





ENTREES

Edited by Lillian Connaly

Last week during bridge, Poinsette and Violette tried to convince me that I needed to talk about the etymology of the word "Entree" and that in the rest of the world, the Entree comes before the main course. The word, as you know, derives from the French for "to enter" as the entree was the entrance to a meal. But as far as I'm concerned, what matters is how we call it in my neck of the woods. And for me an entree is the main plate of the dinner. I think that we took to calling our main meal an "Entree" because it was the entrance to the traditional American meal which is the main course and then dessert. We never had "Appeteazers" growing up and what fool thinks that salad comes after the meat, followed by a cheese course, followed by dessert. That's some big city ridiculousness right there. When you're a real salt of the earth farmer, your meal was the biggest plate from the cabinet piled high with every vegetable, grilled meat, fried fish, and whatever thrown together mess of 10 different dishes Meemaw put on the table. Now that's a main course, or entree, or whatever you wanna call it. As long as you don't call it Goldie.

MEXICAN PIZZA

By Cornethea Graves

1 Publix deli pizza dough
½ jar Frontera Tomatillo Salsa Verde
1 package of fresh Mexican chorizo
4 oz. fresh goat cheese
Suggested garnishes: cilantro, fresh lime juice, avocado, fresh jalapeno

Roll out Publix pizza dough to fit into a greased dark half sheet pan. Top with salsa verde. Brown chorizo, and drain off all excess fat, blotting with a paper towel if necessary. Top dough and sauce with chorizo. Crumble goat cheese on top. Bake 400 ° until ready, about 15-20 minutes. Bottom should be browned.

Let cool out of the oven for at least 10 minutes before slicing. Top with selected garnishes.

EXTRA: For a tasty dip for the pizza, combine 1 cup bottled ranch dressing and 1 can of refried black beans. May add more ranch to thin it out.

BROWN BUTTER CHICKEN

By Dr. Rosaria Bernini

My husband and I met in Florence, Italy when we were both grad students. I in art history and he in archaeology. On our dates we'd discuss Italy's contribution to art and culture, and on one particularly memorable evening he asked me "How could Dante look out onto the idyllic landscape of Tuscany and conjure up a many layered vision of hell.?" We were eating at Trattoria Sostanza, splitting our favorite Pollo al Burre (butter fried chicken), and I told him "Darling, look at what we are eating now. Could it be any purer and yet so sinful? Chicken fried in butter is the pinnacle of gustatory indulgence, as if we were that last great opulent gasp of a once-flourishing culture." Basically, that's art history for "it's so good it's bad." Years later, on a trip to Florence, Don proposed to me over this very dish. I told him "of course, but you'll take my last name Bernini, because I'm not becoming a Stankevich." And with that it was done. Every bit of beauty needs to have a devilish undertone.

1 tbsp extra virgin olive oil
3 tbsp unsalted butter

2 4 oz. boneless chicken breasts with skin still on
Salt and pepper
¼ cup all-purpose flour
4 garlic cloves crushed
1 medium lemon halved
Finely ground parmesan for coating

Heat the oven to 400°F and arrange a rack in the middle. Heat the olive oil and butter in a medium cast-iron pan (or other heavy-bottomed pan) over medium heat. Meanwhile, season the chicken with salt and freshly ground black pepper then dredge in flour and shake off the excess. When the butter foams, add the chicken, skin-side down, and cook until skin is golden, about 5 to 8 minutes.

Flip the chicken, skin-side up, then add the garlic cloves then transfer the pan to the oven and let it cook until the chicken is cooked through, about 10 minutes. Return the pan to the stovetop and cook over medium heat until the butter is brown, about 3 to 5 minutes more. Coat with finely ground parmesan. Serve with a squeeze of.

HOW I EAT

By Kimber Park-Jones

When I was eight, daddy had a heart attack. And lived. That was the scariest day of my life, and one that changed everything forever. You see, my daddy William Jr. Jones ate anything and everything. A big Southern breakfast every day, invariably some terrible fast food for lunch, and he always loved to come home to a Korean dinner (he met my mom when he was stationed in South Korea). And he loved Soul Food and would often cook Big Hattie's collards (his mom/my granny) and cover them in Gochuchang. Daddy loved little frosted donuts. And Blue Bell cookies and cream ice cream. And dipping Fritos into Spicy V-8. Daddy was a great connoisseur of life.

Then he had a heart attack, and when he woke up he never ate another animal product again. I was surprised daddy knew what the word "Vegan" meant—let alone that he would immediately decide to become one. He said it was like a switch went off in his head and he lost his taste for meat, cheese, eggs, milk, butter—all the good stuff!

For a Korean woman, this was a very challenging for my mom to cope with. Meat is celebrated in Korean cuisine—from grilled galbi to beef bulgogi to the great pork and fish stews—and vegans are a rare breed. Daddy and momma's favorite date in Korea was to go to the barbecue restaurants where they give you piles of meat to grill yourself. When they moved to California in the 80s, daddy introduced momma to American bacon and she was a changed woman. She added bacon to many of her favorite Korean dishes, giving them a strong taste of America in the background. For daddy to suddenly go vegan was unimaginable, but momma devoted herself to serving her man. At age eight, I became a California vegan with the rest of my family.

Daddy's a good old boy at heart, and he needs a strong woman to take care of him. If she's eating with Daddy, mom cooks strictly vegan. Momma and daddy are Baptists and they both believe a woman should serve her man, so momma never protested the veganism. But when it's just us two, momma and I'll eat meat and dairy.

Honestly, California was probably the best place to be vegan. Momma read a lot about Alice Waters and what she was doing up in Berkeley and ended up turning our tiny patch of yard into a vegetable garden. She taught us (by way of reading Alice Waters) about growing squash and knowing which blossoms to pick because they won't fruit. The garden produced cutesy little tomatoes of all colors, fresh herbs and their edible flowers, and all sorts of great stuff she'd add to dinner. We only used California olive oil in our cooking. When we did go

out to dinner, many restaurants would have one or two vegan options. Daddy would let me order steak. Momma ate fish. Daddy's heart attack and going vegan made us a stronger family.

(Although there was giant, multi-daylong argument between daddy and momma about honey. Momma said it was not vegan because bees are animals and they produce it. Daddy said he thought it was vegan, mostly because he was dying for something sweet to add to his tea (he also lost his taste for white sugar and Sweet N Low and all corn syrup and all that mess). Momma relented and said 'yes' she thought honey was vegan. Thank goodness because beet sugar sweetened birthday cakes were the pits.)

So, if you ever look at my recipes and wonder who on earth makes Vegan Korean Soul (Seoul?) Food with a California Farm-to-table vibe—that's how they came to be!

MARRIAGE OF THE FOX AND TIGER

By Kimber Park-Jones

In the springtime, look for young, flowering versions of vegetables and herbs you love—collards, garlic, arugula, chives, and many more—they make for beautiful and flavorful ingredients. This recipe features my favorite springtime treat: Collard flowers. If you can't find collard flowers, regular collards stemmed, and chiffonade will do. One reason this is a favorite recipe is because it combines Soul food from my father, Korean flavors from my mother, and the farm-to-table style I grew up with in the bay area. This is my life on a plate. If I were cooking this for my father, I'd use vegetable oil in place of the bacon grease and butter—if you do so, this dish is vegan. My mother loves cooking tofu in bacon grease, as it takes on a nice rich flavor to the otherwise bland protein.

- 1 lb extra firm tofu (Wildwood brand sprouted tofu preferred)
- 2 tsp bacon grease or vegetable oil (for vegans)
- 4 cups Collard flowers or collards
- 3 tbsp Mirin Rice Wine or dry white wine
- 2 spring garlic shoots OR 1 shallot and 3 cloves garlic - Chopped fine
- Salt and Pepper
- 1 tbsp soy sauce
- 6 drops Maggi Sauce
- 1 tbsp toasted sesame seeds

Cube extra firm tofu. Melt 2 tsp bacon grease in a very hot skillet. Once it starts to smoke, add in tofu. Keep moving until it is lightly browned. Add in a couple pinches of salt and many grinds of fresh pepper. Once the pepper is fragrant from the heat, add a couple splashes of rice wine (or white wine) and about 6 drops of Maggi Sauce. Cook until most of the liquid evaporates. Move cooked tofu to a bowl.

Wipe out sauté pan. Add more bacon grease to heat up.

Remove flowers from collards and set aside. Chop the rest (stems and leaves) into ½ inch pieces. If using whole collards, remove stems and chiffonade. Add to smoking bacon grease. Cook on very high heat until they smell toasty and seem to be browning. Stir through and again cook until very brown. Remove to same bowl with tofu.

Wipe out pan. Add 1 tbsp of butter and cook until browned and fragrant.

Add chopped garlic shoots (or shallot and garlic) to butter and cook until lightly brown. Add salt and pepper, rice wine, a few drops of Maggi, and a few drops of soy. Do this to your taste.

Add tofu and collard stems and leaves back to pan and stir to combine. Serve with black rice and Korean ketchup. Top with reserved collard flowers and toasted sesame seeds.

KOREAN KETCHUP

By Kimber Park-Jones

2 tbsp Gochuchang
1 tbsp Soy Sauce
1 tbsp Rice Wine Vinegar
1 tbsp Mirin
1 tbsp Toasted Sesame Oil
Salt
Pepper
Honey to taste

Combine all in a bowl and whisk. Serve immediately.

