a hearty main course.

## Bread, Pastries, and Dessert



*Bread, Pastries, and Dessert*

So, what comes after the main course? Yes, believe it or not, Creole cuisine produces mouthwatering breads, pastries, and desserts. Let us show you the sweet gems in the Creole bakery section:

## New Orleans Beignets



*New Orleans Beignets*

This fluffy pastry is a heavenly treat that's a perfect companion to your morning cup of coffee. The even squared shape makes the edges crispier than the rest of the pastry. With a generous amount of sprinkled powdered sugar, you'll never forget the sweetness of this desert.

The good news is that you can make these delicious treats at home. It only takes a few minutes to put the dough together. The main ingredients in this dough are evaporated milk, a yeast mixture, eggs, shortening, and flour.

To get the best results, let the dough sit in the fridge overnight. That way, you encourage the development of the yeast, which gives you extra fluffy pastry.

You can use any type of vegetable oil to fry this pastry. However, try sesame oil for a toasty texture that enriches the flavor.

Before frying, roll the dough into a bed of sesame seeds if you want to coat your beignets with sesame. After it's done, sprinkle it with powdered sugar for a lovely breakfast experience.

### Creole Bread Pudding



*Creole Bread Pudding*

This Creole dessert is a popular treat in Louisiana. You can find it in every restaurant in town. Interestingly, it comes in several variations. However, the base remains the same. The main ingredients in this recipe are French bread, sugar, vanilla, butter, milk, and eggs.

Other additions depend on your personal preferences. For instance, you can add raisins, apples, [pineapples](#), chocolate, nuts, or dried fruit for a tasty garnish. To make it more Creole, toss some cinnamon and nutmeg into the mix. That way, you guarantee a rich and flavorful dessert.

In addition, some chefs play with sauces. Some use a rich creamy sauce. Others coat the bread pudding with heavy cream or custard. The final touch is all yours. Remember that the more flavor you add, the more Creole the dish is.

### Belizean Creole Bread



*Belizean Creole Bread*

As the name implies, this recipe has influences from Central America. It's a perfect addition to your meal or a quick snack on the go. Even if you're not a seasoned baker, this recipe is very easy to make. It doesn't require any special skills, and the result is amazing.

Richly made with coconut oil and coconut milk, this Belizean Creole bread is fluffy and soft. It's ideal for all types of sandwiches. Better yet, when still fresh and warm, this bread can be eaten without any filling. Yes, that's how good it tastes. The secret lies in the unique ingredients.

Along with the coconut milk and oil, this bread is made with yeast, shortings, sugar or [honey](#), flour, and a little salt. You can see from the ingredients how flavorful a loaf of this bread can be.

The best part is that you can cut the bread the way you want. It works as hamburger buns or large loaves; that's totally up to you.

## Secret Recipe Tips



### *Secret Recipe Tips*

To make the best Creole recipes, you need to follow in the footsteps of great Creole chefs in Louisiana. Using rich ingredients and flavorful sauces will make your Creole cooking more authentic.

However, that doesn't mean that you can't add your personal touch. Here are some secret recipe tips to help.

**Be Generous**

### *Be Generous*

Be generous with the amounts you use. The more ingredients you add the more flavors you fuse, and that's the essence of Creole cuisine. For instance, if the recipe calls for one onion, feel free to use two. That can never harm your dish; on the contrary, it'll help it greatly.

### All Proteins Count

#### *All Proteins Count*

Creole cuisine bases its savory dishes on protein. In fact, many authentic Creole dishes combine several protein sources. The secret here is that the ingredients render a different taste when mixed.

Therefore, don't be scared to use seafood with beef or chicken to create a mouthwatering Creole dish.

## Fat Creates Taste



*Fat Creates Taste*

Fat is an integral part of every Creole dish. This type of cooking depends on animal fats, different oils, and butter. Fat of all types can give the dishes their special aroma and flavor. We know that some fats aren't healthy, but the occasional heavy Creole meat won't hurt much.

## Iced Tea



*Iced Tea*

What's more southern than a glass pitcher of iced tea? However, the original Southern iced tea is a bit different from the fruity iced tea you get everywhere else. It's basically black tea in cold water.

This refreshing beverage is super easy to make. Simply put loose tea leaves in a pitcher of half boiling water and half cold water. Add sugar to taste, and pour over ice cubes.

### Chicory Cafe au Lait



*Chicory Cafe au Lait*

Louisiana offers a special variety of coffee you can hardly find elsewhere. It demonstrates the authentic French influence. Don't be fooled by the name. This isn't your regular cafe au lait.

For starters, it's made of chicory coffee, which is healthier than espresso. Another important difference is that it comes with no froth. In fact, the milk shouldn't be boiled but rather poured hot on the coffee mug.

## Rosemary and Ginger Mule



*Rosemary and Ginger Mule*

Adapted from the famous Moscow mules, this non-alcoholic cocktail is perfect for the winter. It's an ideal drink for those who want to get a pungent drink with healthy ingredients.

This cocktail is made of rosemary sprigs, non-alcoholic ginger beer, fresh lime juice, and sugar. With such flavor fusions, you get a unique Creole drink.

## Ingredients



### *Ingredients*

Creole dishes have some Southern staples. They feature some healthy and savory ingredients. For example, most Creole dishes combine different food types to create unique flavors.

Generally speaking, you can always find protein, carbs, and vegetables in every Creole dish. For instance, these are the staple ingredients:

- **Protein sources:** Seafood is the most commonly used protein source in Creole cuisine. However, it's usually mixed with chicken, sausages, or beef.
- **Vegetables:** All Creole dishes feature the trinity of South Louisiana: celery, onion, and bell peppers. You can also see okra, garlic, and tomatoes in many dishes.
- **Carbs:** This mostly refers to rice. Most Creole recipes are served over a bed of white or dirty ric

## *Herbs and Spices*

Now, that's the most crucial part of Creole cuisine. Herbs and spices are what mark the Creole nature of any dish. Creole dishes are usually heavily seasoned with certain staples, such as garlic powder, onion powder, [oregano](#), thyme, and paprika.

In addition, you have several options to make your Creole dishes spicier, including cayenne, jalapeno, and hot pepper.

Other Creole seasonings include file powder, rosemary, bay leaves, and basil. The more spices and herbs you add to your recipe, the more flavorful and delicious it'll be.

Creole food also makes use of various sauces. For instance, some recipes call for hot sauce, passata, Worcestershire sauce, and Tabasco.

## Creole Food Culture



*Creole Food Culture*

Creole food is a fusion of different food cultures. It has Spanish, French, African, Caribbean, and Native American influences among others.

Therefore, every Creole dish carries a bit of every culture. Over the years, these cultures merged to form a new cuisine in Louisiana. Here are some aspects to consider when dealing with the food culture in this state.

### Eating Habits



### *Eating Habits*

Unfortunately, Louisiana residents don't exhibit the healthiest eating habits. Despite the many healthy ingredients in Cajun and Creole dishes, the excess use of fat can have its toll on their health.

Luckily, even if you reduce the fat in Creole food, it's still hearty and delicious. Therefore, when faced with ultra-savory Creole cuisine, keep an eye on your weight and fat intake.

## Meal Structure



### *Meal Structure*

Typically, Creole meals contain everything you need. Every main dish is usually served with rice, as the primary source of carbs.

Creole dishes are cooked with a variety of vegetables, herbs, and spices. In addition, they include various sauces. That way, a Creole meal contains all the items in the food pyramid.

The best part about this blended cuisine is that it can go any way you wish. In other words, it can be sophisticated enough to create a multi-course meal or simple enough to render a one-pot dish. The choice is always yours.

## Etiquette



### *Etiquette*

There's no specific etiquette to eat Creole food. After all, Louisiana is part of the USA. Therefore, the residents follow the same etiquette used by others in America, particularly in the Southern states.

# Homemade Empanadas



# Homemade Empanadas Recipe

Empanadas are one of my favorite Mexican dishes! It's not as hard as you would think to make these at home. All you need is a few pantry staples to make the empanada dough and the filling can be made with whatever you have on hand! The empanada dough is similar to a pie dough. It is made with cold butter, cold water, flour and egg. It comes out perfectly flakey, crispy and golden brown! The homemade empanadas are then stuffed with ground beef, potatoes, cumin, chili powder, paprika, peas and fresh herbs. These are the best empanadas you will ever have!

## How to make Authentic Empanadas:

- **Make the empanada dough:** Add flour, butter, and salt to a food processor fitted with a blade attachment. Pulse a few times until the butter is the size of peas. Add egg and cold water to the food processor. Pulse just until ball of dough forms. Form the dough into a flat round disk and wrap in plastic wrap. Refrigerate for at least 1 hour.
- **Make the filling:** Meanwhile you can get started on your filling. Heat olive oil in a large skillet over medium high heat. Add in onion and jalapeno and saute for 2-3 minutes or until softened and golden brown. Next add ground beef and brown until no longer pink, 4-5 minutes. Add in salt, chili powder, paprika and cumin. Stir in tomato paste. Sauté for an additional 2 minutes. Remove from heat and allow to cool slightly. Add in frozen peas, boiled potato, fresh parsley, and green onion.
- **Assemble:** Roll out dough to 1/4 inch thickness. Cut into circles about 5 inches in diameter using a ring cutter or small bowl. Alternatively divide into 12 small balls of dough and roll into individual circles. Place filling (about 1/4 cup) on each circle and fold in half, crimp the edges with a fork.
- **Fry:** Add oil to a deep pan or pot so that it reaches 1 inch in depth. Heat oil to between 350 and 375 degrees. Fry in batches, 3 at a time, 2-3 minutes per side or until golden brown.
- **Serve:** The empanadas immediately while they are still warm! I love serving mine with sour cream, salsa or chipotle cream!

## Baking Instructions:

If you want to lighten up this dish a bit you can bake the beef empanadas at 400 degrees for 20 minutes or until golden brown. I like to add a quick egg wash on them before going in the oven. It helps them to get perfectly golden brown!

## Variations:

- Feel free to add shredded Mexican cheese or cheddar cheese to the filling!
- If you don't have peas feel free to substitute corn, diced carrots or celery.
- We added diced jalapeno for a little bit of a kick if you don't like spice feel free to omit.
- You can make these vegetarian by omitting the beef and adding in diced veggies.
- Ground chicken or turkey can also be used in place of the beef!

## Storing the Perfect Empanadas:

- **Store:** Leftover empanadas in the refrigerator for 3 to 4 days long.
- **Reheat:** These empanadas reheat really well! I like to heat mine up in the toaster oven for 4-5 minutes or until warmed through and crisp again on the outside. You can also reheat them in the oven at 400 degrees for 5-8 minutes

Tender flakey empanadas loaded with ground beef, potatoes, peas and tons of Mexican spices. I've included instructions for frying or baking these easy empanadas. Just in time for Cinco De Mayo!

