

Laissez les Bons Temps Rouler

An Introduction to Cajun and South Louisiana Cooking

Craig and Tiana Plaisance

Jambalaya

4 cups parboiled rice (Uncle Ben's converted rice)
8 cups chicken broth
16 oz chopped celery
16 oz chopped green bell pepper (can substitute some red bell pepper)
24 oz chopped yellow onion
8 cloves chopped garlic
1 bunch green onions
2 lbs pork
1 lb Andouille sausage



Cut pork into 1-2" cubes. Brown the meat in an open pressure cooker on med-high heat until all sides are brown – stir frequently. Then add ½ cup of water, pressurize, and cook for 30 minutes (at 10 psig).

Put chopped vegetables in a pan and simmer on high heat until all of the water is boiled off. Then stir constantly on high heat until the vegetables start to caramelize slightly.

Cut andouille into thin slices and brown in a skillet over med-high heat.

Open the pressure cooker and add vegetables, andouille, rice, and chicken broth to the pork. Bring to a boil and then simmer at atmospheric pressure for 30 minutes until the rice is cooked.

Red Beans and Rice

8 15 oz cans light red kidney beans (can substitute 1 or 2 cans of dark red kidney beans)
16 oz chopped celery
16 oz chopped green bell pepper (can substitute some red bell pepper)
24 oz chopped yellow onion
8 cloves chopped garlic
1 bunch green onions



2 lbs pork
1-2 tbs salt
1 lb Andouille sausage sliced thin
4 cups parboiled rice (Uncle Ben's converted rice)

Simmer 6 of the 8 cans of beans for 3-4 hours until mushy.

Cut pork into 1-2" cubes. Brown the meat along with the salt in an open pressure cooker on med-high heat until all sides are brown – stir frequently. Then add ½ cup of water, pressurize, and cook for 30 minutes (at 10 psig).

Put chopped vegetables in a pan and simmer on high heat until all of the water is boiled off. Then stir constantly on high heat until the vegetables start to caramelize slightly.

Put beans (including the remaining two cans), pork, andouille, and vegetables in a large pot and simmer for an hour. Add water as needed to maintain a small amount of excess liquid.

Cook rice with 8 cups of water.

Serve beans over rice.

Fried Cauliflower

One large cauliflower cut into small pieces
One box or bag Zatarans fish fry
1 cup milk
1 egg



Mix well the egg and milk in a bowl. Place fish fry in another bowl.

Soak cauliflower pieces in the milk/egg mixture for a minute. Place in plate for a minute to allow the excess liquid to drain off. Then coat with fish fry.

Fry in 350F oil until golden brown.

Bread Pudding

Bourbon Sauce:

8 Tbsp butter
1 cup sugar
1 egg
200 mL bourbon



Melt butter in a pan. Then add sugar and egg. Simmer on low heat while mixing for a few minutes. Don't allow it to boil. Add the bourbon at the end.

pudding:

1 loaf French bread
4 cups milk
3 eggs
2 cups sugar
2 Tbsp vanilla extract (or powder from one Malagasy vanilla bean)
1 cup raisins
1/2 tsp allspice
1/4 – 1/2 tsp ground cinnamon
3 Tbsp unsalted butter

Tear bread into 1" pieces and soak in milk in a bowl until all the milk is absorbed.

In another bowl, mix the beaten eggs, sugar, vanilla, and spices. Then add to the bread mixture along with the raisins and mix well.

Melt butter and pour into a 9x13" baking pan, thoroughly coating the bottom and all sides. Then pour in the bread mixture and bake at 350F for 45 minutes.