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seafood gumbo always has tomatoes
okra common - sauté cook okra on high for a while to set the slime out she prefers frozen okra

she caramelizes onions on high for a while, then adds spices & cooks the spices

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GUMBO

INGREDIENTS:

1/4 lb. lard or 1/2 C. oil
1/2 C. flour
1 lb. chicken, cut up or deboned
1 lb. Andouille sausage

TRINITY: (Next three items)

2 C. onions, chopped
1 C. celery, chopped
1 C. green pepper, chopped

1 Tbsp. garlic, chopped
6 C. stock or flavored water - better than bouillon
1 C. green onions, chopped
Joe's Stuff seasoning to taste
File* - just a pinch
crab boil to taste

for thicker, cut back on liquid maybe 5 cups

PROCEDURE:

Season and brown the chicken in 1/4 C. of oil, lard or bacon drippings over medium heat in a large pot. Add sausage to pot and sauté with chicken.

In skillet make a roux with equal parts of oil (must be free of food particles to avoid burning) and flour to desired color. Add onions, celery and green pepper. Add garlic to the mixture and stir continuously. After vegetables reach desired tenderness, add to pot with chicken and sausage, continuing to stir frequently. Gradually stir in liquid and bring to a boil. Reduce heat to simmer and cook for an hour or more. Season the gumbo and to your taste with Joe's Stuff seasoning.

- 5-7 min on med high

liquid has to be hot

Approximately 10 minutes before serving, add green onions. Serve gumbo over rice or without rice, accompanied by French bread.

***FILE-** A fine green powder of young dried ground sassafras leaves, used in gumbo for flavor and thickening. It may be placed on the table for individuals to add to their gumbo if they wish. 1/4 to 1/2 tsp. per serving is recommended.

NOTES:

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Stock - she uses chicken feet

JAMBALAYA

INGREDIENTS:

1/4 C. oil
1 cooked chicken, cut up or boned
1 1/2 lbs. smoked sausage
TRINITY: (Next three items)
4 C. chopped onions
2 C. chopped celery
2 C. chopped green pepper
1 Tbsp. garlic, chopped - the "Pope"
4 C. long grain rice
5 C. stock
3 heaping Tbsp. Joe's Stuff seasoning blend
2 C. chopped green onions or tomatoes (optional)

PROCEDURE:

Season and brown the chicken in oil (lard, bacon drippings) over medium to high heat. Add sausage to pot and sauté with chicken. Remove the chicken and sausage from pot, leave the drippings in the pot.

Sauté onions, celery, green pepper and garlic in the drippings to the tenderness you desire. Return chicken and sausage to pot. Add liquid and Joe's Stuff and bring to a boil.

If using Kitchen Bouquet for brown Jambalaya add 1 to 2 Tbsp. For red Jambalaya add 1/4 cup paprika, and you may want to use 1/2 stock and 1/2 tomato juice or V-8 for your liquid.

***Then start here>** Add rice, stir together and return to rapid boil. Stir again and remove the pot from the heat and cover. Let this rest for 25 minutes. Remove the cover and quickly turn rice from top to bottom completely. Add green onions and chopped tomatoes if desired.

For seafood Jambalaya, add cooked seafood when rice it turned
MAKES 12 SERVINGS

NOTES:

1-cup long grain rice will feed 3 people.
4 keys: 1 cup rice to 1 cup of onion, 1/2 cup celery and 1/2 cup of green pepper.
1 cup raw rice to 1 1/4 cups liquid
Over season to compensate for the rice
Cook for a total of 25 minutes, turning completely after 10 minutes

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PRALINES

Creole confections occupy a unique position in the United States; the most popular of these is the praline. Pralines derive their name from French field marshal Comte du Plessis Praslin (1598-1695) his butler's recipe for almonds coated in sugar, used as a digestive aid. When Louisiana was settled by French colonists, native pecans were substituted for almonds.

No lengths were spared by the Creoles to achieve perfection in candy making. Along with their vast collection of Creole recipes, cooks had their own secret method for making the best praline, which they guarded carefully and handed down. from generation to generation.

Today, pralines are as many and varied as they were in the very beginning.We hope your memories of New Orleans are as sweet as pralines!

INGREDIENTS:

1 1/2 C. sugar
3/4 C. light brown sugar, packed
1/2 C. milk
6 Tbsp. butter (3/4 stick)
1 1/2 C. pecans (roasted optional)
1 tsp. vanilla

PROCEDURE:

Combine all ingredients in a medium saucepan and bring to a boil achieving "softball stage"* (238-240 degrees). Remove from heat. Stir until mixture **(stirring constantly),** becomes creamy and cloudy, and pecans stay suspended in mixture. Spoon out on buttered waxed paper,or parchment paper. When using waxed paper, be sure to buffer with newspaper underneath, as hot wax will transfer to whatever is underneath.

NOTE: To roast pecans, bake them on a sheet pan at 275 degrees for 20 to 25 minutes, until slightly browned and fragrant.

OPTIONS: Praline sauce (add 1/2 cup corn syrup to mixture.) Chocolate covered praline candy. Flavored pralines (chocolate, coffee, brandy, etc.)

*****MAKES 1-50 PRALINES DEPENDING ON SIZE*****

NOTES:

can add 1/2 C choc chips

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