**PREP TIME: 35 minutes minutes**

**COOK TIME: 25 minutes minutes**

**CHILL TIME: 1 hour hour**

**TOTAL TIME: 2 hours hours**

**SERVINGS: 12 empanadas**

# Empanadas

Tender flakey empanadas loaded with ground beef, potatoes, peas and tons of Mexican spices. I've included instructions for frying or baking these easy empanadas. Just in time for Cinco De Mayo!

**PREP TIME: 35 minutes**

**COOK TIME: 25 minutes**

**CHILL TIME: 1 hour**

**TOTAL TIME: 2 hours**

**SERVINGS: 12** empanadas

## Ingredients

1x2x3x

### Dough

- 3 cups [all-purpose flour](#)
- ½ cup cubed cold unsalted butter
- ½ teaspoon [salt](#)
- 1 large [egg](#)
- ¾ cup cold water

### For The Filling

- 2 tablespoon [olive oil](#)
- 1 medium [red onion](#)
- ⅓ cup finely diced jalapeno about 1 medium jalapeno
- 12 ounces [ground beef](#)
- ½ teaspoon [salt](#)
- 1 teaspoon [chili powder](#)
- 1 teaspoon [paprika](#)
- ½ teaspoon [cumin](#)
- 1 tablespoon [tomato paste](#)
- 6 ounces boiled and diced potatoes
- ¼ cup [frozen peas](#)

- ☐ 1 tablespoon [sliced green onions](#)
- ☐ 1 tablespoon [chopped fresh parsley](#)
- ☐ oil for frying

## Instructions

### Dough

- Add **3 cups all-purpose flour**, **½ cup cubed cold unsalted butter**, and **½ teaspoon salt** to a [food processor](#) fitted with the blade attachment. Pulse a few times until the butter is the size of peas.
- Add **1 large egg** and **¾ cup cold water** and pulse just until a ball of dough forms.
- Press the dough into a flat, round disk and wrap it tightly in [plastic wrap](#). Refrigerate for at least 1 hour.

### Filling

- While the dough chills, prepare the filling by heating **2 tablespoon olive oil** in a 14-inch skillet over medium-high heat. Add **1 medium red onion** and **⅓ cup finely diced jalapeno** and cook for 2-3 minutes until softened..
- Add **12 ounces ground beef** continue to cook for 7-10 minutes, until the beef is fully cooked and no pink remains.
- Add in **½ teaspoon salt**, **1 teaspoon chili powder**, **1 teaspoon paprika**, and **½ teaspoon cumin**. Stir in **1 tablespoon tomato paste** and cook for 2 minutes.
- Remove from heat and allow to cool slightly. Add **6 ounces boiled and diced potatoes**, **¼ cup frozen peas**, **1 tablespoon sliced green onions**, and **1 tablespoon chopped fresh parsley**.

- Once the dough has finished chilling, roll it out to ¼-inch thickness. Use a 5-inch ring cutter or small bowl to cut out 12 circles of dough. Alternatively, you may divide the dough evenly into 12 portions and roll them out into circles as best you can.
- Add enough **oil for frying** to a **deep pan** or a large, deep **pot** to reach 1-inch in depth. Heat over medium-high heat until it reaches 350 to 375 degrees Fahrenheit.
- Add about ¼ cup of filling to the center of each circle and fold in half, crimp the edges of the dough together with a fork.
- Fry the empanadas in batches of 3, cooking them for 2-3 minutes per side or until golden brown.
- Serve immediately with salsa or sour cream for dipping!

## Nutrition

Calories: **278kcal** Carbohydrates: **28g** Protein: **10g** Fat: **14g** Saturated Fat: **7g** Polyunsaturated Fat: **1g** Monounsaturated Fat: **5g** Trans Fat: **0.5g** Cholesterol: **54mg** Sodium: **236mg** Potassium: **244mg** Fiber: **2g** Sugar: **1g** Vitamin A: **495IU** Vitamin C: **8mg** Calcium: **21mg** Iron: **3mg**

Nutrition information is automatically calculated, so should only be used as an approximation.



## **Chef Sean Perrodin – Taking Creole cuisine to the whole world** [Food & Cuisine](#)

For over two decades Sean Perrodin has been sharing his passion for Creole cooking with [Louisiana](#) diners. It wasn't until 2012 that he made it his mission to share Creole food and culture with the world, and has been working tirelessly ever since to make Southern Creole Foods a household name.

**Sean Perrodin**, founder and owner of [Southern Creole Foods](#), is on a mission to expand the reach of Creole food and culture not only throughout America, but around the world. Having led his business from strength to strength over the past four years, Sean has already started to fill a gap in the commercial market for Creole foods and is taking it one step at a time to reach his goal of global expansion.

### **Inspired by generations of Creole cooking**

It has been much longer than just four years that Sean has been in the food business. For more than two decades Sean has been working in a wide variety of establishments, from truck stops to fine dining restaurants, and tuning his culinary prowess, taking inspiration from his childhood and family history to produce award-winning **Creole food**. For him, cooking was always a fun, family-focused activity, where the men would cook what they caught and create delicious outdoor feasts for the whole family.

When Sean first went off to college, his intention was to become a pharmacist, but his love of food quickly took over and led him to focus on culinary arts instead. He created a Sunday tradition in which he would invite people on his college campus to his apartment for an authentic Creole lunch. What began with just 10 people visiting him to enjoy his food, quickly became 50 or 60 people all eager to sample his dishes. The tradition not only proved to him his culinary skill, but also the power that food can have. *“Food brings everybody to the table,”* he explains, *“no matter what your differences are.”*

After graduating, Sean delved into his ancestral history and found there was a rich past of food entrepreneurs in his family. In particular, he found an interview from 1978 in which his cousin presented a dish on television, and turned to the New Yorker (now the New York Times) to learn more about the relative’s style and passion for Creole food. It was at this point that Sean realised his love for Creole cooking ran deep within him:

*“I’m not doing this just because. It’s a family connection somehow.”*

## **The value of modern Creole food**

Sean has won multiple awards over the course of his career, but one that has had the biggest impact on him was given to him in 1997 for his jambalaya dish. He was the first Creole chef to be given such an award, and Sean saw it as an incredible opportunity to display Creole food and culture to a wider audience.

Although he is first and foremost inspired by traditional Creole dishes, Sean isn’t afraid to adapt and refine classic recipes to cater to the more sophisticated palates of his modern audience. He uses traditional methods as the building blocks of his dishes, but adapts them to improve not only their flavour but their nutritional impact, too. Whereas in the past his dishes would be cooked with lots of margarine and unhealthy fats, now he turns to olive oil and real butter in order to incorporate healthier and tastier fats.

He also cuts down on salt and creates a better balance of herbs and spices to make dishes healthier and more packed full of flavour.

He is more careful in his choice of herbs and spices in order to improve the quality of his dishes, and is not afraid to experiment with new spices to amp up the flavour of his dishes and put a fresh, modern twist on traditional Creole food.



## A mission to share Creole culture

It wasn't until 2012 that Sean founded Southern Creole Foods and began to put all of his energy into his mission to spread awareness of Creole culture outside of Louisiana. He wanted to be a gateway for inspiring Creole foods that aren't available in a commercial arena. By making Creole foods more readily available, he is not only satisfying an existing demand, but also increasing awareness of Creole culture and in turn generating even more demand. he told us.

Sean sees Creole people as confident, aristocratic, community-focused, direct and welcoming. In creating food which mimics these qualities, Sean believes he can share the Creole culture with people all over the world. Right now, Southern Creole Foods is achieving this by being a manufacturer and a distributor, and having a restaurant called **iCreole Bistro** in which its foods are showcased. By inviting customers to come in and try the foods right away, they can help them to make a connection with the brand that will encourage them to go away and use the same foods in their home cooking.

Sean's all-time favourite dish, smothered chicken in okra with shrimp and sausage, is the restaurant's number one selling dish. *"It's the flavours, the textures, the aromatics... it's been a very good childhood dish of mine."*

Most people who try it in the restaurant have never had it before, which goes to show just how loved these traditional Creole dishes are – all it takes is for people to have the opportunity to try them.

For Sean, that's what Southern Creole Foods is all about, and why he believes it's important that the brand has a wide range of products for people to try. Currently, there are 21 products in the range including seasonings, coffees, baked products, rice blends and many more to follow. The variety allows customers plenty of choice to figure out which product they want to try first as an introduction to the brand, and it means that there's always plenty more for a customer to try when they come back for more.

## **Aiming for global success**

Sean is clear that his ultimate mission for Southern Creole Foods is to become a household name, not only in Louisiana or the United States, but the whole world. There are, however, plenty of challenges along the way. It's clear that there is a gap in the market for Creole foods, but there's a need to constantly educate in order to help people understand what the brand is about, what they stand for, and what makes Creole food different to Cajun food, something which those unfamiliar with Creole food struggle to first understand.

*"It's a little frustrating because you have to constantly prove yourself,"* Sean explains, but he's also quick to say that these challenges are all part of the fun. *"What's been rewarding about it is seeing people buying off the shelves, seeing people email and request a product, seeing a person come in to eat and seeing that person in the restaurant three or four times that week – that's rewarding. Because people do not come back for bad food."*

Above all else, it is Sean's global aspirations which keep him going. *"That's what keeps me motivated; to one day see us as a household brand, globally, and then for us to give back to everybody that buys into us."*

He knows there's a market there and by focusing on small batch production with high quality, Sean and Southern Creole Foods are making a slow yet steady impact on the market, expanding their reach day by day and month on month. Sean knows that by making local connections at home in Louisiana, the company will organically grow and that in time, international growth will happen.

*"You can't get to the mountain by jumping,"* he says, *"It's one step at a time."*

## **Showcasing Creole value**

Sean is an inspirational chef and entrepreneur, and makes it clear above all else that his mission is not only to enjoy personal success, but to bring success to Creole culture. His closing message to Kreol Magazine readers perfectly summed up his ethos of showing by doing: *"When I talk to some people about being Creole, they see it as a negative versus more of the positive. So be proud of who you are. Be able to educate and show your value to society versus being dictated what society thinks about you."*

This is exactly what Sean and Southern Creole Foods are doing – proving the value of Creole food and culture by sharing it with the world, one step at a time.



# Creating “Creole” Cuisine in Latin America: Home Cooks Reinvent *Batanes*

Part of the book series: [Palgrave Studies in the History of Science and Technology](#) ((PSHST))

## Abstract

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Analyzing recipes and cooking technologies from Latin America, Chap. 6 illustrates the creative tension between culinary tradition and innovation. Throughout the postcolonial era, makers of Latin American cuisine exhibited remarkable flexibility, adopting elements of cuisines from the other sides of the Atlantic and the Pacific—without giving up the use of indigenous ingredients and familiar cooking techniques. Home cooks adopted gas stoves and refrigerators—and they strove to serve their families nutritious meals. Despite these modernizing trends, however, pre-Hispanic cooking tools like the *batán* (hand mill), and indigenous ingredients like corn, retained their prominence. The making of so-called *cocina criolla* entailed fidelity to the old as well as openness to the new; both kinds of manual techniques and material technologies have, for more than a century, existed side by side.

