

Show 4: **CAJUN COOKING**

QUICK CHICKEN AND SAUSAGE JAMBALAYA

5 t olive oil, divided	1 pound boneless chicken, cut into 1 inch pieces
8 ounces smoked sausage	1 ½ cups white rice
1 onion, chopped	1 (16 ounce) can Italian stewed tomatoes, undrained
1 large clove garlic, minced	1 cup water
1 medium red bell pepper, minced	¼ t salt
Freshly ground black pepper	¼ t cayenne pepper

In a large skillet, heat 1 t of olive oil over medium heat. Add the sliced sausage and cook until browned. Remove from the pan. Heat another 2 t oil in the pan. Add the onion, garlic, and bell pepper; sauté until the vegetables are softened and lightly browned, about 7 to 10 minutes. Remove from the pan. Put the remaining 2-t oil in the pan and sauté the chicken until golden and almost cooked through. Remove from the pan. Put the rice, undrained tomatoes, water, salt, pepper and cayenne in the pan and bring to a boil, cover and simmer for 10 minutes. Top with the sausage, vegetables and chicken. Cover and cook over medium-low heat about 7 minutes, until the liquid is almost absorbed and the chicken is done. Uncover and cook off the remaining liquid. Makes 4 to 6 servings.

SHRIMP ETOUFFEE

¼ pound butter	Tabasco sauce to taste
2 large onions, chopped	1 to 2 pounds shrimp, tails cut off and deveined
2 stalks celery, chopped	4 t flour
2 cloves garlic, minced	2 cups water
Salt to taste	4 chicken bouillon cubes
Red and black pepper to taste	green onion tops, chopped
	Parsley, chopped (optional)

Melt butter in a heavy large skillet. Sauté the vegetables in butter for 30 minutes. Add seasonings to taste and then add the shrimp. Sauté for a minute then stir in the flour. Continue sautéing for 3 minutes; then add water, chicken bouillon, and green onion and parsley. Simmer for 10 to 15 minutes. Serve over rice. Makes 4 to 6 servings.

RED BEANS AND RICE

SOAKING WATER FOR BEANS

1 T Tony's
1 T Tabasco sauce
2 bay leaves
1 t black pepper
1 t salt
Cayenne pepper to taste (be careful)

Soak 1 pound beans in 6 to 8 cups of water (water should cover beans double) with the above seasonings and soak 3 to 4 hours overnight.

2 onions
1 stalk of celery
3 to 5 cloves of garlic
3 T fresh parsley
1 medium bell pepper
1 pound smoked sausage, sliced thin
1 ham bone or smoked ham hock

Add vegetables, ham (enough water to keep beans covered), put on high heat, bring to boil and then simmer for 1 hour, stirring occasionally. In the meantime, cook smoked sausage. Add sausage and simmer for an hour, stirring occasionally. In the meantime, cook your rice. (Taste beans – if they are not tender, cook longer, add water if needed – season to taste). Serve over hot white rice. (Cornbread is great with this dish).

CHICKEN AND SAUSAGE GUMBO

GUMBO

3 cups onions (finely chopped)
2 stalks celery (finely chopped)
1 bell pepper (finely chopped)
3 to 5 cloves garlic, minced
¼ cup chopped fresh parsley
2 to 3 chicken bouillon cubes
3 bay leaves
1 t dried basil
1 to 2 pounds chicken
1 pound smoked sausage
1 T file of Gumbo
1 T Tabasco

Cayenne pepper, to taste
1 t salt and pepper
1 T Tony's
Bunch of green onions – green part – for garnish
½ cup of flour
½ cup oil

In a stockpot with 12 cups of water place chicken, bouillon cubes, bay leaves, 1 t basil, 1 T Tony's, cayenne pepper, Tabasco sauce and bring to a boil. Reduce heat and simmer. Cook sausage in pan, reserve oil. In a pan with oil from the sausage, sauté onion, celery, bell pepper, and garlic; add to stockpot with sausage, parsley and file of gumbo. Bring to a boil, reduce heat and simmer. Make a roux by slowly browning the flour in the oil over medium-low heat; stirring constantly, when dark brown, let cool 5 minutes, pour oil off top in trash. Add the roux; bring to a boil stirring constantly. Reduce heat and simmer for 1 to 2 hours, stirring occasionally. Taste occasionally and season to taste. (You could add any meat, seafood of your choice). Serve over hot rice with chopped green onions sprinkled over the top. French bread is great with this dish.