BUDDHIST NOODLES

By Kimber Park-Jones

My Aunt Jujube is a Korean Buddhist nun, and would come to stay with us in California for two weeks every summer. She was always very agreeable and would eat whatever American junk food we foisted on her. Every summer she would have her one piece of meat—a hot dog on the Fourth of July—but she was otherwise a vegan. What more, Buddhist nuns and monks don't eat any kind of allium. That includes onions, garlic, shallots, chives... anything pungent. Jujube said the sulphurous burn of alliums would linger on her breath, skin, and hair—making it impossible to meditate (which makes sense, I can't even talk on the phone if I have bad breath!). When it was just me and her at home on those long summer afternoons, she'd make us lunch with whatever was in our eclectic pantry, but that was suitable for her diet.

I don't think Jujube and the rest of the nuns were eating this dish back in the monastery, but I do remember it being one of her go-to meals. She never measured. Just tasted her way through everything and would keep on adding dashes and pinches of this and that until it suited her. Peanuts have never been a beloved ingredient in Korean cuisine, but Jujube adored American Jiff Peanut butter, and this was probably my favorite thing she did with peanut butter. Even if this wasn't a traditional Buddhist dish, it's still my favorite memory of my Aunt Jujube.

- ½ lb. of noodles (soba, rice, and spaghetti noodles work too)
- 1 green bell pepper
- 1 red bell pepper
- 1 lb. tofu
- 2 tbsp vegetable oil
- Salt & pepper
- Freshly chopped basil

Boil noodles and set aside. Slice peppers into thin strips and steam them in the microwave oven. Sauté 1 pound of tofu in vegetable oil, with salt and pepper. Lay over noodles. Combine everything with sauce (recipe below). Top with chopped fresh basil.

For the Sauce:

- ¼ cup creamy peanut butter
- 1 tbsp soy sauce
- 1 tbsp rice wine vinegar
- 1 tbsp ketchup

1 tbsp sriracha
1 tbsp chili garlic paste
1 tbsp lime juice
Salt and Sugar to Taste

CHICKEN PONTALBA

By Duquesa Infanta Maria Teresa Pontalba de Barcelona y Andorra

With all due respect to my dear neighbor Violette Gautier, the foundation upon which New Orleans was built is Spanish! While the earliest settlers were French (including those impoverished refugees from brutal Acadia)—the architecture of the French Quarter is actually Spanish. To pay a war debt, those spendthrift French let us Spaniards control the colony from 1763 to 1803. The New Orleans love of seafood, rice, tomatoes, sausage, and gutsy garlic—that's pure Spain!

This exquisite and historical dish, Chicken Pontalba, is named after my great-great second cousin Baroness Micaela Pontalba. She was one of those grand Spanish dames who reigned in old New Orleans. Because of the kindness of her heart, she built the first apartment building in the “French” Quarter—the Pontalba buildings. This was quite the magnanimous gesture to build housing for the workers and middle class to stay in—right next door to her mansion.

New Orleans never forgot dear Pontalba, as she was immortalized in this great dish. The original is a decadent tumble of fried potatoes, ham, onions, and peas, topped with fried chicken, and then smothered in a buttery béarnaise. I've lightened up my version of this dish quite considerably for your health.

6 pieces of chicken
Salt
½ tsp white pepper
2 tbsp of ghee
2 tbsp olive oil (divided in half)
2 cloves of garlic, minced
1 cup diced raw bacon
1 cup of thinly sliced white mushrooms
½ cup green onion, green parts only, chopped
1/3 cup dry white wine
1 tbsp chopped fresh parsley
1 russet potato diced into small cubes
Desired serving of Easy Béarnaise Sauce (as shown below)

Preheat oven to 400 °. Once oven is preheated, place diced potatoes on a lined sheet pan with 1 tbsp of olive oil. Salt as desired and roast the potatoes until they are golden brown and lightly crispy. You may need to check them periodically and toss them so that all sides are browned. Once they are cooked, take them out of the oven and set aside.

Salt and pepper the chicken on all sides. Add ghee to a cast iron skillet and heat on medium-high. Once heated, add chicken pieces skin side down until skin is golden brown. This will take around 3-4 minutes. Turn the chicken to cook for 3 minutes on the other side. Drizzle 1 tbsp of olive oil into the pan before placing it on the center rack in the hot oven to roast for 20 minutes.

While the chicken cooks in the oven, fry the diced bacon in a sauté pan over medium-high heat. Render the bacon until almost crispy, then drain most of the bacon grease from pan. Add the minced garlic and continue to stir for 30 seconds. Then add the mushrooms, green onions, salt, and pepper. Sauté the mushrooms until brown. They will start to sweat and give off their liquid. Let the liquid evaporate and then they will begin to brown. Add the wine and lightly scrape the bottom of the pan with a wooden spoon to deglaze. Reduce heat to medium-low until the wine sauce has thickened, approximately 5 minutes. Add the potatoes and parsley and toss until the potatoes are warm. Serve as desired with a generous spoon full of the easy Béarnaise sauce.

EASY BÉARNAISE SAUCE

By Duquesa Infanta Maria Teresa Pontabla de Barcelona y Andorra

- Half a stick butter
- 1 tsp minced onion
- 1 tbsp white wine vinegar
- 2 egg yolks
- 2 tbsp coconut milk
- 1 ½ tsp lemon juice
- 1 ½ tsp chopped fresh tarragon
- 1 tsp chopped fresh parsley
- ¼ tsp salt
- 1 pinch of cayenne pepper

Prepare this recipe right before you plan to serve it. Melt butter in microwave for 30 seconds at a time until completely melted. Set aside. Separate two egg yolks from their whites and place them in a mixing bowl. This is easiest if you have a

stand mixer. Whisk the yolks until they are a lighter and thicker consistency. Add the vinegar, lemon juice, onions, salt, tarragon, parsley, cayenne pepper, and coconut milk. Continue to whisk until the ingredients are combined and coated with the egg mixture. Take the melted butter and, while still whisking the egg mixture, very slowly drizzle the butter into the mixing bowl. Be careful not to scramble the eggs with the warm butter. Continue whisking at a medium high speed until all the butter has been incorporated into the egg mixture. You should have a slightly runny, fragrant, yellow mixture. Place this mixture into a microwave safe bowl and microwave it for 1 ½ minutes, checking it and stirring every 30 seconds to make sure it is the correct consistency. After it has thickened up and is warm, it is ready to serve. Serve as soon as possible to avoid the sauce separating.

FRIED CHICKEN

By Lillian Connaly

2 cups flour
1 tsp salt
3 eggs, beaten
1 tsp pepper
1 whole cut-up chicken
Vegetable oil (enough for ¼" in pan)
Buttermilk (for brining chicken overnight)
Cornstarch (for coating chicken)

Buttermilk brine your chicken overnight. Remove skin from pieces of chicken and pat dry with a paper towel. Coat it in cornstarch and let it sit 10 minutes. Place flour, salt and pepper in bag or bowl and mix. Dip chicken in eggs and put in flour mixture. Coat well. Set chicken on wax paper for 15 minutes and then place all the pieces in the flour mixture again. Pour oil in a large skillet until the depth is about ¼ inch. Heat oil on high. Test the heat of the oil with some flour. Flour should sizzle upon impact. Hot oil is the key to good fried chicken. Place chicken in the skillet. When the chicken is slightly brown, turn the pieces over. Turn down the heat slightly and cover the pan. Should not take more than 40 minutes but will depend on the size of the chicken. For extra crispiness, mix ½ flour and ½ Panko for coating.

WHY TO REMOVE SKIN

Before we say anything, yes, we're aware that fried chicken skin is delicious. But hear us out. When breaded like fried chicken ought to be breaded, the skin only creates an unwanted layer of moisture between the breading and the meat, leaving the fried chicken more on the soggy side than the deliciously crispy. Whether you pat the skin or not, the skin will still retain moisture. This moisture, when heated up, creates steam. This steam moistens the breading too much for it to become crispy, not to mention the steam creates a pocket between the skin and itself, which eventually forces the breading you've worked so hard to create to fall off. So, trust us, just cut the skin off and you will achieve the most perfect crispy chicken.



AN ODE

TO BONELESS SKINLESS CHICKEN THIGHS

*OH, YOU LESS REFINED SISTER OF THE
BONELESS SKINLESS BREAST
YOU FREQUENT MANAGER'S SPECIAL
SO SUCCULENT, AND YET
UNDERAPPRECIATED.
N'AIR DO YOU DRY OUT LIKE YOUR
WHITE-MEAT COUNTERPARTS
ALWAYS A FRIEND OF GRAVIES AND
SAUCES
AND TAKES WELL TO JUST ABOUT ANY
SITUATION
OH THE TRAGEDY THAT NOT MORE FOLKS
LOVE YOU
AND SO WE WILL REMAIN GOOD FRIENDS
EVEN THOUGH MOST OF THE WORLD
WILL NEVER KNOW
HOW MUCH I LOVE YOU*

THE REASON I PUT SO MUCH PEPPER IN MY CHICKEN AND DUMPLINGS

By Lillian Connaly

During the lean years on the farm, Meemaw would say if you had flour and you had water you had dinner. There were some weeks when the crops didn't come in right or a weevil had gotten hold of them, and there just weren't any vegetables for the table. And Meemaw would say the chicken is more useful to us for the eggs, so killing a chicken was strictly reserved for weddings, funerals, and the occasional visit of a dignitary (like the preacher or Meemaw's cousin that taught at the college upstate). So sometimes it was just flour and water and some eggs because there weren't much else to eat.