### Preparing the Meat

- Kill the heifer, let off the blood, and remove the viscera. Wipe it well with a dry piece of cloth. Cut off the legs at the joints.
- Divide the animal in three parts: shoulders, hindquarters, and ribs.
- Break the carcass open in order that it splits in the middle.

### Preparing the Fire

- Make a pit in the ground: 50 centimeters deep, 1.20 m long, and 0.50 m wide.
- Load the hole with enough wood, light the fire and keep it burning for 3 hours in order for the hole to get very hot. [...]
- After three hours, remove the whole fire from the pit and clean it well.

### Preparing the Barbeque

- Place the pieces of the calf in the pit, with the hide down—that is, in direct contact with the earth.
- Cover the pieces with a thick [metal] sheet.
- Place the firewood that had been removed from the pit on top of the sheet.
- Keep the fire burning for two hours, adding new wood if necessary.
- During these two hours of cooking, the meat may not be uncovered.
- After the two hours have passed, remove the sheet and take out the roasted meat; place it on a table. [Footnote1](#)

This rustic recipe is taken from an Argentine cookbook, *Especialidades de la cocina criolla* (“Specialties of Creole Cooking”), published in 1958. It describes a marvelously original way of making “traditionally Argentine” *asado* (barbeque): the dish, called *asado con cuero* (barbeque with the hide), does not require the cook to remove the entire hide before cooking. The technologies involved are extraordinarily simple: no grill is required, whether a commercial charcoal grill, a self-made brick grill, or even a rack. The only tools needed are a spade, a metal sheet, and perhaps some matches. A knife for butchering and carving the meat also comes in handy. [Footnote2](#)

It is highly questionable whether most readers of *Especialidades de la cocina criolla* chose to make this *asado* dish. Compiling recipes from

the magazine *Mucho gusto* (“Good Taste”), the cookbook catered to a predominantly wealthy urban audience in Argentina. Rather than digging a huge pit in their garden, members of Buenos Aires’s upper classes would likely have preferred to use their outdoor grill made of brick. Thus, the cookbook’s authors may well have included this country version of “barbeque with hide” for ideological rather than practical reasons. By reproducing such an obviously rural beef recipe, the authors mobilized the image of the gaucho—the brave, unruly South American horseman—to bolster a traditional image of the Argentine nation. What could better symbolize Argentina’s cowboy culture than the act of grilling a “two-year-old calf”—hide (*cuero*) and all—in a hole in the ground?

In the nineteenth century, attempts were made to romanticize cowboy life on the South American prairie. However, it was only in the 1940s and 1950s that the exaltation of the gaucho as an icon of authentic Argentine culture reached a peak.<sup>Footnote3</sup> Poets hailed the gaucho as a representative of “our freedom” and as a symbol of “nobility and manliness.”<sup>Footnote4</sup> Gaucho culture was interpreted as distinctly masculine, and the making of *asado* was seen as a typically manly activity. For many in Buenos Aires, barbecuing beef became an act of strengthening ties to the vast Argentine countryside. For men in the capital city, making *asado* on an outdoor grill was a way of boosting their identity as hardworking men. By the time “Specialties of Creole Cooking” was published, *asado con cuero* had already assumed the ideological status of *tradicional argentino*—a fact cited by the book’s authors.

We find the same heroic gaucho culture in Uruguay. My own former father-in-law, Walter, who grew up in Uruguay, loved to tell stories about his life as a young cowboy on the Pampas. Uruguay’s connection to cattle ranching can be traced over several centuries. Accounts of the Uruguayan countryside by foreign visitors feature fascinating descriptions of elaborate meat-based feasts.<sup>Footnote5</sup> As the country urbanized, however, the majority of inhabitants in Montevideo faced the same problem as those in Buenos Aires: where to barbeque? With Montevideo’s upper-middle class in mind, the magazine *Almanaque* in 1949 explains to those “who feel the cult of tradition” how to build their own grill “corner” in the backyard. The

article includes a detailed plan and proposes a “constructive solution for an open–fire barbeque, table, and a mud house or an arbor,” all designed according to “the laws of the Creole.”<sup>Footnote6</sup>

In some regions of Argentina and Uruguay, *asado a la cruz* is an alternative to the labor–intensive, hands–on procedure described in “Specialties of Creole Cooking.” *Cruz* means cross, and here, the four limbs of the animal are spread out and hooked onto a metal frame comprised of one long rod and two short crossbars. This double–barred cross is placed either over or adjacent to wood embers or a wood fire. The cook then has the option of either hammering the spit into the ground and angling it toward the fire, or placing the spit horizontally, directly above the embers, propped on two large stones or bricks.<sup>Footnote7</sup>

E. Rodrigez Long and Jewel B. Groves, authors of the 1963 cookbook *El asado criollo—Roast Spit Barbeque*, describe this traditional cooking technique in nostalgic terms. Noting that the “spit–roaster used by the primitive River Plate settlers is the same used at present,” and that this kind of barbeque evokes “a feeling of festivity,” Long and Groves try to reproduce a romantic “image” of the past.<sup>Footnote8</sup> In fact, the spit–roasting technique has a long tradition; a source from the early nineteenth century describes how a sheep, still in its hide, is “nailed onto a stick and put in front of the flames.”<sup>Footnote9</sup>

Like “Specialties of Creole Cooking,” Long and Groves’s book targeted a wealthy urban audience that could afford the luxury of a “week–end cottage” with enough space to set up a grill or a fireplace. Long and Groves also sought to show a foreign readership how to make “the Argentine Spit Roast”; to this end, their work was published as a dual–language book, with text in both Spanish and English (albeit poorly translated): “An invitation to an ‘asado’ [the barbeque as an event] produces a feeling of sympathetic cordiality and has a spirit of agreeable camaraderie.”

Seen in the context of the trend toward urbanization in the 1950s and 1960s, both “Specialties of Creole Cooking” and *Roast Spit Barbeque* can be interpreted as attempts to revitalize Argentina’s rural image. In *El asado criollo—Roast Spit Barbeque*, Long and Groves note that “in recent times” barbeque has become increasingly

popular in Argentina. Families compete to make the best *asado*, and amateur cooks exhibit “much ingenuity and subtle cunning to find ways and means of raising or lowering, rotating and other original mechanical contrivances” to improve their grilling stations. Advising cooks on how to design their grills, the authors recommend a surface of at least 110 × 55 centimeters. To allow the cook to control the temperature beneath the meat, only half of that surface should be covered by a grilling rack. The distance between the rack and the area where the wood or coal is distributed should be fifteen to eighteen centimeters. Cooks that “desire to complicate things” may vary this distance by means of a chain attached to a “cog-wheel”; the standard equipment simply included a “long trident, pincers, tongs and poker,” as well as a brush. [Footnote10](#)

Contemporaneous popular magazines also testify to the upper-class interest in traditional Argentine *asado* culture; this interest took the form of an outdoor private grill corner. Even *Para ti* (“For You”), an Argentine magazine intended primarily for women, includes a detailed description of how to build your own grill. In the 1960 article, which includes a photo of a young couple in their garden, authors Zulema Ciordia and Alfredo Alvarez suggest that “it is not difficult at all” to design and build a barbeque grill. In addition to bricks and mortar, one needs little more than a ruler, a level, and a trowel. Despite the eight drawings that accompany the article, however, I wonder if the average reader had the time and the courage to follow the journalists’ instructions to tackle the grill-building project. [Footnote11](#)

## The Making of “Creole” Traditions

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Historians have shown consistently how social practices turn into traditions. Indeed, some customs have a long history. For example, the use of bread for Holy Communion is no doubt a centuries-old practice in Christianity. Other so-called traditions are much more recent, however. The use of potatoes, originally American, did not spread to Europe until the nineteenth century. Today, potatoes are essential to many allegedly traditional European dishes. For example, Janssons Frestelse (“Jansson’s Temptation”)—a dish with potatoes,

onions, anchovies, and cream—is a staple of the Swedish smorgasbord.

The term “traditional” may also be deployed for political purposes—both in national and colonial contexts. For example, political historians Eric Hobsbawm and Terence Ranger cite cases in which old traditions are mobilized or new traditions created for the political purpose of conferring importance on a particular social practice. Many practices accepted as traditions were coaxed into existence with a specific message in mind; this phenomenon is summarized elegantly in the title of a well-known book edited by Hobsbawm and Ranger: *The Invention of Tradition*.<sup>Footnote12</sup> For example, in his contribution to this volume, Bernhard S. Cohn shows how the British Crown in the nineteenth century tried to legitimize its power in India by staging ceremonial events intended to position Britain as a direct heir of former Mughal emperors and Indian princes.<sup>Footnote13</sup> By reproducing age-old rituals, the British appropriated established traditions to achieve their own ends.

Accordingly, is there an empirical case to be made for classifying Argentine *asado* as a tradition “invented” to further political aims? I believe so. After all, the authors of “Specialties of Creole Cooking” classified *asado con cuero* as a rustic, “traditionally Argentine dish” associated with gaucho culture. In doing so, the authors engaged in an apparently conscious effort to foster the image of Argentina as a “cowboy” culture.<sup>Footnote14</sup> And when Long and Groves claimed that a “roast on the hide is ... a native symbol of ... Argentine customs,” they ignored the contributions of Argentina’s indigenous people to the country’s history.<sup>Footnote15</sup>

The authors of *Especialidades de la cocina criolla* appear to define the “traditional” recipe in contradictory ways. On the one hand, the authors write, “many of the dishes we now consider ‘traditional’ mirror the influence from distinctly colonial cuisine and large migratory movements”—from Europe, Asia, and Africa. On the other hand, the authors point out that Latin American cuisine is

characterized by domestic ingredients such as cassava, corn, potatoes, sweet potatoes, and an array of chili peppers. Thus, implicit in the authors' definition of "traditional" cooking is the idea of combining global elements with regional or local ones. [Footnote16](#)

A clarification: the term *criollo/criolla* in this context differs from what some readers may associate with the concept of "Creole" cuisine. The authors of the Latin American cookbooks cited in this chapter refer to *la cocina criolla*—the creole kitchen—rather than to specific Louisiana-style dishes like gumbo and jambalaya, also known as "Creole." The authors' concept was much broader, perhaps even diffuse. The explicit purpose of *Especialidades de la cocina criolla*, for example, was to document "authentic recipes [...] from all over Latin America." Although the authors do not clearly define "creole," they often use the concept to describe recipes and dishes they deem either typically Latin American or typical of a nation or region. Some of these creole dishes do indeed seem uniquely Latin American, and they lack English translations: "'tamales', 'humitas', 'hallacas', 'anticuchos', 'asado con cuero', 'chipas.'" The cookbook even includes a recipe for "Aztec soup," which, according to the authors, has "been passed on from generation to generation without changes." Most of the recipes, however, are acknowledged to be "derivations" of foods from other parts of the world; the recipes are for dishes with origins in distant places that have been modified in the Americas. Reflecting a multitude of influences, these dishes are the outcome of complex acculturation processes. [Footnote17](#)

Sociologists of technology have analyzed extensively the ways in which consumers and users incorporate new implements and appliances into their daily lives, making technologies "their own." [Footnote18](#) For example, in the 1970s, when the microwave oven was first introduced in Europe, family members appropriated this device to suit established cooking and eating habits, and they "assimilated" the oven into their daily routines. [Footnote19](#) Similarly, the makers of Latin American cuisine have throughout the centuries exhibited astounding flexibility, appropriating elements of cuisines from the other sides of the Atlantic and the Pacific—while continuing

to use indigenous ingredients and to employ familiar cooking techniques.

