

Show 39: *Nuthin' like N'awlins*

Ya Ya Chicken

1 chicken, skinned and cut up or 8 chicken thighs
1/2 t salt
1/2 t chili powder
1/2 t ground cayenne pepper
1/2 t paprika
1 T margarine
1 c chopped onion (1 medium to large)
1/2 cup chopped bell pepper
1/2 cup chopped celery
(onion, bell pepper, and celery is referred to as the Trinity in Cajun cooking)
2 cloves garlic, minced
6 oz. orange juice
1 t grated orange peel
2 T honey
1 T Worcestershire sauce
1/2 t ground ginger
Any brand of hot sauce to taste (Louisiana, Crystal, Tabasco, etc)

Preheat oven to 350 degrees.
Arrange the chicken in a baking dish sprayed with PAM.
Combine salt, cayenne pepper, chili powder and paprika.
Sprinkle over chicken.
Set aside.

Melt the margarine in skillet and saute the Trinity and the garlic for 5 minutes.

Add the rest of the ingredients and cook for 5 or more minutes until sauce reduces a bit. Then remove from heat and pour over chicken. Cover chicken with aluminum foil. Bake for 30 minutes covered.

Remove foil and turn chicken, basting with sauce. Return to oven and cook for 30 more minutes.

If you want you may broil for an additional 5 minutes per side for a more appealing texture.

Serve with white rice and veggie of choice.

Plantation Jambalaya

1 1/2 pounds smoked German sausage, cut into 1/4 inch slices
1-2 pounds pork sausage or ground beef
3 tablespoons flour
2 onions, chopped
1 bunch green onions, chopped
1 green bell pepper, chopped
1/2 cup celery, diced
1/4 teaspoon thyme
2 tablespoons fresh chopped parsley
4 cloves garlic, crushed
1 can (16 oz) tomatoes
1/2 cup water
1/2 teaspoon salt
1 teaspoon Creole spice
1 cup raw rice
1 pound raw shrimp, peeled

Brown meat in a heavy iron skillet and remove. Pour off and set aside meat and all but 3 tablespoons oil. Add flour to oil in skillet. Stirring constantly, brown flour to a dark roux over very low heat. This takes about 30 minutes. Add the onions, green onions, bell pepper, celery, thyme, parsley, and garlic, and cook until soft. Add meat, tomatoes, and water. Season to taste with salt and Creole spice.

Jambalaya can be made a day or two in advance. To serve, bring jambalaya to a boil, add rice, cover, and lower heat to simmer. Cook for about one hour. When rice is done, add shrimp and toss until they turn pink.

Serves 8 happy folk.

Creole Dirty Rice

4 tbs. vegetable oil
1 cup onions (white), chopped fine
1/2 cup celery, chopped fine
1/2 cup green bell pepper, chopped fine
1 tsp. garlic, chopped fine
1/4 cup green onions, chopped fine
1/4 cup parsley, chopped fine
1/2 tsp. Creole spice
1/2 tsp. salt
1/4 tsp. black pepper

8 cups cooked rice

How to: Sauté onions, celery, green peppers, and garlic with vegetable oil until lightly browned. Add Creole spice, salt, and pepper, then combine liver mixture with cooked rice in a bowl. Add green onions, and toss with a fork. Place rice in casserole dish and bake at 350 degrees until heated

Bread Pudding with Whiskey Sauce

1 16oz. loaf French bread
3c. milk
1c. cream sherry
3 eggs, beaten
2c. sugar
2Tbsp. butter, melted
2Tbsp. vanilla
1c. raisins
1tsp. cinnamon
1tsp. nutmeg
1/2c. honey

SAUCE:

1/2c. butter
1c. milk
1c. sugar
2Tbsp. cornstarch
1/4c. cold water
1/2c. bourbon

To prepare the bread pudding, break bread into small chunks in a bowl. Combine all ingredients except honey and butter and pour over bread. Let soak 10 minutes.

Spoon mixture into lightly buttered 12x8x2 inch baking dish.

Combine butter and honey; pour over pudding. Bake at 350 for 45 minutes.

To prepare the whiskey sauce, combine butter, milk, and sugar in a saucepan and cook over low heat until butter melts and sugar dissolves.

Combine cornstarch in water and stir well; add to butter mixture. Add bourbon and bring to a boil over medium heat. Cook for 1 minute.

Serve bread pudding with whiskey sauce.