That's really how this chicken and dumplings started. Originally, it was mostly dumplings. But not just any dumplings. Meemaw called them "slicks" because they were flat and slippery. They aren't at all like those fluffy round dumplings, which my auntie June makes and I think taste like boiled biscuits. When it comes to Southern dumplings, slicks are the best in my book. If you look at how they make pasta in Italy, making slicks is very similar. They must be a historical food! Chicken and dumplings always had lots of black pepper in it because Meemaw had well water at her house. Don't start thinking we lived in some country paradise with sweet water and wildflowers. The water out of the well had sulphur in it, and there was nothing but pokeweed and pricklers growing around the pump. We had to go take buckets down the hill to go get the water, and the damn stuff smelled like the smoke of hell. Since the water smelled so bad, Meemaw always had to add a lot of black pepper to everything she cooked. This was her one luxury food item. Meemaw went through can after can of it to cover up the taste of sulphur that permeated all the food.

Around about 1955 her chicken and dumplings started to get a lot better. Daddy got a job at the concrete factory a couple of towns over, and on paydays he'd stop by the new Piggly Wiggly to pick up a chicken for us. No more having to kill a bird for Sunday supper! Very soon we started to get a lot of neat things from the Piggly Wiggly like bouillon cubes and Worcestershire sauce, which also made their way into the recipe.

It wasn't until 1960 that the county came in and put in a pipe and gave us municipal water. That's when Meemaw's chicken and dumplings finally started to be a real winner of a dish. Without the fire and brimstone in the background, you could taste the the rich flavor of the broth and the tingly heat of the pepper.

The recipe I make today is a continuation of Meemaw's recipe, along with a few twists of my own. I like to make large batches of chicken stock from scratch (please see separate guide on that), which tastes better than bouillon. I don't use the whole chicken like Meemaw did, because we're supposed to be eating low fat white meat these days. So, I've figured out how to just use boneless skinless breasts. Don't tell my husband's cardiologist, but I start with a base of onions browned in bacon grease. It's the closest thing I can find to mimic the deep, set-in flavor Meemaw's ancient cast iron pots added to the dish. I include wine to counteract the effects of the bacon grease, and because it makes everything taste nicer. Finally, I like to add parsley—fresh—because every dish deserves a pop of color.

CHICKEN AND DUMPLINGS

- 2 tbsp bacon grease
- 4 boneless skinless chicken breasts
- ½ a Vidalia onion, very finely chopped
- 1 heaping tbsp freshly ground black pepper
- 1 cup dry white wine
- 2 qt. homemade chicken stock
- Worcestershire sauce to taste
- 2 Eggs
- ½ cup whole milk
- 2 cups flour
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp white sugar
- 1 bunch of parsley finely chopped

First, start off by making the dumplings. The best way to keep from making a big mess is to lay wax paper all over your work surface. In a bowl, combine 2 cups flour, salt, baking powder, and sugar. Put your eggs and milk into a Mason jar with the lid real tight on it. Shake for 1 minute to combine and get frothy, which will make for a lighter dumpling. Pour egg and milk mixture into dry mixture. Stir with a fork until the mixture just starts to become cohesive. Dump out onto your work surface, which should already have a good mound of flour in the middle. Press down the dough, fold over, and press down again. Repeat, mixing in a bit more bench flour each time. Do this until the dough gets a smooth exterior and no longer sticks to your hands. Roll out dough 1/8-1/4 inch thick. Using a pizza cutter, cut into 3"x3" inch squares. Rough edges and uneven pieces are

okay! Move raw sliced dumplings onto a baking sheet. Place in the freezer for 15 minutes. Throw away wax paper and flour from work area and clean up.

Salt and pepper chicken breasts on both sides. Brown on both sides in hot bacon grease. Do not cook all the way through but do form a good brown crust. Remove chicken breasts to meat cutting board to cool (they are still raw inside!). Dump chopped Vidalia onion into pan grease and cook on medium for 15 minutes or until golden brown. Use a flat edged wooden spoon to scrape up any brown bits. When onions are caramelized, add in black pepper and cook in hot grease for 1 minute, or until very fragrant. Add in white wine, scraping up any bits. Reduce wine by half. Add in chicken broth and Worcestershire sauce and bring to a low simmer.

Cut chicken breast into cubes, add into stock. Simmer for 15 minutes to cook. Turn the fire up to medium high. Remove dumplings from freezer, and place one by one into simmering stock. Stir to prevent clumping. Cook for 10 minutes, or until all dumplings are floating and slightly puffed. Add more salt and pepper if you want. Stir in the fresh parsley right before serving, saving some to place on each bowl.



The Old Crab



**IF YOUR HOUND DOG WON'T SWIM IN IT, EAT
IT, OR GO NEAR IT... YOU DON'T NEITHER!.**

WELL-SEASONED DOES NOT MEAN HOT

By Violette Gautier

If ever there were a pernicious misconception about Creole food, it's that it blazin' hot. This is a cuisine of well-heeled city folks, some of whom descended from Spanish and French Aristocracy. Their legacy is a taste for the *recherché* in all things in life. Something too spicy or too salty or too pungent simply would not do. This is not a cuisine meant to blow your face off with flavor, but to pleasantly pique all of your taste buds. Yes, we Creole do have a pension for spice and gutsy flavors, owing to the many freed Africans and Afro-Caribbean's who constitute a good part of our heritage. They are the ones who gave us the love of seasoning to elevate and amplify flavors. But never would a Creole make something that is overwhelmingly spicy.

I blame Paul Prudhomme. And also, Emeril.

Paul was a great man, no doubt. He was the first American-born executive chef at Commander's Palace, which says a great deal about his innate culinary skills. But it was his restaurant K-Paul that began the ruination of the Creole palette. Paul invented blackening, which is perhaps the dastardliest of all Creole cooking innovations. In blackening, you dip a piece of fish in butter, and then coat generously with a spice rub (which Paul used a heavy hand of Cayenne), and then cooked on high until nearly burnt. The result, and mind you this was in the early eighties, was a powerful, spicy, pungent dish that was so completely different than what any chef was making in a gourmet kitchen, anywhere in America. Paul jump started America's love for spice, even if his invention was an apocryphal technique that no Creole chef would ever make. Blackened fish is not *recherché* at all—sometimes overwhelmingly spicy, bitter from the burnt-ness, and aesthetically displeasing.

But American chefs went for it and brutalized our beautiful cuisine with their spice-soaked renditions of refined classics like *étouffée* and jambalaya. Paul also started a fine trend towards nationwide sales of prepackaged seasoning. I salute him for delivering flavor to timid palleted masses. But never was any of this true Creole cuisine. Our fine old brands, like Zatarain's and Community, have always been known for the smoothness of their flavors. Deep, robust, and brave—yes, our foodstuffs are all of those. But never overwhelming, because we New Orleanian Creoles have always preferred a more refined approach to life.

Egad! I just remembered that dastardly Emeril Lagaasse—one of our city's most famous products. Emeril is not Creole, in fact he's not Southern. He's a damned yankee from Massachusetts who came down here, took over Commander's Palace, and then got on Paul Prudhomme's over spiced bandwagon. When

Emeril got on the Food Network telling America to “Kick It Up a Notch!” our city’s cuisine became forever entombed in a cayenne-coated sarcophagus.

I, for one, want to return our cuisine to its original place as one of a refined, classical style. Yes, there always has been and always will be place for spice in our cuisine, but the true Creole taste is one of delicacy and balance. If your taste buds retort or your nose burns, or you have trouble breathing or your face turns red—that’s not Creole cuisine. Such behavior would never do at Commander’s Palace, Gallatoires, or Dooky Chase’s. One’s taste buds should be piqued. Excited, Titillated by the food. One should want to shake their body with happiness when they eat Creole cuisine. And only a refined balance of spicy, sweet, savory, and umami can create that.

CREOLE EGGS

By Violette Gautier

This is a great way to use up those boiled eggs from Easter.

2 tbsp butter
2 tbsp flour
1 cup milk
Salt and pepper to taste
½ cup onion, chopped
1 garlic clove
½ cup chopped green pepper
2 tsp butter
1 20-oz. can diced tomatoes
½ tsp chili powder
6 hard-boiled eggs sliced
½ cup buttered cracker crumbs
½ cup grated American cheese
2 cups cooked rice

Make white sauce of butter, flour, and milk. Add salt and pepper. Sauté onion, garlic, and green pepper in 2 tbsp butter until soft but not brown. Add tomatoes and chili powder and cook until thick. Add to white sauce. Place alternate layers of sauce and sliced eggs in casserole, top with bread crumbs and cheese and bake in moderate oven 350 ° for 15 minutes. Serve over rice. Makes 6-8 servings.