Originally, *criollo/criolla* (“creole”) referred to a man or woman of Iberian ancestry born in the Americas. Politically and socially, the term was employed to distinguish American-born people with a European family tree from indigenous people, Africans, and first-generation immigrants from the southwest of Europe. As such, the term creole referred to an identity that was established predominantly—though not exclusively—on racial grounds. Over time, however, the meaning of “creole” changed considerably, eventually interpreted differently in various parts of Latin America. In some contexts, *criollo* carried positive connotations; in others, it evoked negative associations.

When used in the context of cooking, *criollo* has come to refer to a specific attribute: the adoption of ingredients and techniques from elsewhere into Latin American cuisine. Food historian Rebekah E. Pite describes accurately the complex usage of the term *criollo* as a combination of “localism, ethno-regional difference, and melting-pot-style fusion.”<sup>Footnote20</sup> In some examples of creole cooking, the domestication process has advanced to the point of rendering invisible the “foreign” influence on the dish. In these cases, creole food has become more or less synonymous with local, regional, or national dishes. Historian Jeffrey M. Pilcher points to the ideological and social elements of creolization, writing that “national cuisines emerged throughout Latin America not from the rejection of the global in favor of the local but rather through a blending of the two in a culinary sensibility that combined patriotism and cosmopolitanism in pursuit of social distinction.”<sup>Footnote21</sup> In nineteenth-century Cuba, for example, creole cuisine came to denote European dishes that had been modified to include indigenous American root crops such as potatoes and cassava—as well as African ingredients like okra and yam. A Cuban cookbook from the mid-nineteenth century offers a “creole beef tongue” recipe, which could have been taken from any number of European cookbooks—except that this version of the dish features plantains, the type of banana used for cooking.<sup>Footnote22</sup>

When cookbook authors in Latin America mobilized the concept of *criollo*, giving certain recipes and ingredients a positive connotation, those authors invented culinary traditions. The reference to creole traditions made it easier for them to successfully introduce new ingredients and cooking technologies. For example, although original recipes for *asado* specified that it be cooked over an open fire, more recent recipes were modified to fit modern living conditions and modern technologies—without sacrificing the reference to the *asado*'s creole heritage.<sup>Footnote23</sup> Although the modern homemaker might not have access to an outdoor barbeque area, it was still acceptable to make a traditional *asado* in a gas or electric oven. As we will see later in this chapter, the familiar “fusion” character of cross-cultural culinary practices went hand in hand with a “fusion” approach to kitchen technology.

## Eclectic Cooking

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Another well-known cookbook, published in 1890 in Argentina, testifies to the multicultural character of Latin American cuisine: *Cocina ecléctica*. To create *Cocina ecléctica*, journalist and public intellectual Juana Manuela Gorriti solicited recipes from people throughout Latin America and beyond. A truly collective effort, *Cocina ecléctica* includes recipes contributed by nearly two hundred women—and one man. The majority of contributors came from Argentina and Peru; others hailed from Bolivia, Uruguay, and Mexico. Several contributors were from as far away as Spain, France, Ireland, and the United States.

The fact that *Cocina ecléctica* was produced almost exclusively by women made it a pioneering endeavor.<sup>Footnote24</sup> The vast majority of the contributors belonged to the upper classes (Gorriti had at one time been married to the then President of Bolivia, Manuel Isidoro Belzú). The recipes reflect the contributors' elite socioeconomic status, as well as their geographical diversity. In some of the recipes, authors refer to the “foreign” origins of their dishes. In other cases, authors refer to the deeper cultural roots of the recipes they present. For example, one contributor from Peru acknowledges the “Incan”

origins of the well-known dish called *Pachamanca*, which is meat—anything from chicken to vicuña to guinea pig—baked with hot stones. Still other authors refer to their dishes with nationalistic pride: one contributor, from La Paz, claims that “nowhere else” in the world is rabbit prepared better than in Bolivia. By presenting a recipe for a “Breton tortilla,” yet another contributor shows that traditionally Latin American dishes can be given a European touch. [Footnote25](#)

References to servants seldom appear in “Eclectic Cooking”; yet it was indeed the servants for upper-class families who did most of the actual cooking, employing the necessary skills and techniques. [Footnote26](#) Accordingly, the book’s contributors pay minimal attention to the technologies used in the cooking process. There are notable exceptions, however. One outstanding example is an elaborate recipe for *humitas* (also spelled *humintas*)—a variety of corn wrap with pre-Hispanic roots—submitted by Gorriti’s daughter, Edelmira Belzú de Cordoba. Like her father, Edelmira’s husband, Jorge Córdoba, was President of Bolivia, the latter for two years. Edelmira likely maintained a kitchen staff of servants, in which case she would have taken on the role of manager instead of cook. Indeed, her instructions for how to make *humitas* read as though written by a keen observer rather than a hands-on cook. Unlike her fellow contributors, however, Edelmira credits the “Indian” cooks appropriately, and she describes in detail the techniques and technologies involved in the cooking process. [Footnote27](#) A common first step in preparing *humitas* is to grind corn. According to Edelmira, this is done manually, either “on a *batán* or, if there is none at hand, in a stone mortar.” A *batán* has two main parts: a large, flat millstone, and a heavy, rounded hand-stone; the *batán* enables the user to grind all manner of foodstuffs. Together with the three-stone hearth—used for traditional cooking by most people around the world—the *batán* played a pivotal role in pre-Columbian and colonial cooking culture. [Footnote28](#) Grinding corn, coffee, herbs, and spices on a *batán* was a central part of women’s work.

Edelmira's recipe calls for combining the ground corn with salt, sugar, pork fat, and chili peppers. Three spoonfuls of this mixture are then placed on two crisscrossed corn leaves, and the leaves are folded and bound with twine made from the agave plant. The bundles are then cooked "in a pot, in the oven, or in a *guatia*." Of these three methods, Edelmira strongly recommends the *guatia* (also spelled *huatia*), an Incan stone-and-earth oven. Edelmira describes in detail the *guatia*'s design:

The Indians place one [stone] on top of another on the ground and make a small, ten-centimeter-deep hole at the top. Here, they light a fire and stoke it vigorously to heat the stones.

When the fire has reached the appropriate temperature, those taking part in the process wrap their hands in strips of burlap. With skill and speed, they dismantle the oven.

After removing the upper stones, the cooks insert the *humitas* in the hole, then reassemble the oven, thus "forming a wall of heated stones" around the *humitas*. After approximately an hour, the corn bundles are ready—and the cooks referred to as "Indians" once again remove the stones with "the same skill and speed."<sup>Footnote29</sup> Unfortunately, all the "Indians" remain anonymous, and Edelmira romanticizes their work.

Edelmira's recipe for *humitas* references a far more complex cooking method than the one described in *Especialidades*, published seventy years later. Reflecting the urbanization process and the emergence of modern apartment buildings with indoor kitchens, the 1958 version of the recipe specifies merely boiling the corn wraps in a pot with "abundant water" and coarse salt.<sup>Footnote30</sup>

## National or *Criollo* Desserts

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Gorriti's concept of eclectic cuisine squares well with Pite's broad definition of *cocina criolla*—creole cuisine. As we saw in Edelmira's

contribution, Gorriti's book depicts how Latin Americans domesticated foodstuffs from elsewhere, *and* it provides detailed descriptions of indigenous cooking methods and techniques. This is a remarkable achievement for an author writing in 1890. To my mind, Gorriti and her circle of contributors represent pioneers of what is now known as “fusion” cooking.

In most parts of the world, we are surrounded by evidence of fusion cuisine's popularity; we can observe pronounced global influences in a multiplicity of forms, from cookbooks featuring inspired recipes to restaurant and food-bar menus offering creatively cross-cultural dishes. That said, I maintain that we should not exaggerate the “melting-pot” character of either *cocina criolla* or the contemporary culinary phenomenon called fusion cooking. Instead, we can recognize that the many culinary technologies did not exactly hybridize or “fuse”; rather, culinary technologies have existed side by side, and these technologies have been used in an eclectic—rather than a uniform or orthodox—way.

Consider an example from Peru: for roughly two decades, Peruvian cuisine has been circulating globally, at an ever-increasing pace. *Ceviche* (marinated raw fish or seafood) and *pisco* (a white brandy made from grapes) have been at the forefront of this trend. Various dishes made with corn, quinoa, and potatoes have also been popular. Peruvian restaurants have cropped up in small and large cities; diners have learned to enjoy *pachamanca* and *tamales* (sweet corn wraps filled with fresh corn kernels rather than ground corn).

Interestingly, the recent proliferation of Peruvian food outlets does not appear to hinge on their serving “authentic” Peruvian food. On the contrary, most contemporary restaurants that feature so-called Peruvian food are noted for the creative ways in which their chefs combine different cooking styles and technologies. Cookbook authors often cite the disparate roots of Peruvian cuisine, referring to the mix of Incan, Spanish, and African traditions.<sup>Footnote31</sup> In fact, Peruvian cuisine incorporates the foodways of many more regions

and cultures. For example, in the nineteenth century, French cuisine was a decisive influence on Peruvian cooking—especially among the upper classes. In the postcolonial period, waves of migration from Italy, China, and Japan brought foodways from those countries. For example, Italian immigrants introduced to Peru new vegetables such as chard, spinach, and broccoli. In the second half of the nineteenth century, Chinese immigrants opened their first tiny eateries, known as *chifas*. These establishments served *lomo saltado* (stir-fried beef) and *arroz chaufa* (fried rice).<sup>Footnote32</sup> After the turn of the twentieth century, the Japanese *cocina nikkei* proved especially compatible with other culinary traditions—to such an extent that one food historian even called it “miscegenation gastronomy” (*mestizaje gastronómico*).<sup>Footnote33</sup> The use of soy sauce with sautéed or grilled beef is an iconic example of this kind of cuisine, as is the substitution of rice wine with *pisco* in some recipes.