PAINTING A PASTA DISH

By Dr. Rosaria Bernini

A traditional Italian semolina pasta is like a perfectly prepared canvas—bright white cotton primed with gesso, ready to become anything. The pasta, like the canvas, is the surface upon which you layer color and texture to create your masterpiece. I imagine the great masters like Caravaggio and Delacroix painted on starkly white canvas. Perhaps a little natural golden hue from the cotton or linen fades into the background radiance, but ultimately, it's a white canvas. Bold colors and brash brushstrokes appear the best on such a surface.

This is why I detest whole wheat pasta. You make a lovely red sauce that's deep and rich, but still bright and radiant—yet the brown flavor of the whole wheat pasta dampens the entire dish. Gone are the nuances of fire roasted tomatoes and the bright verdant ting of fresh basil! The entire dish tastes... brown.

Could you imagine a great Baroque masterpiece painted on a brown canvas? *Orripilante!* The light of God in *The Calling of St. Matthew* would not shine as bright on a brown canvas. The exquisite interiors of Pouissin's masterpieces would appear dirty, dingy—not at all like their gleaming true-life representation. In pasta, like in painting, the bright and delicate notes only come through on a white canvas.

There are some cases where a brown canvas is useful. When the other notes are also earth-toned, a brown canvas can underscore these tastes benefiting. Bright green notes of a strong pesto are made calmer and more naturalistic (whereas they might overwhelm the purity of the white pasta and taste like an Ellsworth Kelly green hill painting).

Recipe for a Great Party at the Bernini House

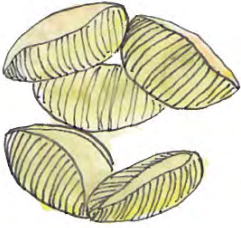
By Dr. Rosaria Bernini

- 1 cup essence Pietro da Cortona
- 1 cup of cantata
- 1 cup of oratorio
- 1 cup of opera
- 12 bottles of Villa Raiano Fiano di Avellino
- 3 plates Cavolo Nero and Prosciutto Bruschetta
- 3 plates Angioletti Fritti con Rucola e Pomodori
- 3 plates white truffle ravioli and grilled lamb
- 3 Sicilian Cassata's
- 32 oz. of good taste
- 32 oz. of even better friends



Begin prepping for your party by first completing your courses. Corresponding recipes can be found through lifelong study of Italian fine art and fine living. Set out compelling displays of secular construction (Giacomo Barozzi da Vignola is recommended) for the educational refinement of your guests. Combine cantata, oratorio, and opera together in one bowl; pour this into your sound system so that your guests may be spiritually moved by the greats. Sprinkle your essence of Pietro da Cortona whenever the conversation goes cold (this isn't likely) and keep extra bottles of Villa Raiano Fiano di Avellino ready for when you run out (this is more likely). Sit back and bask in the knowledge that you have provided a party that will rock the social scene for at least six months to come.

When you make a meal, consider your pasta, potatoes, rice, bread, and other carbohydrates as the canvas upon which to create a masterpiece of a meal. Brown rice, whole wheat bread, and other “whole” carbs can be delicious if paired with the right ingredients, or they can clash with a meal meant to go with white carbs.



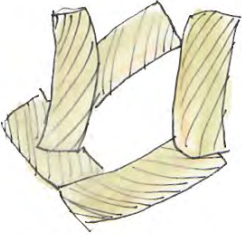
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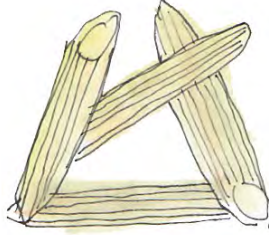
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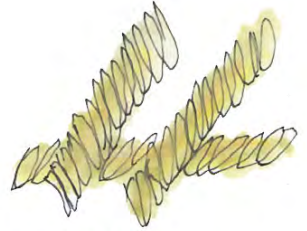
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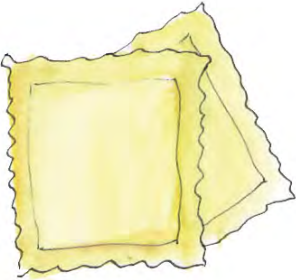
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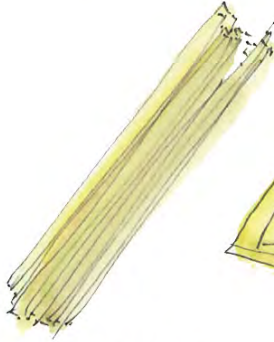
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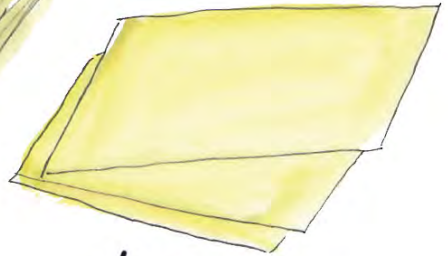
Viti



Ravioli



Spaghetti



Lasagna

SPICY RED WINE SPAGHETTI

By Cristina Perez

I picked up this recipe when I was on the Napa Valley wine train. They served it in the dining car, and it was very lovely. They used a local zinfandel, and it was a beautiful way to experience our country's premier wine region. If I serve this for my dad I change the butter to olive oil and use nutritional yeast instead of goat cheese—then it's a very satisfying vegan main course.

salt
1 lb spaghetti
1/4 cup extra-virgin olive oil
3 large cloves garlic chopped
1 can of chickpeas, drained
1 large shallot, halved, thinly sliced into strips
1 cup arugula
1/2 tsp dried crushed red pepper
1 bottle zinfandel wine
1 tbsp tomato paste
1 tbsp butter
1/4 cup fresh flat-leaf parsley leaves chopped
4 oz. coarsely crumbled goat cheese
1 lemon juiced and zested (for garnish)

In a large pot, bring water to a boil. Salt the water generously and add the spaghetti. Cook for approximately 6 minutes, then remove from the water. Do not discard the water. In a skillet, heat the olive oil over medium-high heat. Add the garlic, chickpeas, shallots, and crushed red pepper. Salt to taste. Cook for 2 minutes. Add the tomato paste and cook for 2 minutes. Add wine. Reduce heat to medium. Let it simmer for approximately 4 minutes. Add the pasta to the skillet. Cook and stir often. Cook until almost all of the wine is absorbed, and the pasta is tender but still firm to the bite, about 5 minutes. If the pasta mixture is too dry, add pasta cooking water 1/4 cup at a time. Add butter, lemon juice, and arugula. Toss until the arugula is wilted and the butter is melted. Add parsley, goat cheese, and lemon zest. Serve and enjoy.

“SAN FRANCISCO STYLE NOODLES”

By Kimber Park-Jones

When we lived in San Francisco, daddy, momma, and I would go to Chinatown and always eat at this place called “Z and Y.” They had a good deal many

vegan items on their menu, and everything was highly spiced—which daddy appreciated. It was definitely a splurge for him, though, because he knew the sodium levels were high. This was one of our favorites we recreated at home. You can add shrimp to this too.

- 7 oz. rice vermicelli noodles
- 1 cup water
- 2 cups napa cabbage
- 1/4 cup soy sauce
- 1 TSP sugar
- 2 TBSPs sesame oil
- Half a red onion, thinly sliced Lyonnaise style
- 2 green onions, chopped, white and green separated
- 1/2 red bell pepper, sliced
- 2 cloves garlic, minced
- 2 tsp of minced ginger
- 3 oz peas
- 2 - 4 tbsp curry powder
- 1 lime, in wedges
- Sriracha (optional)

Soak the rice noodles in cold water for twenty minutes. Drain the noodles just before ready cook. Julienne the Napa cabbage, onions, and red pepper. Heat wok over high heat and add sesame oil. Add cabbage, red pepper, red onions, green onions (white parts only), peas, garlic, and ginger. Toss for 30 seconds, then add curry powder. Add noodles and toss with vegetables. Make sure to scrap the bottom of the wok with a wooden spoon to ensure noodles don't stick to the wok. Add soy sauce, sugar, and Sriracha if using. Mix thoroughly and serve immediately.

FISH TACOS

By Yvonne Gomez-Garcia

For the marinade:

- 4 limes, juiced
- 1 tbsp chipotle in adobo sauce
- 2 garlic cloves, chopped
- 2 tbsp Salt
- 1/2 cup Green onions, white parts only, chopped
- 1 tsp agave syrup

2 tbsp olive oil
2 tbsp ancho chili powder
Cayenne pepper to taste
Tabasco to taste
1 lb tilapia

Whisk all the ingredients together and pour over tilapia fillets. Refrigerate and marinate for at least 5 hours. Once it is done marinating, take a fillet, shake off any excess marinade, and place on a lightly oiled pan that has been heated over medium high heat. Cook on one side for 2 minutes. Flip. Cook on the other side for 2 minutes. Place on a plate to rest. Once ready to serve, chop the fillet into bite sized pieces and serve alongside the toppings.

Toppings:

Cilantro
Lime marinated Red cabbage
Chopped Jalapenos
Avocado Cream Sauce
Chopped Green Onions

ROASTED CHAYOTE SQUASH

By Phayla Caldwell

What makes chayote so nice to cook with is that you can hardly mess them up. Like most squash, they are “bulletproof” when it comes to poor cooking.