Arguably, the international ascent of Peruvian cuisine dates to the 1960s. In 1965, for example, *Cocina peruana* (“Peruvian Cuisine”) was published.<sup>Footnote34</sup> The book’s subtitle reveals its modest scope within the Peruvian kitchen: *Cocina China, dulces criollos, secretos de cocina*—“Chinese Cuisine, Creole Desserts, and Cooking Secrets.” Indeed, the book reveals the secrets of Peruvian cuisine to be its Chinese and other transcultural elements. The book’s anonymous authors devote almost half of it to Chinese cuisine and so-called creole sweets (*dulces criollos*). The other half of the book contains purportedly domestic recipes, such as “Arequipa Stew,” “Peruvian Ram’s Leg,” and “Lima Soup.”<sup>Footnote35</sup> True to the regional nature of many of the recipes, the authors of *Cocina peruana* call for the reader to add “an ounce of chocolate” to the Arequipa Stew and ground *achiote*—a spice made from the red seed of the annatto tree—to the ram’s leg.<sup>Footnote36</sup> After all, both cocoa and *achiote* (*bixa orellana*) are indigenous Latin American plants. Further, it is likely impossible to find a European cookbook from the 1960s that specifies chocolate as an ingredient in a meat dish. In the Global North of the 1960s, chocolate was associated almost exclusively with desserts and sweets.

A closer look at *dulces criollos* in “Peruvian Foods” reveals the fusion nature of Peruvian cuisine, encompassing the ingredients used and the names of some of the dishes. *Queque*, for example, is a sponge cake made with margarine, sugar, milk, eggs, flour, food coloring, seeds of the vanilla bean, grated orange peel, and raisins. Although these ingredients approximate those of sponge cake recipes found elsewhere in the Spanish-speaking world, the name of the dessert is unique to the region. In Spain, for example, this kind of cake is known as *bizcochuelo* rather than the Peruvian word, *queque*. In addition to the recipe for *queque*, the authors of *Cocina peruana* offer readers a recipe for *bizcochuelo*. Given that the Peruvian version of *bizcochuelo* does not contain food coloring, milk, orange peel, or raisins, it can be considered a simplified, usually smaller, and probably somewhat drier version of *queque*. The authors also provide a third, related recipe, this one for *cake*. To make *cake*, the authors call for adding more sugar, eggs, and cocoa to the *bizcochuelo* mixture. Compared to baking *bizcochuelo*, baking *cake* was a more elaborate and more expensive process. [Footnote37](#)

Other recipes for “creole desserts” in *Cocina peruana* contrast more sharply with their Spanish counterparts. One example are *alfajores de Moquegua*, round cookies known by the same name in Latin America as in parts of Spain. Despite sharing a name, the cookies are prepared differently according to the region. In Andalusia, for example, *alfajores* do not contain filling, and they are baked in the oven. In contrast, the Latin American version of *alfajores* calls for the cookies to be filled with a sweet paste and fried in butter, rather than baked in the oven. The cookie dough itself is not unusual, as it contains flour, water, sugar, eggs, and baking soda. One of the cookie’s suggested fillings is unusual by Spanish standards, however: the Peruvian recipe specifies *camotillo*, a mixture of mashed sweet potato, sugar, and grated orange peel. This addition of *camotillo*—a traditional Peruvian dessert that may also be eaten on its own—distinguishes the Peruvian version of *alfajores* as unique. [Footnote38](#)

The *dulces criollos* section of *Cocina peruana* also includes several recipes for *mazamorra*, a corn custard. [Footnote39](#) This renowned dessert

has identifiable indigenous roots in pre-Hispanic times. Closest to the original is the recipe for what the authors call *mazamorra morada*, “purple *mazamorra*.” This dessert is made in two steps, first, by boiling a purple corncob—along with pineapple peel, dried cherries, cinnamon, and cloves—for as long as three hours. The mixture is then strained, and the reduced liquid is combined with pieces of pineapple, quince, and peach, as well as sugar, sweet potato flour, and lemon. This is boiled until it reaches the consistency of a custard. [Footnote40](#)

Although they employ the concept “creole cuisine,” the authors of *Cocina peruana* do not refer explicitly to *mazamorra morada* as a dessert indigenous to Latin America. However, the authors offer two additional *mazamorra* recipes, both of which have traceable European roots. For these recipes, the authors specify using wheat flour instead of corn flour, as well as cow’s milk, a product that did not exist before the first Europeans brought cattle to the Americas. Other ingredients are sugar, anise, and cinnamon; one recipe calls for adding “a good amount of egg yolk.” When boiled, the result is a sweet dessert reminiscent of *blancmange* and other thick puddings. [Footnote41](#)

In their recipe for a sweet dish called *frejoles colados* (literally “strained beans,” not to be confused with various savory Central American dishes with similar names), the authors of *Cocina peruana*—intentionally or not—do not mention the African roots of the dish. According to some sources, *frejoles colados* arrived in the Americas with the first slave ships. [Footnote42](#) The recipe calls for cooking peeled beans without salt and mashing them with milk. The mixture is then pressed through a sieve; sugar is added, and the resulting paste is boiled. The dish is served garnished with toasted sesame seeds. [Footnote43](#) *Frejoles colados* is still served today, particularly in Lima.

Nor do the authors discuss the historical roots of the recipe for *ranfañote*. [Footnote44](#) Although culinary historians have not reached agreement on the origins of this bread pudding, they do concur that *ranfañote* was invented during colonial times. Consisting of slices of fried bread mixed with sugar and honey, *ranfañote* reflects the

collective sweet tooth that developed as sugarcane cultivation became more widespread in Latin America. Like people in India (see Chap. 4), people in Peru traditionally preferred a semi-soft form of unrefined sugar, rather than white, refined sugar. In Latin America, these brownish sugar cakes are known as *panela*, *chancaca*, or *piloncillo*. The name *panela* has to do with its form: it is usually sold in pieces similar to bread (*pan*) slices. Like Indian *gur* or *jaggery*, this kind of sugar is produced locally, directly from pressed and boiled sugarcane juice without centrifugation or further refinement. In *Cocina peruana*, *chancaca* is a required ingredient of *ranfañote*.

Other ingredients also exemplify the colonial—and even global—origins of *ranfañote*. Specifically, *chancaca* is mixed with honey, cloves, cinnamon and salt; chopped walnuts and coconut flakes are also added. Interestingly, both clove and cinnamon are originally Asian plants that arrived in the Americas during the colonial era. This may be the case for the coconut tree, as well, although evidence suggests it may have arrived on the west coast of South America from the Pacific region as early as pre-Hispanic times. [Footnote45](#)

As we have seen, many of the “creole desserts” described in *Cocina peruana* were indeed cross-cultural creations. The desserts were colonial in terms of having emerged in the colonial era. In the case of Peru, “colonial” refers to the pre-1820s period, before the country achieved independence. These “creole desserts” may also be considered precolonial or pre-Hispanic, in that they featured ingredients unique to the Americas. Further, these desserts are global insofar as they include ingredients and cooking techniques from different parts of the world, from Asia, to Africa, to Europe. *Dulces criollos* denoted desserts with a “global” background but with specific Latin American elements. Creole recipes were the outcome of active appropriation, or what can also be referred to as domestication processes. Defined as such, “creolization” is a practice that strives to turn something external, and perhaps strange, into something recognizable and familiar.

## The Modern Kitchen

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Traditional cookbooks seldom discuss in detail the tools, implements, and appliances that readers are expected to use. Authors of nineteenth-century cookbooks took it for granted that cooks knew which techniques to employ when preparing a dish. One notable exception is the category of cookbooks written to promote a particular technology—gas stoves and electric stoves, for example. In Germany, *Das elektrische Kochen* (“Electric Cooking”) provided readers with recipes as well as explanations of how to become familiar with the modern electric stove and oven. The first few editions of *Das elektrische Kochen*—issued from 1936 onward—targeted as the audience housewives relatively inexperienced with electric gadgets. This successful book is still available under the title *Das blaue Kochbuch* (“The Blue Cookbook”)—the fifty-sixth edition—as of this writing.<sup>Footnote46</sup> Originally, it was published by the Berlin Electricity Company; today by the electrical engineering association VDE.

Cookbooks designed to address electric-stove owners are also part of Latin America’s literary culinary history. In the mid-1930s, Peru’s Association of Electric Companies (Empresas Eléctricas Asociadas) published a cookbook—*Recetas selectas para cocinas modernas* (“Selected Recipes for Modern Kitchens”)—to address the “electric kitchen.” The book claims electric appliances “bring happiness to the home” and save women’s “silken and elegant hands” from coming in contact with wood, coal, and “primitive” open fires; working in an electric kitchen is so simple that “even a child can handle” it. Further, the advantage of this form of “modern cooking” can be summarized by the attributes of “comfort, beauty, hygiene, efficiency, affordability.” A colorful drawing at the beginning of the book highlights these benefits. The illustration features a chic-looking woman wearing elegant evening attire. She is browsing a magazine titled “Modern Kitchens” (*Cocinas modernas*). In the background we see a spacious, antiseptically clean kitchen, with an electric stove and oven, situated beside a sink and several cupboards. The message is unmistakable: by adopting electric appliances, the modern woman can enjoy the luxuries of cleanliness and leisure; modern machinery can free women from the hardships of traditional homemaking.<sup>Footnote47</sup>

In the 1930s, the Association of Electric Companies framed electric appliances in a modernist discourse, asserting that people were “living in the century of electricity,” claiming electrical power would ultimately bring about “progress”—and even a “revolution.” Accordingly, the standard wisdom suggested that a “modern home” was required to be connected to the electricity grid; lacking electric power was likened to riding a mule rather than a streetcar. Further, the authors suggested that “one child and an electric kitchen” were the keys to “the happiness of a modern marriage.” Cognizant of Peru’s low connection rates at the time, the book’s authors chose to project its vision of the modern home into the near future, predicting it would not be long before an “enormous quantity of electrical apparatuses” were in use. [Footnote48](#)

The modern home depicted in “Selected Recipes for Modern Kitchens” looks typically European. In the drawing mentioned above, the elegant woman has red hair, casting her as Northern European, perhaps British. Another illustration features a cook of clearly European descent—with white skin and pink cheeks. Although the authors suggest that an electric stove allows the homemaker to “prepare the best Creole dishes,” many of the recipes associate electricity with modernity—and with Europe. For example, the ambitious homemaker is taught to use the modern electric stove to cook “Spanish Fish,” “English Roast Beef,” and “Italian Tripe.” [Footnote49](#)

In Argentina, electric kitchen appliances were marketed in a similar way. In addition to referring to the modernity and Europeanness of such technologies, arguments about sanitation played an important role. Electric and gas stoves also had the advantage of being equipped with an oven. Before ovens made their way into urban households, it was customary for Argentine housewives and maids to bring bread and cakes to the nearest bakery to be baked. A food historian lists numerous implements that entered upper- and middle-class homes from the late nineteenth century onward: “machines to grind meat, to make pasta, to grate bread or cheese, to extract juice from meat, to beat eggs.” [Footnote50](#) Most of these implements were designed to accommodate European- and North American-style cooking. As in

the Global North, urban households in Latin America began to embrace both mechanization and electrification. The process was especially swift in Buenos Aires, where, in 1947, as much as forty percent of all households had a refrigerator.<sup>Footnote51</sup>

In the 1950s, *Para ti*, the Argentine women's magazine, ran articles that weighed the advantages of modern kitchen appliances.<sup>Footnote52</sup> Advertisements by manufacturers of both electric and gas stoves depicted women homemakers in much the same way as the cookbook published by the Association of Electric Companies. In 1960, *Para ti* included a Longvie Company ad that rhapsodizes about a "moist cloth" that wipes clean the stove's "smooth" surfaces.<sup>Footnote53</sup> An accompanying drawing shows an energetic, fashionably dressed woman serving dinner to her family; eagerly awaiting their roast chicken are the woman's husband, teenaged son, baby—and Grandma. In contrast to wood and charcoal stoves, gas stoves promised to liberate women from the hardest household chores—and to promote culinary and aesthetic success.