5 Chayote Squash (aka Alligator Pear or Mirliton)
3 tbsp duck fat (see note)
1 tsp salt
1 tsp each: Cumin, Coriander, Fennel, Smoked Paprika
¼ cup Marsala or other wine
1 tsp soy sauce
1 tsp Worcestershire sauce
1 tsp Valentina hot sauce
4 dashes Maggi sauce
1 Lime, juiced

Cut the Chayote in half, dig out the seed and any foamy white parts. Cut Chayote into 1-inch cubes and place into a bowl. Pour over melted duck fat and stir to coat. Toss in salt and dried spices, toss to coat. Lay out on a baking sheet and back in a 350° oven. Turn chayote with a spatula, rotating the sheet pan

as well, every 10 minutes. Dark pans will cook through in less than 30 minutes. Light colored baking sheets will take longer. When Chayote is fork tender, pour over remaining liquid ingredients, and stir to coat. Return to oven another 10 minutes. Spritz with lime juice prior to serving.

PORK AND SWEET POTATO GREEN MOLE

By Cristina Perez

This is an untraditional approach to making a mole, but it's a great way to use the slow cooker to make a rich mole. It's not a "dump it all in the Crock Pot" kind of recipe, because it's impossible to develop deep flavors without a bit of elbow grease. In Mexico, this would usually be served with white potatoes. But from living in the South, I've come to absolutely love sweet potatoes in it. Always remember to use microwave safe containers when heating! Never use dishes with trace amounts of metal.

2 lbs pork shoulder (butt) cut into 1-inch cubes
1 lb tomatillos
1 sweet onion
1 jalapeno
12 sprigs cilantro
1 lb sweet potatoes, peeled and cut into one-inch cubes
1 tsp cumin
1 tsp coriander
1 tsp cinnamon
1 tsp allspice
¼ cup pepitas
2 tbsp sesame seeds
1 tbsp Worcestershire sauce
1 tsp soy sauce
8 dashes Maggi Sauce
½ cup white vermouth

In a very hot skillet, char the tomatillos (husk removed), sliced onion, and whole jalapeno. When all are blackened, dump into a blender. Toast the pepitas and then the sesame seeds, putting into blender. Toast the dried spices until fragrant, and also place into the blender. Add in Worcestershire, soy, and Maggi sauces. Add in the cilantro. Blend everything on high for at least 2 minutes. Pour tomatillos mixture into a Crock Pot. Add in the pork. Cook on high for 3 hours. After this time, if any fat accumulates at the top of the Crock Pot, spoon it off now. Remove the pork pieces to a bowl. Heat 2 tbsp of oil in a pot on the stove.

Ladle out the green sauce from the Crock Pot to fry in this oil. Cook until the mixture has reduced to a thick past, constantly stirring to pull up any browned bits. Once it has thickened, thin it out with vermouth. MEANWHILE place cubed sweet potato in a microwave-safe container, along with a couple Ts of water. Seal with plastic wrap. Microwave for 8 minutes. Return pork, tomatillo mixture, and drained sweet potatoes to Crock Pot. Cook on low for another hour. Serve with fresh cilantro and a squeeze of lime.

MOLE BARBECUE CHICKEN

By the Honorable Exa Jackson

2 split chicken breasts
1 tbsp bacon grease
1 cup of barbecue sauce
1 cup of wine
Salt and Pepper
Cilantro

Season chicken breasts with salt and pepper. Heat oil in a skillet, and brown chicken on both sides on high heat. Remove to meat cutting board when a good crust is formed on both sides, but chicken is still raw in middle. While the chicken cools, pour barbecue sauce in pan of chicken bits and bacon grease. Scrape up brown bits. Cook on medium heat, stirring occasionally, until sauce has reduced in half and thickened greatly. Add in wine to rehydrate. Cook wine for 5 minutes on medium until sauce is slightly thickened. Cube par cooked chicken and add to mole barbecue sauce. Simmer on low for 10 minutes until chicken is cooked through. Garnish with cilantro.



MY FIRST HAMBURGER

By Sid Punjabi

The first time I ate meat—hamburger, to make it even worse!—I was twelve years old and at boarding school. My parents had sent me from Chennai, India to go to Brandon Hall School in Atlanta, and it was my first time being away from family, away from my home, and away from people who looked like me. I grew up in a Brahmin family (the upper caste in India), and we were strict Hindu vegetarians. What's more, cows were sacred to us (we revered them for their milk, which kept millions of Indians strong and healthy for centuries), so the idea of eating a hamburger was unimaginable to me.

The kids at boarding school teased me so much. Of course, being the only Indian kid at school, I was always singled out for being so different. Being a vegetarian made it worse, because they thought that was so weird. I don't know how it started, but when the kids found out that cows were sacred to Hindus, they started calling me a "Cow Lover" which hurt a lot.

One day at dinner, some upperclassmen started to torment me and told me that if I loved cows so much I would probably marry a cow one day.

I really, really wanted to cry. But instead, I got up, walked to the biggest, baddest kid's table, grabbed his hamburger, and ate it ravenously, devouring it in 90 seconds. I had never tasted anything like this—greasy, dirty, like licking the floor of a barn. Everyone went silent, staring at me with intensity. And I got up and left, trying to walk with as much confidence as possible with the dead bovine rotting inside my gut.

Then I cried. A lot. I cried every night for days until my weekly phone call with my family back in Chennai. I told them I was so ashamed for breaking Brahmin tradition. I told them I was un-pure and unfit to grow up to be a priest, warrior, or leader in India. I told them I had diarrhea for 72 hours straight. I told them I vomited when I wasn't crying. I told them I was so sorry and that I would never eat meat again, and that I would work to show my American classmates that cows are special creatures.

There was silence on the other end of the line for a good long time.

My father, who was the most upstanding Brahmin man I knew, told me that he ate meat whenever he was in America. His steel business meant he had to travel to the states a couple times a year, and that he had to entertain clients at some place called "Ruth's Chris Steakhouse" and that one time he ate an entire

kilogram of cow, so he could impress some important Texas oilman who was going to buy a lot of steel from him.

Never in my life had I heard of such a thing. I thought my parents were perfect. We were Brahmin, so our entire identity was centered on being good Hindus who were as pure as possible.

Father told me "I'd rather you be an American than be a Brahmin, and if that means you have to eat meat then so be it."

What I didn't understand at the time was that our social capital in India was fast dwindling. We had money, of course, which is how my parents could afford to send me to boarding school in America. But new "Scheduled Caste" policies meant to elevate lower classes (like the Dalits who would clean our toilets) would make it harder for me to find success in India. Brahmins no longer had guaranteed spots in top universities. I could not expect to get a cushy, well paying government job simply because I was a Brahmin. My parents sent me to boarding school so I could become an American and not have to face the growing backlash Brahmins were facing as they lost control of the reigns of power in India.

I wish this story ended with me "reclaiming my heritage" and becoming an even more vehement vegetarian. It doesn't. The more I talked with my family, the more I realized we were not the perfect Hindu Brahmins I thought we were. I learned that most of the adults in my family were actually atheist. That my mom would secretly play cards with our Dalit housekeeper, and would drink and smoke all night while playing poker. Instead of becoming a Hindu holy man, my brilliant older brother opened a brothel because he said "You can't turn a profit as a priest."

I ate more and more meat. A teacher proudly brought me "chicken tikka masala," which I pretended to like. After Brandon Hall, I went to college at Embry Riddle in Daytona Beach to become a helicopter pilot. I had to eat meat there because it was such a masculine environment, you seemed weak if you were a vegetarian. Dad didn't like the idea of me being a pilot, and promised to buy me a helicopter if I would attend medical school. So I did that. In medical school, we talked a lot about how red meat is bad for you, and how vegetarians are much healthier. By that time, I had completely forgotten that I used to be a perfect pure Brahmin vegetarian in India.

Funny enough, when I met Elaine in med school, she was a vegetarian! But, within a few months of dating she started eating meat because I would get very hungry and grouchy if I only ate vegetarian food.

So here I am today, and I feel more American than I do Indian. It makes me sad that turned my back on my heritage, but maybe that's what it took to get this wonderful life with a beautiful life. Sometimes you have to give up part of yourself if you want to be free.

A BETTER BURGER

By Darryl Willis

It seems in the past few years restaurants have been in an arms race to produce the most decadent, over-the-top burgers. And I hate them all. You ever get one of those burgers that seems to have everything on it, stretching heavenward like a Manhattan skyscraper? How do you even eat them? You try to pick it up and it falls apart! I have to deconstruct my burger just to eat it. And then, of course, there's the excessive richness of the meat. I understand the appeal of grinding your own meat, but today's restaurateurs and amateur gourmets are grinding in bacon and butter, producing gut bomb burgers. You pick it up and your arm is dripping with grease! No way!

- 1 lb of good ground beef, 80% lean is good
- 2 tbsp of ice cold water
- 1 tsp Worcestershire
- 1 tsp Soy Sauce
- 1 tsp Salt
- 1 tsp Sugar

Dissolve seasoning in ice water, and then gently blend in the water mixture with the ground beef. Shape into patties. Add salt and pepper to the outside and grill. Flip only once. When assembling burgers, always remove excess bread from the buns. Simply scoop out a bit of the bread from the top of the bun, and then toast the bun. This will make room for the fillings.

GYROS

By Ronnie Zeller Jr.