In an ad that highlights the centrality of *asado* in Argentine culture, the Longvie Company claims its "oven is especially suitable to grill exquisite roasts." Whether your guests want their meat cooked rare or well done, the Longvie oven will "please the most demanding" palates. Arguing that it "knows much about stoves," the manufacturer promises home cooks the most delicate *asados*.

The Longvie ad crystallizes one of the most debated ideas in the history of household technology: Whom is household technology intended to help? In 1983, Ruth Schwartz Cowan published the foundational, aptly titled book *More Work for Mother*.<sup>Footnote54</sup> According to Cowan, in premodern times, men and women in North America had a relatively equal hand in carrying out household tasks. In the nineteenth century, as the processes of industrialization and urbanization advanced, however, household labor came to be defined more exclusively as women's work. Increasingly, women were consigned to the domestic sphere, while

men worked outside the home as wage earners. By necessity, women took on household tasks previously performed by husbands and older sons—chopping firewood and hauling water, for example.

So-called modern household equipment was marketed as convenient for the homemaker. Cowan documents how manufacturers of coal, gas, and electric stoves tried to convince women of their products' efficiency. Manufacturers reasoned that merely turning a knob was far simpler than splitting firewood, for example. Cowan refutes manufacturers' claims of efficiency, however. According to Cowan, in adopting allegedly time-saving appliances, "housewives" met with higher expectations from others.<sup>Footnote55</sup> No longer satisfied with a mere stew for dinner, husbands now demanded three-course meals, served with condiments and side dishes. Home economists also pressured women to change their cooking practices and adopt the latest insights from nutrition science. Psychologists added to some women's To-Do lists by admonishing mothers to spend more time with their children. The outcome, at least in the United States: *More Work for Mother*.

To my mind, Cowan's thesis speaks directly to the 1950s Longvie ad—and to the sales campaigns for household appliances in 1950s Argentina.<sup>Footnote56</sup> Consider the details of the Longvie ad and the magazine in which it appeared. *Para ti* catered to an urban audience. The majority of *Para ti* readers came from Buenos Aires and belonged to the middle class; most readers likely lived in apartments without easy access to a "grill corner." Even if they had wanted to, husbands would hardly have been able to pull off an elaborate, "traditionally Argentine" barbeque on a regular basis. So, why not delegate to their wives the responsibility for the *asado*? While meat roasted in a gas oven is not identical to meat barbequed on an outdoor grill, the Longvie ad assured home cooks that their diners would nonetheless pronounce their food "exquisite." And given that women were said to "know a great deal about cooking," their families—as well as their dinner guests—would be pleased with the results of gas-oven cooking. Whereas the men of the house had been responsible for the weekend *asado*, it was now the woman of the house who was charged

with delivering the goods at mealtime. Intentionally or not, Argentine mothers were expected to do more work.

“Modern” recipes and cooking techniques, adapted to urban ways of life, began to appear as early as the interwar years. For example, it was in this period that renowned Argentine chef Antonio Ganzaga proposed a “modern” version of *asado con cuero*.<sup>Footnote57</sup> His recipe is considerably more practical than the far-fetched one cited at the start of this chapter. Ganzaga relieves the cook of having to use the whole animal—and of digging a hole in the ground. Instead, Ganzaga suggests using a standard grill (*parrilla*). Another Argentine culinary luminary of the era, cookbook author Mercedes Cullen de Aldao, provides another modern alternative to making *asado*: roasting it in the oven.<sup>Footnote58</sup> And in 1940, the upscale magazine *Vosotras* (“Yours”) explained to its (mostly women) readers how to set up a simple barbeque on weekend camping trips and picnics.<sup>Footnote59</sup> In the following decade, the authors of *Especialidades de la cocina criolla* reworked several recipes in which meat or fish is cooked in the oven—presumably baked, roasted, or broiled—rather than grilled outdoors. Clearly, the revised recipes were an attempt to accommodate the cooking styles of modern urban life.

The trend toward increased expectations and higher quality standards was also apparent in the interwar period. Emphasizing the scientific and technological aspects of homemaking, Josefina Brusco in 1934 defined the kitchen as the true “laboratory of the home,” a place where the housewife is responsible for providing her family with the “necessary nutrition.” Brusco was a teacher at the so-called Official Institute of Domestic Science, in Lima. In a comprehensive book titled *El amigo del hogar* (“The Friend of the Home”), Brusco discusses in detail what modern homemakers needed to know—and which technologies they needed to apply. *El amigo del hogar* is more than a collection of recipes; it is a treatise on how to manage a modern home.<sup>Footnote60</sup> “The Friend of the Home” joined the ranks of its counterparts in the United States and Europe—most notably Christine Frederick’s *Household Engineering*, published in 1920.<sup>Footnote61</sup> In choosing a scientific approach, Brusco managed to

differentiate her book from the traditional household manual “Kitchen Lessons,” published in Lima more than a decade before.<sup>Footnote62</sup>

Brusco begins her book by describing how kitchens should be designed and maintained. Good ventilation is a must, and “order and cleanliness are indispensable.” Wooden cupboards and sets of drawers are recommended; zinc and marble may be used for table surfaces. The list of items “one must have in the kitchen” extends to several pages and exemplifies the complexity of modern cooking and housekeeping. In addition to more than twenty different kinds of pots and pans, Brusco asks homemakers to acquire a “machine to grind meat, almonds, etc.,” various cake-pans, knives of different sizes, a sieve, a potato ricer, scales, spatulas, beaters, cutting boards, measuring spoons, a mortar-and-pestle, scissors, a corkscrew, a can opener, a water kettle, a coffee maker, and more.<sup>Footnote63</sup> Only two of the items listed are authentically Latin American artifacts: a traditional *chocolatera* (hot-chocolate maker) and a *batán* (the pre-Columbian millstone mentioned above).

In the process of advancing “Domestic Science,” Brusco positioned the modern kitchen as a scientific laboratory, and the homemaker as a technician. Brusco emphasizes the science of cooking by explaining the nutritional value of various foods—and the health benefits of specific vitamins and minerals—over the course of eight pages. According to Brusco and her cohort, the modern homemaker was expected to be a knowledgeable, versatile professional. Brusco’s book, as well as the institute she created, reflect a transnational trend in the interwar period toward transforming homemaking into a modern occupation, and the housewife into a scientifically educated and technologically trained expert on the home.<sup>Footnote64</sup>

## Promoting Modern Cooking

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Most present-day historians of technology argue that women—whether as homemakers, teachers, promoters, or architects—actively co-designed the modern kitchen.<sup>Footnote65</sup> Women’s

associations discussed the place of modern technology in the home, and they often acted as mediators between manufacturers and individual consumers. Members of the newly minted profession of Home Economist took on mediating roles as expert instructors as well as authors of cookbooks and other manuals.<sup>Footnote66</sup> This was the case in many countries of the Global North as well as in selected Latin America countries, including Peru and Argentina.

In April of 1947, the Racing Club of Buenos Aires—a well-known football club—organized a special event completely unrelated to sports: the “Ladies’ Subcommittee” of the club offered a cooking class. Admission was free, and the event was more of a demonstration than a class. The idea was to show the audience how to use electric stoves. To this end, the committee had invited representatives of the Argentine Electricity Company (Compañía Argentina de Electricidad). The event was a success, and later the same year, Luisa Tosi de Rojo, Secretary of the Ladies’ Subcommittee, asked the State General Gas Administration (Dirección General del Gas del Estado) if it would be willing to host a similar “demonstration.” Convinced by the advantages of gas as a “fast, economic, and safe” form of energy, Rojo was “eager to collaborate” with the Gas Administration.<sup>Footnote67</sup>

Rojo’s request made its way slowly through the Gas Administration bureaucracy. It took two months before she received a reply. Finally, the Gas Administration agreed to organize “demonstrations in the culinary arts” at the Racing Club. “Determined” to show that the use of gas was “very rational and very economical,” decision-makers at the Administration chose the Department of Gas Sales to plan and host the so-called cooking class. Members of that department were to collaborate with Señora Petrona C. de Gandulfo, the organization’s Director of Rationalization. Gandulfo was responsible for fostering “new culinary uses for gas”; she was also the head of the organization’s School of Home Economics.

At the time, Gandulfo was already a high-profile media personality in Argentina. Her food columns were published regularly in popular

magazines; she was a frequent presence on radio cooking shows; and she had published several editions of her own cookbook: *El libro de Doña Petrona*. The book, first published in 1934, included close to one thousand recipes. Subsequently, Gandulfo was known simply as Doña Petrona.<sup>Footnote68</sup> Before joining the newly founded state-owned Gas Administration in 1946, she had been employed as an *ecónoma* (home economist) by the private Compañía Primitiva de Gas. Together with the magazine *El hogar*, this company organized well-attended public cooking demonstrations in Argentina's larger cities on a regular basis. By 1947, then, Gandulfo could look back on nearly two decades as a writer and instructor. The Ladies' Subcommittee of the Racing Club could not have recruited a better representative.<sup>Footnote69</sup> Later, in the 1950s, Gandulfo's media celebrity increased: she became a television star.

Historian Rebekah E. Pite demonstrates how Gandulfo's career and areas of culinary expertise mirror Argentine society from the 1920s to the 1960s. Before the Second World War, for example, Gandulfo's recipes evince a pronounced European style, and her cookbook addresses primarily the upper echelons of society. This readership could afford to buy Gandulfo's pricey book, as well as the costly ingredients required for many of its recipes. Presumably, Gandulfo's readers also had the time to cook elaborate meals, and many of them could afford to employ domestic help. After the Second World War—when Juan Perón ascended to the presidency—Gandulfo shifted her attention to a middle-class audience. Simultaneously, the US influence on her cooking became more pronounced, as she had entered into agreements with US-based food manufacturers. Reflecting the general trend toward *cocina criolla* in the late 1950s and 1960s, Gandulfo now strove to include in her repertoire traditional Latin American ingredients and recipes.<sup>Footnote70</sup>

Doña Petrona's demonstrations and publications echoed Argentine modernity in several ways. First, her association with gas providers and manufacturers of gas stoves highlights the importance of advanced technology in modern, urban homes. Gandulfo's cookbook calls for kitchen appliances that require electricity or gas—not just

ovens, but also ice-cream makers, for example.<sup>Footnote71</sup> Second, Gandulfo professed to address “modern” women specifically.<sup>Footnote72</sup> In South America as in Europe, this modern woman was portrayed as poised between being a good homemaker, a conscientious mother, and a professional wage-earner.<sup>Footnote73</sup>

Recognizing that middle-class women had neither the time nor the money to prepare elaborate daily meals, Gandulfo in 1962 issued a new cookbook: *Recetas económicas*.<sup>Footnote74</sup> Here, she recommended using processed foods to save time and more affordable ingredients to save money; Gandulfo also suggested serving fewer dishes for week-night dinners.<sup>Footnote75</sup>

Gandulfo’s recipes and television programs represent the era’s concept of “modern cooking” in other ways, as well. For example, when recommending the use of processed foods, she often refers to their time-saving potential—simultaneously supporting the modern food processing industry. Canned products made by Swift & Company feature in her TV shows and publications, as did ingredients manufactured by the Royal Baking Powder Company.<sup>Footnote76</sup> In other words, Doña Petrona mediated between consumers and the gas industry—as well as between consumers and the world of modern retailing.

## Latin America and the Multicultural Kitchen

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Unquestionably, some of the appeal of Latin American cuisine stems from its mingling of indigenous traditions and influences from all over the world. Foodways have always accompanied migrants in their journeys across borders and oceans; people of different backgrounds have always learned cooking techniques from each other. To quote Gorriti, Latin American gastronomy has acquired an “eclectic” character.

Latin American cooks and commentators alike refer frequently to this form of “melting-pot” eclecticism in terms of “creole” cuisine. As we have seen, the concept of *criollo* has many different connotations and

denotations. Historians and social scientists have used a range of terms and definitions to capture “*criollo*” and “*creole*.” Some scholars use “hybridization” to describe the process by which Latin American cuisine has developed.<sup>Footnote77</sup> Others investigate how cooking practices undergo a “mixing” process in which dishes emerge.<sup>Footnote78</sup> One cultural historian, writing at the start of the twenty-first century, refers explicitly to a “general tendency [...] toward a mestizo—in some places called a *criollo*—cuisine.”<sup>Footnote79</sup> Another historian prefers the term “mosaic” to describe the multifaceted character of Latin American cuisine.<sup>Footnote80</sup> To my mind, the important point is the emphasis on the active “incorporation” of multicultural elements—from ingredients to cooking techniques—used simultaneously with established elements. This is a process in which the previously unknown is made familiar. It is also a process in which customary ingredients and techniques do not simply disappear. Rather than rejecting external cultural influences, Latin Americans have often creatively adopted foodstuffs and technologies from elsewhere, to fit their own traditions. This is exactly what Doña Petrona did, in her recipe for *humitas*, when she replaced the customary corn husks with cannelloni, the large, tubular pasta.<sup>Footnote81</sup>

Fusion cuisine requires a fusion kitchen, a space where technologies of various genealogies are employed. Latin American anthropologists observe that, today, even in the remote countryside, “cooks combine traditional and modern techniques and technologies.” *Comizcals*—traditional wood-burning ovens—often coexist with modern ovens.<sup>Footnote82</sup> Similarly, in wealthy urban homes on the Yucatán Peninsula, one may find, side by side, “wooden mortars to prepare Caribbean *mofongo*, woks, crystal recipients [bowls] for Russian caviar, pizza stones, *terrines* pots, and Dutch ovens.”<sup>Footnote83</sup> Upper-class kitchens in this region may also feature both an electric mixer and a *metate*—a large stone of pre-Hispanic origins used for manual milling.

The fusion character of many Latin American kitchens is a long-standing phenomenon. Toward the end of the nineteenth century,

Argentine shops displayed an array of kitchen equipment. As with electric coffee machines, most products were of European—especially Italian—origin; after the First World War, imports from the US increased.<sup>Footnote84</sup> Still, the Italian influence continued, as evident in a 1940 advertisement in which a Buenos Aires manufacturer launches a “practical machine” for “the making of tagliatelle and ravioli.”<sup>Footnote85</sup>

The increased use of “modern” kitchen equipment did not erase indigenous dishes and technologies. On the contrary, mechanization processes sometimes supported traditional cuisine. In the 1920s, in the wake of the Mexican Revolution, the government actively promoted the installation of gasoline- and electricity-powered corn mills in the countryside. Adapted from standard European cereal mills to grind hominy (precooked corn grains, called *nixtamal*), the *nixtamal* mill was championed as a means of freeing women from the relentless daily labor of the *metate*. Although rural inhabitants had earlier objected to its introduction, and while it continued to be contested, the *molino de nixtamal* found a substantial market in the interwar period. And after the war, the *molino* was joined by the *tortilladora*, a mechanized appliance for making corn *tortillas*, a staple of indigenous Latin American cuisine.<sup>Footnote86</sup> To my mind, it makes sense to call mechanical corn mills and *tortilladoras* “fusion” technologies.

In line with Cowan’s scholarship and argumentation, I question whether these implements eased the burden for women homemakers. Indeed, the material I have presented in this chapter supports Cowan’s more-work-for-mother thesis in the case of Latin American cooking. This chapter is also meant to reinforce the claim that historians of technology can help us to better understand the creolization of Latin American foodways over the last centuries. The making of *cocina criolla* required the simultaneous adherence to old—as well as the openness to new—manual techniques and material technologies. Creolization meant more than adopting technologies from other regions; it also meant the continuous use of well-established domestic kitchen implements and appliances.

Sometimes, traditional recipes were modified to fit modern technologies. At other times, the continuous use of traditional technologies required the modification of imported dishes and recipes.

The concept of “hybrid technology” strikes me as unhelpful to my interpretation of creole cuisine in Latin America. I find Edgerton’s concept of “Creole technology” similarly unhelpful. I have not come across examples of cooking technologies which, having been abandoned in the Global North, were further developed in the Global South. It is indeed difficult to find cases in which foreign and domestic technologies have developed into true “hybrids”: a *molino de nixtamal* does not include any elements from the *matate*. As food for thought, I suggest that the place where fusion cuisine is being practiced—the kitchen—takes on a fusion character. What we can learn from Latin American social scientists and historians is that the old and new continue to coexist in the kitchen, creating a living mosaic of cuisines.

# Creole Cuisine: A Blend of Cultures That Shaped New Orleans

/ [What's Fried Food Really ?](#) / By



Creole cuisine is more than just a style of cooking—it's a reflection of **New Orleans' diverse cultural history**. Born from a fusion of **French, Spanish, African, Caribbean, and Native American influences**, Creole food embodies the **rich flavors and traditions** of Louisiana.



## The Origins of Creole Cooking

During the 18th and 19th centuries, New Orleans was a bustling port city where people from all over the world came together, bringing their ingredients, techniques, and traditions. This blending of cultures created a **sophisticated and flavorful cuisine** that continues to evolve today.

## Signature Ingredients in Creole Cuisine

- **Tomatoes** – Unlike Cajun food, many Creole dishes incorporate tomatoes.
- **Butter & Cream** – Creole cooking often uses **rich, French-style sauces**.
- **Rice & Beans** – African and Caribbean influences brought **red beans & rice** into the mix.
- **Seafood** – Fresh Gulf shrimp, oysters, and fish are staples of Creole cooking.

## Famous Creole Dishes

- **Shrimp Creole** – A tomato-based dish with shrimp, peppers, and spices.

- **Gumbo** – A roux-based stew with seafood or chicken, often including okra and tomatoes.
- **Red Beans & Rice** – Slow-cooked red beans with smoked sausage, served over rice.
- **Bananas Foster** – A flambéed banana dessert created in New Orleans.

## **Creole Cuisine Today**

Modern Creole cuisine remains a **symbol of Louisiana’s vibrant culture**. Whether you’re enjoying a plate of **jambalaya at a historic restaurant** or cooking a pot of **gumbo at home**, every bite tells the story of the people and traditions that shaped New Orleans.

## The 10 Most Iconic Creole Dishes

Creole cuisine, with its unique blend of flavors, colors, and textures, is as vibrant and diverse as the people of Louisiana from which it originated. A flavorful fusion of African, Native American, French, and Spanish influences, Creole dishes are celebrated for their bold, hearty, and tantalizing nature. Here, we present 10 iconic Creole dishes and how you can recreate them in your own kitchen.

### 1. Gumbo

The name 'gumbo' is derived from 'kombo,' the African Bantu word for okra, suggesting the African origins of the dish. Over time, gumbo has evolved, drawing influences from French, Spanish, and Native American cooking techniques and ingredients. Gumbo is a testament to the cultural melting pot that Louisiana represents. Today, gumbo is considered the official state dish of Louisiana, signifying the rich tapestry of the state's food culture.

Recipe:

Ingredients:

- 1/2 cup vegetable oil
- 1/2 cup flour
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 celery stalks, chopped
- 4 cloves garlic, minced
- 1 lb smoked sausage, sliced
- 1 lb chicken, cut into chunks
- 1 can tomatoes, diced
- 2 quarts chicken broth
- 1 tsp Creole seasoning
- 1/2 tsp thyme
- 2 bay leaves
- 1 lb okra, sliced
- 1 lb shrimp, peeled

- Salt and pepper, to taste

#### Instructions:

1. Make a roux by heating oil and flour over medium heat, stirring continuously until it turns a dark caramel color.
2. Add onion, bell pepper, celery, and garlic to the roux and cook until softened.
3. Add sausage and chicken, then stir in tomatoes, broth, Creole seasoning, thyme, and bay leaves. Simmer until chicken is cooked through.
4. Add okra and cook until softened. Lastly, add shrimp and cook until pink. Season with salt and pepper.

Pro tip: Don't rush the roux – it gives the gumbo its distinct flavor.

Serving Suggestion: Serve over steamed rice with a side of cornbread.

## 2. Jambalaya

Jambalaya is Louisiana's answer to Spanish paella. The dish's roots lie in the Caribbean influence of the Spanish settlers in New Orleans and the introduction of rice by West Africans. It combines European technique, local ingredients, and African culinary heritage. The two main types of Jambalaya - Creole or "red" Jambalaya and Cajun - represent the divide between the urban and rural societies of Louisiana, respectively. Jambalaya, with its versatility, is a culinary symbol of Louisiana's diverse heritage.