- 1 1/2 lb flank steak (or lamb) sliced into 1/4 inch strips
- 1/4 cup olive oil
- 3 tbsp lemon juice

- 4 cloves garlic - minced
- 2 tbsp chopped oregano
- 1 tbsp chopped rosemary
- 1/4 tsp sea salt or 1/2 tsp table salt
- 1/2 tsp pepper

Marinate for one hour - grill, then cut into bite size pieces for gyros. For pitas, we have chopped tomatoes, lettuce, feta, and onion. If you have an indoor grill, spray or brush pitas with olive oil and a little kosher salt and grill on both sides.

LAMB SOUVLAKI

By Judge Dan Smith and Dr. Steve McDonagh

- 10 (6 to 8-inch) sturdy rosemary sprigs, for skewering
- 5 lbs boneless leg of lamb
- 4 garlic cloves, minced
- 2 rosemary sprigs, leaves stripped and chopped
- 4 tbsp extra-virgin olive oil
- 1 tsp lemon juice
- 2 tsp salt
- 2 lemons, cut into wedges for garnish

Soak the rosemary sprigs in water for at least 1 hour prior to grilling the souvlakia. Trim the leg of lamb of any excess fat and cut into 1 1/2-inch cubes. Place the cubes in a mixing bowl. Add the garlic, chopped rosemary, olive oil and salt and toss to coat. Refrigerate for at least 1 hour and up to 12 hours. Remove the lamb from the refrigerator and skewer 4 pieces onto each rosemary sprig. Heat a grill top for 5 minutes. Place the souvlaki on the grill and cook 1 1/2 to 2 minutes per side. Keep warm in a low oven until all are finished, transfer to a decorative platter and serve with lemon wedges.

DISHWASHER SANITIZING

By Cristina Perez

Dishwashers can be used to sanitize more than just dishes and silverware! Dishwashers can also be used to sanitize oyster shells, canning supplies, neti pots, paintbrushes, sex toys, dog toys, kitchen sponges, and baby supplies.

Make sure to clean the dishwasher after each cycle by running it on the hottest setting while empty!

CONVENIENCE MEAL

It's Tuesday night. You went from work to Pilates to home, and it's 7:45 before you even open the fridge to see what there is to make. How on earth will you get dinner on the table in time to watch at least two episodes of the latest Netflix miniseries before going to bed at 11?

Convenience food.

Not like the food you get at convenience stores. Or food that you add water to and microwave. I'm talking about food where the labor of preparing it has been done by someone else. Here we show off some of my favorite convenience foods: canned crab, cooked beets, and vegetable bouillon. But there are many other foodstuffs in this category where the convenience is not having to futz with preparing some time-consuming foodstuff. Canned beans are a great example of this. Roasted and peeled red bell peppers in a jar are another. Uncle Ben's wild rice is a favorite boxed convenience.

CHILLED BEETS WITH LEEKS AND CHEVRE

By Darryl Willis

1 package cooked and peeled beets
1 leek
¼ cup champagne vinegar
1 tbsp sugar
1 tbsp olive oil
1 tbsp balsamic vinegar
1 tsp pepper
1 tsp salt
Crumbled goat cheese

Look for vacuum packed, cooked and peeled beets in your produce section. Canned beets may also work if high quality, but don't use pickled beets. Slice the beets into thin coins. Cut one leek (white part) into half-moons and rinse off any dirt. Quick pickle the leeks in a mixture of champagne vinegar, salt, and sugar. If too sour, add a splash of water. Let pickle for at least 30 minutes (this part maybe should be done first). After pickle, drain and quickly rinse leeks. Combine leeks and beets. Add olive oil, balsamic vinegar, salt and pepper to taste. Crumble over goat cheese and serve.

CRAB CAKES DELUXE

By RuthAnn Frogget

Chicken of the Sea brand premium canned crabmeat (the refrigerated canned crab meat) is an excellent product. A one-pound can costs less than \$20, and produces great results in cooked dishes. Great to keep around for company—make a lemon butter pasta and add can crab meat... makes for an impressive, upscale meal on the fly.

- 1 egg
- 2 tbsp Zatarain's Creole Mustard
- ½ cup Blue Plate Mayonnaise
- 2 tbsp drained capers
- 2 tbsp horseradish
- 1 tsp Worcestershire sauce
- 1 tsp soy sauce
- 1 tsp Old Bay seasoning
- 1 tbsp Crystal Hot Sauce
- 1 tbsp Nellie's Key Lime Juice

Add in ½ cup of breadcrumbs. Gently fold in canned crab meat. Fold in fresh herbs of your choice basil and tarragon are favorites. Mint and Parsley are other options Use a lot... more than you think you should. Every bite should have a lot of fresh herbs in it. Using a grease metal 1/3 cup measure, scoop out crab cake servings and press into a hot skillet with bacon grease. Brown on both sides. Serve with remoulade, tartar sauce, tzatziki, raita, romesco, Salsa mil islas, or other refreshing sauce. (All recipes can be found in Sauces & Sides.)

BUSTER CRABS

By Violette Gautier

If you like to go crabbing, like my dear wife Poinsette and I do as much as we can, be on the lookout for buster crabs. Right before a crab is about to shed its shell (and become what is known as a "soft shell crab"), they puff themselves up with water to help push off their small shell. This is the point when the crabs have the most juice inside of them! But don't just cook them in their shells, remember they were looking to bust out. Take a pair of pliers and pry the shell right off of them (Poinsette does this because I think it's so brutal). Be ready to toss them in cornmeal and fry them—preferably within an hour! This will be the softest, juiciest crab you've ever had.

Make sure to check with your local guidelines on catching crabs!

DIRTY RICE

By Violette Gautier

At least once a month, I need to eat chicken livers. I crave that deep iron-rich flavor that livers and other offal so perfectly provide. (Incidentally, I have no place on my table for calf liver, which tastes of the poisons livers naturally filter out of the body). My favorite preparation for chicken liver is dirty rice. Even people who say they don't like liver love this dish. *Recherché* tip: Grind the liver very, very fine. It should almost dissolve into the background of the dish to provide an unctuous undertone.

- 1 lb chicken livers, soaked overnight in milk
- 6 cups water
- 1 tbsp salt
- 1 tbsp Worcestershire sauce
- 1 green bell pepper
- 1 red bell pepper
- 3 tbsp bacon drippings
- 1 bunch green onions chopped
- 1 fennel bulb chopped
- 1 lb lean ground meat
- 2 lbs andouille sausage
- 2 cups rice, uncooked
- 1 Lemon sliced, for garnish
- 1 bunch parsley chopped, for garnish

Add liver, salt, and Worcestershire sauce to a pot of water. Boil for 20-30 minutes until tender. Set the water aside and grind the meat. In a large Dutch oven, sauté the chopped vegetables in bacon grease until golden brown. In a separate pot, brown the ground meat and sausage. Remove excess grease. Mix the vegetables, livers, meat and sausage in the Dutch oven pot. Simmer for 15 minutes. Add 4 cups of the broth and cook slowly about an hour. If it becomes too thick, add additional broth. Cook the rice and mix with the meat mixture. Place rice and meat mixture into a baking dish and cover. Bake in a 325-degree oven for about 30 minutes. When ready to serve, serve with lemon wedge and garnish with chopped parsley.

EGGS BENEDICT

Courtesy of *EGGcelent Restaurant* in Magnolia Bayou

- 4 rounds English muffins

4 slices lean ham
4 thin tomato slices
4 poached eggs
Hollandaise sauce
Paprika

To poach an egg in a bag, crack the egg in a ramekin lined in plastic wrap. Tie a knot just above the egg. Try to not trap any air with the egg. Carefully drop the egg bag into boiling water for 5 minutes. After 5 minutes, retrieve the egg with a slotted spoon and cut the bag open just below the knot. Heat muffins in oven. Top with a slice of ham, then tomato, then a poached egg. Cover with Hollandaise sauce and sprinkle with paprika.

Hollandaise Sauce:

½ cup butter, divided into 4 parts
4 eggs yolks, beaten
¼ cup lemon juice
White pepper, to taste
Salt, to taste
Cayenne pepper, to taste

Place egg yolks in the top of a double boiler. Make sure the simmering water beneath is not boiling or touching the bottom of the top pan, or else the eggs will scramble. Beat the lemon juice into the egg yolks slowly. Add ¼ of the butter. Stir with a wooden spoon until butter is melted. Add the second portion of butter and repeat this process, stirring constantly, until all the butter is incorporated. Remove pan from heat and continue stirring until thick and creamy. Add white pepper, salt, and cayenne pepper to taste. Use immediately. If mixture curdles, beat in 1 tbsp of boiling water or cream, beating constantly in order to rebind.