#### Recipe:

#### Ingredients:

- 2 tablespoons olive oil
- 1 onion, diced
- 1 bell pepper, diced
- 2 celery stalks, diced
- 4 cloves garlic, minced
- 1 can diced tomatoes
- 1 pound smoked sausage, sliced
- 1 pound chicken thighs, cut into chunks
- 1 teaspoon Creole seasoning

- 1/2 teaspoon dried thyme
- 2 bay leaves
- 1 1/2 cups long-grain rice
- 3 cups chicken broth
- 1 pound shrimp, peeled and deveined

Instructions:

1. In a large pot, heat the oil over medium heat. Add onion, bell pepper, celery, and garlic. Cook until the vegetables are soft.
2. Add tomatoes, sausage, chicken, Creole seasoning, thyme, and bay leaves. Cook for a few minutes until chicken is browned.
3. Stir in rice, then add broth. Reduce heat, cover, and simmer for 20 minutes.
4. Add shrimp, cover again, and cook for another 10 minutes or until the shrimp is cooked and rice is tender.

Pro tip: Don't stir the jambalaya too often; it can make the rice gummy.

Serving Suggestion: Serve hot, garnished with fresh parsley.

### 3. Shrimp Creole

Shrimp Creole demonstrates how Creole cuisine makes the best use of local ingredients, with shrimp being a bountiful resource in Louisiana's waters. This dish perfectly illustrates the cuisine's hallmark - a rich, tomato-based sauce subtly spiced with Creole seasonings. With its straightforward, quick preparation and simple, hearty flavors, Shrimp Creole is a favorite home-cooked meal across Louisiana households.

Recipe:

Ingredients:

- 1/2 cup vegetable oil
- 1/2 cup flour
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 celery stalks, chopped
- 4 cloves garlic, minced
- 1 can tomatoes, diced

- 2 cups shrimp stock
- 1 tsp Creole seasoning
- 1/2 tsp thyme
- 2 bay leaves
- 1 lb shrimp, peeled
- Salt and pepper, to taste

Instructions:

1. Make a roux by combining oil and flour over medium heat, stirring until it turns a caramel color.
2. Add onion, bell pepper, celery, and garlic. Cook until softened.
3. Add tomatoes, shrimp stock, Creole seasoning, thyme, and bay leaves. Simmer for 20 minutes.
4. Add shrimp and cook until pink. Season with salt and pepper.

Pro tip: Use homemade shrimp stock if possible for the best flavor. Serving Suggestion: Serve over steamed rice with a sprinkling of green onions.

#### 4. Crawfish Étouffée

Étouffée, which means "smothered" in French, is a traditional cooking method where seafood is smothered in a rich, thick sauce and served over rice. Originating in the rural bayou communities of the Acadiana region, Crawfish Étouffée showcases the Cajun and Creole people's love for locally-sourced crawfish. It's a delicious representation of the resourcefulness of Louisiana's cooking.

Recipe:

Ingredients:

- 1/2 cup butter
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 celery stalks, chopped
- 4 cloves garlic, minced
- 1 pound crawfish tails
- 1 teaspoon Creole seasoning
- 1/2 teaspoon dried thyme

- 2 bay leaves
- 1 cup seafood or chicken broth
- Salt and pepper, to taste

Instructions:

1. Melt butter over medium heat in a large pot. Add onion, bell pepper, celery, and garlic. Cook until vegetables are soft.
2. Stir in crawfish, Creole seasoning, thyme, and bay leaves. Cook for a few minutes.
3. Add broth, reduce heat, cover, and simmer for 20 minutes. Season with salt and pepper.

Pro tip: Fresh crawfish is preferable, but frozen works fine too.

Serving Suggestion: Serve hot over steamed rice with a side of crusty bread.

## 5. Red Beans and Rice

Red Beans and Rice is an emblem of Creole cuisine's practicality. Traditionally, it was cooked on Mondays using the leftover ham bone from Sunday's dinner while the household chores were being done. It's a dish that echoes the rhythms of life in New Orleans, connecting cuisine to the city's distinctive traditions and pace of life.

Recipe:

Ingredients:

- 1 pound dried red beans
- 1 ham bone or 1 lb smoked sausage
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 celery stalks, chopped
- 4 cloves garlic, minced
- 2 bay leaves
- 1 tsp thyme
- Salt and pepper, to taste
- Hot cooked rice, for serving

Instructions:

1. Soak beans overnight, then drain and rinse.
2. In a large pot, add beans, ham bone or sausage, onion, bell pepper, celery, garlic, bay leaves, and thyme. Cover with water by 2 inches.
3. Bring to a boil, then reduce heat and simmer until beans are tender, about 2 hours. Season with salt and pepper.

Pro tip: If you don't have a ham bone, use smoked ham hocks or Andouille sausage for that smoky flavor.

Serving Suggestion: Serve hot over steamed rice with a side of cornbread and a sprinkle of chopped green onions.

## 6. Creole Stuffed Bell Peppers

Stuffed Bell Peppers, filled with a flavorful blend of meat, seafood, and rice, embody the Creole fondness for stuffing one food within another. They reflect the European influences on Creole cuisine, particularly the Spanish love for stuffed dishes. Stuffed Bell Peppers are a homey classic that showcases the Creole talent for turning simple, local ingredients into something special.

Recipe:

Ingredients:

- 6 bell peppers
- 1 lb ground beef
- 1/2 lb shrimp, peeled and chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can tomatoes, diced
- 1 cup long-grain rice, cooked
- 1/2 tsp Creole seasoning
- Salt and pepper, to taste

Instructions:

1. Preheat oven to 350 degrees F. Cut the tops off the peppers, remove the seeds, and set aside.
2. In a large skillet, cook the ground beef until browned. Add shrimp, onion, and garlic, cooking until shrimp is pink.

3. Stir in tomatoes, cooked rice, and Creole seasoning. Season with salt and pepper.
4. Stuff the peppers with the mixture and place them in a baking dish. Cover with foil and bake for 30 minutes. Remove foil and bake for another 10-15 minutes, or until peppers are tender.

Pro tip: For a spicier dish, add a chopped jalapeno to the filling.

Serving Suggestion: Serve hot, accompanied by a green salad.

## 7. Creole Bread Pudding

A popular dessert in Louisiana, Bread Pudding was traditionally made using stale French bread, eggs, and sugar. The addition of ingredients like rum and raisins added depth to the dish. Bread Pudding is a beautiful representation of Creole ingenuity, turning simple, often leftover ingredients, into a dessert that's rich, comforting, and deeply satisfying.

Recipe:

Ingredients:

- 1 loaf French bread, cubed
- 4 cups milk
- 1 cup sugar
- 2 eggs
- 1 tablespoon vanilla extract
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 cup raisins
- 1/4 cup butter, melted

Instructions:

1. Preheat oven to 350 degrees F. Place bread cubes in a large bowl.
2. In another bowl, whisk together milk, sugar, eggs, vanilla, nutmeg, and cinnamon. Pour over bread and allow to soak for 30 minutes.
3. Stir in raisins and melted butter. Pour mixture into a greased baking dish.
4. Bake for 45-50 minutes, or until set and golden brown.

Pro tip: For extra richness, serve with a whiskey sauce.

Serving Suggestion: Serve warm, dusted with powdered sugar.

## 8. Creole Chicken Étouffée

Chicken Étouffée is an example of how Creole cuisine adapted its traditional seafood recipes for the inland communities of Louisiana, where seafood was less abundant. It uses the same "smothering" technique as its crawfish counterpart, replacing the crawfish with chicken. It's a dish that demonstrates the adaptability of Creole cuisine to the local resources available.

Recipe:

Ingredients:

- 1/2 cup butter
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 celery stalks, chopped
- 4 cloves garlic, minced
- 1 pound chicken, cut into chunks
- 1 teaspoon Creole seasoning
- 1/2 teaspoon dried thyme
- 2 bay leaves
- 1 cup chicken broth
- Salt and pepper, to taste

Instructions:

1. Melt butter over medium heat in a large pot. Add onion, bell pepper, celery, and garlic. Cook until vegetables are soft.
2. Stir in chicken, Creole seasoning, thyme, and bay leaves. Cook until chicken is browned.
3. Add broth, reduce heat, cover, and simmer for 20 minutes. Season with salt and pepper.

Pro tip: Boneless chicken thighs are best for this dish as they remain juicy and flavorful.

Serving Suggestion: Serve over steamed rice with a sprinkle of chopped parsley.

## 9. Creole Fried Chicken

Fried Chicken is a Southern classic, but the Creole version spices it up with the distinct flavor of Creole seasoning. This dish blends the Southern American tradition of frying chicken with Creole flavors, embodying the meeting of cultures that characterizes Louisiana's culinary landscape.

Recipe:

Ingredients:

- 1 whole chicken, cut into pieces
- 1 cup buttermilk
- 2 cups flour
- 2 tablespoons Creole seasoning
- Salt and pepper, to taste
- Vegetable oil, for frying

Instructions:

1. Marinate chicken in buttermilk overnight in the refrigerator.
2. In a large bowl, combine flour, Creole seasoning, salt, and pepper.
3. Remove chicken from buttermilk, shake off excess, and dredge in the flour mixture.
4. Heat oil in a deep fryer or large pot to 350 degrees F. Fry chicken until golden brown and cooked through, about 10-15 minutes per side.

Pro tip: Let the chicken rest after dredging and before frying to ensure the crust adheres well.

Serving Suggestion: Serve hot with a side of coleslaw and cornbread.

## 10. Creole Oysters Rockefeller

Named after John D. Rockefeller because its richness was likened to his wealth, Oysters Rockefeller was invented at Antoine's, one of the oldest family-run restaurants in New Orleans. The dish captures the opulence of the

Creole gentry, marrying local oysters with a luxurious topping of herbs and butter, and then baking them to perfection.

Recipe:

Ingredients:

- 2 dozen oysters on the half shell
- 1/2 cup bread crumbs
- 1/2 cup butter, melted
- 1 cup spinach, chopped
- 1/4 cup parsley, chopped
- 1/4 cup celery, chopped
- 1/4 cup onions, chopped
- 2 cloves garlic, minced
- 1/4 cup Pernod or other anise-flavored liqueur
- Salt and pepper, to taste

Instructions:

1. Preheat oven to 450 degrees F. Arrange oysters on a baking sheet.
2. In a skillet, melt butter and sauté spinach, parsley, celery, onions, and garlic until soft. Stir in Pernod and cook for another 2 minutes.
3. Spoon the mixture over each oyster, then sprinkle with bread crumbs.
4. Bake for 10-15 minutes, or until topping is golden brown and oysters are cooked through.

Pro tip: If you don't have anise-flavored liqueur, you can use a splash of dry white wine instead.

Serving Suggestion: Serve immediately, accompanied by lemon wedges and hot sauce.

Now you have 10 quintessential Creole recipes to try at home. Whether you're new to Creole cuisine or a long-time fan, we're sure these dishes will bring the vibrant flavors of Louisiana right to your table. Bon appétit!