CARBONNADE DE BOEUF

Courtesy of *Marie's* Restaurant

6 slices bacon
Salt and pepper to taste
3 lbs lean boneless beef chuck or rump cut into 2-inch pieces
5 tbsp butter
5 tbsp flour
4 large white onions chopped
1 ½ cups beef stock

- 1 ½ 12-oz. bottles Ommegang Abbey Ale or your preferred Belgian-style brew
- 2 to 4 tbsp red wine vinegar
- 2 to 4 tbsp brown sugar
- 1 large bay leaf toasted
- 3 large garlic cloves
- 5 parsley sprigs finely chopped

In a heavy Dutch oven, fry bacon until crispy. Set aside. Pour out most of the fat but leave just enough so that there is a light layer of drippings on the bottom. Salt and pepper meat. Heat fat until smoking hot, brown a few pieces of the meat at a time. If needed, add more fat. When all meat is browned, remove and set aside. Add butter to the pot. When butter melts, stir in flour. Cook until well combined and light brown. Add onions and sauté until soft and lightly browned. Add beef stock and beer. Stir constantly over low heat until well blended and mixture begins to boil. Add brown sugar, vinegar, bay leaf, and garlic. Simmer for 3 minutes. Taste for seasoning and adjust accordingly. Stir in parsley. Return meat to the pot. The sauce should cover the meat. If it doesn't cover the meat, add more beer. Stir gently; cover and place in the lower part of the oven at 325° for 1 ½ hours. The meat should be fork tender when ready. Serve with noodles.



BLACK EYED PEAS AND SAUSAGE JAMBALAYA

By Enola Barnes

The humble black-eyed pea. Common bacon. Everyday sausage. Plain rice. All transformed by the heat when brought together.

- 1 cup white onions chopped
- ½ cup green onions, chopped
- ½ red bell pepper, chopped
- 2 garlic cloves chopped
- ¼ cup parsley, chopped
- ½ lb bacon, cut into small pieces
- ½ lb smoked hot sausage, cooked and cut into bite sized pieces
- 1 cup uncooked Basmati rice
- 1 ¾ cups water
- 1 can black eyed peas, drained and rinsed or ¾ cup dried black-eyed peas, boiled until half done

In a large Dutch oven pot, cook bacon pieces until crispy. Remove bacon to drain on a paper towel and drain most grease from the pot, leaving enough to sauté the vegetable in. Sauté onions, pepper, garlic, and parsley. Cook until tender. Add the uncooked rice and toast in the bacon grease until lightly browned. Add the bacon pack to the pot, along with the sausage and black-eyed peas. Season to taste. Add the water and bring to a boil. Stir and cover with a lid. Cook on low heat for 20 minutes. Do not uncover the pot until after 20 minutes have passed. Remove lid for 10 minutes before serving.

CRAWFISH ETOUFFEE

By Violette Gautier

I use the frozen crawfish tails from Publix. Make sure they are from the USA or Spain, and this dish will taste exquisite.

- 3 cups basmati rice, uncooked
- 6 cups water
- $\frac{3}{4}$ cup butter
- 1 large white onion, chopped
- 1 clove garlic, chopped
- $\frac{1}{4}$ cup all-purpose flour
- 1 lb. frozen crawfish tails
- 2 tbsp canned tomato sauce
- 1 cup water, or as needed
- 6 green onions, finely chopped
- Salt and pepper to taste
- 1 $\frac{1}{2}$ tbsp Cajun seasoning, or to taste

Set out crawfish tails to thaw. Cook the rice and water in a saucepan and bring to a boil. Cover, reduce heat to low, and simmer for 15-20 minutes. The rice should be tender, and the water absorbed. While the rice is cooking, melt the butter in another large skillet over medium heat. Add the onion and sauté until soft. Stir in garlic and sauté until fragrant, then add in flour and blend well. Gradually add in tomato sauce and water, then add the thawed crawfish tails and bring to a simmer. Add in green onions and season with salt, pepper, and spices. Simmer for 5-10 minutes over low heat, until the crawfish is thoroughly cooked. Serve over cooked rice.

CURRIED CHICKEN OR TURKEY

By Elaine Punjabi

My husband is an emergency medicine doctor who flies a helicopter and serves a lot of the very rural bayou communities in our region. These are the kind of places where residents would have to take a boat if they wanted to get to the closest hospital. When Sid's on call, which is most days of the year, it's important that I make food that can be reheated. Sometimes we'll be in the middle of dinner and he'll get a call, and I know it'll be 2-3 more hours before he's back from saving lives in the rural bayou. When it's an on-call night, I choose these simple recipes that Sid can pull out of the fridge after a extra-long shift, microwave, and it still taste perfect. This dish fits the bill.

- 6 tbsp butter
- 1 medium sweet onion Lyonnaise
- 2 tbsp chopped
- 4 tbsp flour
- 1 cup turkey or chicken broth
- ½ cup white wine
- 1 ¼ cups fresh mushrooms, sliced and lightly sautéed
- 1 ½ to 4 tsp curry powder (to taste)
- 3 cups cooked turkey or chicken cubed
- 1 tart apple cored and diced
- 1 tbsp chopped parsley
- salt to taste
- pepper to taste

Heat butter in a large skillet and add curry. Stir until fragrant. Then add onion and bell pepper and salute until soft. Stir in flour, cook for 2 minutes then blend in broth, wine, and mushrooms. Simmer the mixture 15 to 20 minutes. In a large bowl, mix the turkey or chicken pieces and apple, and parsley. Add salt and pepper and taste for seasoning. Add this mixture to the sauce and heat slowly. Simmer for 15 minutes on low heat. Serve over saffron rice. Place condiments in small bowls on table and let everyone help themselves.

Recommended Condiments:

- Chopped salted peanuts
- Chutney
- Chopped green onions
- Toasted shredded coconut
- India relish
- Chopped hard-boiled eggs
- Candied ginger

LIGHT CHICKEN TETRAZZINI

By Duquesa Infanta Maria Teresa Pontalba de Barcelona y Andorra

The great Luisa Tetrazzini was an Italian opera singer who toured the world's finest cities, singing with so much power the walls would shake. During her time in San Francisco, head chef of the Palace Hotel, Ernest Arbogast invented this dish in her honor. Somehow, you Americans cheapened his sumptuous sauce into your cream of mushroom soup casserole buffet dishes. Here I am returning that classic recipe to you, with all its original class, but lightened up for your health.

- 4 chicken breasts, baked
- 1 large white onion, chopped
- 3 cups fresh mushrooms, thickly sliced
- 1 can evaporated low-fat milk
- 2 tbsp low-fat cream cheese
- ½ cup Parmesan cheese
- ½ cup almonds slivers, crushed
- 2 cups chicken broth
- 4 tbsp duck fat
- 2 tbsp sherry
- ¼ lb spaghetti

In a food processor, blend one of the baked chicken breasts until it is fine. This will thicken up the creaminess without adding more calories to the dish. Shred the other three chicken breasts into bite sized pieces and set aside. In a large skillet, melt the duck fat and saute the mushrooms in it until they begin to brown. Once they begin to brown, remove them from the heat and set aside. Add the onions to the same pan the mushrooms were just in and cook them until they are tender. Add one T of the sherry wine to deglaze the pan. Add the mushrooms back into the pan with onions and cook the alcohol out of the wine. Set aside. To make the sauce, whisk the chicken broth, evaporated milk, cream cheese, ¼ cup of parmesan, and sherry in a sauce pan on medium heat. Salt to taste. Once the sauce is well combined and begins to bubble, add the processed chicken and take off the heat. Make sure the spaghetti is cooked to al dente. In a casserole dish, combine the pasta, mushrooms and onions, shredded chicken, and the chicken cream sauce. Bake in a 375° oven for 15 minutes. Take out, sprinkle the remaining parmesan cheese and crushed almonds over the top. Bake for another 5 to 10 minutes until the cheese is melted and the almonds are lightly browned.

GREEK CHICKEN WITH GREEN OLIVES

By Opal Collier

4 skinless boneless chicken breasts
Olive oil, for browning chicken
1 large white onion
2 cloves garlic minced
1 ripe tomato or 1 28 oz. can tomato, chopped without juice
2 tbsp green olives with pimento
Dried oregano, to taste
Black pepper, to taste
½ cup dry red wine
Salt, to taste

Cut chicken into 1" cubes. Brown chicken in oil on medium heat. Remove chicken from the pan. Sauté the onions and garlic in the dripping until the onion is transparent. Return chicken to pan and add remaining ingredients. Simmer 30-45 minutes. Olives are salty, so you may not have to add salt. Serve with warm French bread.

PORK TENDERLOIN WITH GINGERED APPLES

By Mabel Harvey

1 lb tart apples such as Granny Smith
4 tbsp unsalted butter
2 tbsp light brown sugar
1 tsp peeled and grated fresh ginger
2-4 tbsp water
8 slices pork tenderloin about 2" thick
Salt and pepper
1 tbsp olive oil
Small fresh mint sprigs

Peel, quarter and slice apples lengthwise. In a heavy fry pan on medium heat melt 3 tbsp butter. When hot, add apples, stir and toss 5 mins. Add brown sugar and ginger and continue to sauté stirring 5 more mins. Add 2 tbsp water, cover and reduce heat and cook 8-10 minutes. Set aside. Place each pork slice between plastic wrap, using a rolling pin flatten to 1" thickness. Sprinkle with salt and pepper.

In another fry pan over med. heat melt remaining butter with oil, when hot add pork slices about 4 at a time. Sauté till brown on each side 4-5 minutes on each side. Transfer to a warm plate. Pour off fat from fry pan return to heat add apples and juices and stir to loosen any piece's from pan. Add remaining water if there is too little liquid in pan or if apples are sticking. Sauté till apples are well heated, 1-2 minutes. Return pork slices and their juices to the pan and heat on both sides for a few seconds.

Arrange pork on a warm platter and top with apple slices and garnish with mint.

FROMAGE ET ÉPINARDS

By Lucille Brennan

- 3 eggs, beaten
- 2 tbsp all-purpose flour
- 1 10-oz. package frozen, chopped spinach, thawed and drained
- 2 cups cottage cheese
- 2 cups grated cheddar cheese or gruyere
- 1 cup diced ham/bacon
- ¼ cup feta
- 1/2 tsp garlic salt
- 1 tbsp lemon juice

In a large mixing bowl, beat eggs and flour together until smooth. Add remaining ingredients and mix well. Pour into a well-greased 9"x13" casserole dish and bake at 325 ° for 60-70 min or into individual pastry tray and bake at 325 ° for 25 minutes. May be mixed a day ahead, refrigerate and cooked just before serving.

VENETIAN SHRIMP AND SCALLOPS

By Beatrice Alyett

- 1 lb. sea scallops
- 1/4 cup flour seasoned with salt and pepper
- 1 tbsp (1 turn around pan) extra-virgin olive oil
- 2 tbsp butter
- 2 cloves garlic chopped
- 1 large shallot finely chopped

- 1/2 tsp crushed red pepper flakes
- 1 cup dry white wine
- 1 cup chicken broth or stock
- 1 14-oz can diced tomatoes in juice
- 1/4 tsp saffron threads
- 1 lb. large shrimp peeled and deveined¹¹
- 12 leaves fresh basil shredded or torn
- 1 lemon zested

Lightly coat the sea scallops in flour seasoned with salt and pepper. Discard remaining flour. Preheat a large skillet over medium high heat. Add oil (1 turn around the pan) and butter. When butter melts into oil, add scallops. Brown scallops 2 minutes on each side, then remove from pan. Add an additional drizzle of olive oil to the pan and add the garlic, shallots, and crushed red pepper flakes. Reduce heat a little and sauté garlic and shallots 2 minutes, stirring constantly. Add wine to the pan and free up any pan drippings. Reduce wine 1 minute, then add stock, tomatoes and saffron threads. When liquids come to a bubble, add shrimp and cook 3 minutes. Return scallops to the pan and cook shrimp and scallops 2 to 3 minutes longer. Transfer shrimp and scallops to a warm serving dish and top with basil and lemon zest. Pass plenty of bread to enjoy the juices.

CREAMY CHICKEN ENCHILADAS

By Tracy Alvarez

- 2 tbsp Butter
- 1 medium onion chopped
- 1 ½ cups chopped/shredded cooked chicken
- 1 cup picante sauce
- 3 oz. cream cheese
- 1 tsp ground cumin toasted
- 1 ½ cups shredded Monterey jack cheese
- 1 package of 6" Flour Tortillas (need about 8-12)
- ½ can cream of mushroom soup
- ½ can of whole milk
- 1 bunch green onions

Cut up chicken and cook it in a pan. After it is cool shred the chicken or cut into small pieces if necessary. Cook the onion in the butter until tender. Stir in

¹¹ WASH AND KEEP SHELLS. ADD TO STOCK TO AMPLIFY SHRIMP FLAVOR

chicken, ¼ cup picante sauce, cumin, and cream cheese. Cook until cream cheese is melted. I use a 9"x12" glass pan for the casserole. Put about ½ cup of the mixture into the tortillas and roll them up. Place them in the baking dish seam side down. After filling the pan with the tortillas, spoon remaining picante sauce over the top. In a bowl mix the cheese, soup, and milk and spoon this over the casserole.

Bake at 350° for 20-25 minutes. Sprinkle with green onion slices and serve with picante sauce.

Options

I added chopped green chilis to the chicken mixture and put jalapenos on top before I cooked it.

CHILI

By Kitty Conway

No recipe is complete without alcohol. Not even Chili!

- 1 lb. ground beef
- 1 can cooked pinto beans
- 1 can cooked black beans
- 1 medium onion chopped
- 1 tbsp minced garlic
- ½ tsp garlic powder
- 4 tbsp Williams chili powder
- ½ tsp salt
- ¼ tsp pepper
- 1 16 oz can of Rotel
- 2 cups V-8 juice
- 1 small can of tomato paste
- 3 tbsp Cognac
- 2 squares 90% cacao dark chocolate



The Old Crab



THERE'S NO TRUER FRIENDSHIP THAN A CAT
THAT'LL EAT YOU WHEN YOU'RE DEAD.

Brown ground beef, garlic and onions and drain grease. Add V-8 and Williams seasoning, then other ingredients. Simmer at least 30 minutes.

VINDALOO BEEF

By Sid Punjabi

As a Brahman, I was raised to honor and revere cows as a symbol of the Gods. As an American, I was introduced to the horrors of beef in every recipe. Tasting beef for the same time was deeply disturbing for me, and even now I do not take pleasure in consuming the flesh of cows. However, as an American, I am trying to adapt to my wife's society and cultures. I hope you enjoy this recipe of both East and West, no matter your religion.

- 2 large onions minced
- 1 tbsp garlic minced
- 2 tbsp butter
- 1 tbsp coriander, ground
- 1 tsp turmeric, ground

½ TSP of each of the following:

- Ground cumin
- Dry mustard
- Red pepper flakes
- Ground red pepper
- Ground black pepper
- Ground ginger
- Ground mint
- Ground Fenugreek
- 2 dried bay leaves
- 1 tsp salt
- 3 tbsp vinegar
- 2 lbs beef in 2-inch cubes
- ½ cup dry red wine
- 3 cups beef stock reduced to 2 cups
- 1 tbsp cornstarch
- 1 tbsp Fresh Mint
- 2-3 large russet potatoes cut in 2-inch cubes

Cook onions and garlic in butter until wilted. Add spices, vinegar and stir briefly. Add meat and cover. Cook, stirring about 10 minutes, until meat loses color. Mix cornstarch in with the beef stock (or 3 bouillon cubes in 2 cups warm water). Add wine, beef stock, and potatoes to the meat. Cover and cook 1 hour until meat is tender. Stir in lemon juice. Serve hot with Basmati rice. Top with fresh mint.

THE RAVAGES OF WAR ON THE CHEF

By Darryl Willis

Honey, I have seen some things at war. Not in battle, mind you, but in the bowels of a Navy destroyer where I spent 35 years as a chef. On my ship were America's finest, defending our freedom with all their lives—and it was my duty to keep them well fed. Napoleon, that old queen, said armies march on their stomachs, and in my three decades in the military I can attest that you don't want to have that many strapping, powerful, well-armed and trained men hungry.

The height of my career was in the Gulf War, when I was serving 3000 men three square meals a day, plus ongoing service for the late shifters. The work was grueling—up at 0400 to start breakfast and finished at 2200 after cleaning up from dinner and setting late night service for the graveyard. I've seen some terrible things at war, and I've feared for my life. You don't know the real definition of scary, child, until you run out of bacon midway through Sunday breakfast and you got 1000 more men coming through the line. Hungry men make for mutinous soldiers, and I've seen otherwise gallant seaman snap when there's nothing for dessert. In an hour of desperation, I once claimed I was the desert. It was the best and worst night of my life and that includes the six hours I spent at my last family reunion having to watch a woman in a jean dress tell me I was the one making the wrong life choices. *Honey.*

Like a Navy chef, you and your team take the heat when there's not enough bananas or the cereal doesn't taste they have back at home (the government bought it, and taxpayers don't like us to buy name brand, so it may taste like human kibble, kiddo!), even though none of that is in your control. Sometimes when you're on the ship, you're in the goddam middle of nowhere. You may be 2000 miles from the nearest spit of land, and you could go for days or weeks without replenishing your stock. Using every last bit of food you had was a necessity, because food waste in the military is about as unpatriotic as thinking Whitney Houston didn't sing the best damn version of the *Star Spangled Banner*.

I still use a lot of those old military recipes today, even though my diners have changed from seamen to queens, and I'd like to share them with you. Some of the staple recipes for meatloaf, vegetable soup, spaghetti and meat sauce, were the most adored by my men. When you're working on the ship, you have to have straightforward recipes with simple measurements that can be infinitely multiplied. To this day, I don't go in for recipes with fiddly measurements like 1 cup plus 2 TBSPs, particularly if I won't use all of something (like opening a can of tomato paste for 1 T—what a waste!). This allows my recipes to be very easy to remember and dictate to people. With today's public schools going to hell,

a lot of the kids you get in the galley to help you can hardly read. That's why it's so important to be able to convey a recipe that can be remembered, even by the dumbest of yoohoos.

When I started catering for all the ladies of Magnolia Bayou (I'm an honorary member of the Ladies Auxiliary now), I began to adapt these recipes for a more lady-like taste. When I cater Cristina Perez's business meeting luncheons, I'll add chili peppers to the meatloaf. Dr. Rosaria Bernini is much easier to cater for than you'd imagine such a brilliant woman to be. As long as you cook with lots of wine and basil, she'll love it. No need to measure darling, just pour, pour, pour!

Here are some of my favorite recipes. These navy cruise recipes can be done for 2, 20, 200, or 2,000 people—just multiply your ingredients. Add your own twists... they'll take well to them. If you can get a queen and a bear to dine on the same plate, you know you're a master of your craft.

CHICKEN POT PIE CASSEROLE

By Darryl Willis

- 1 rotisserie chicken shredded
- 1 bag of frozen sweet peas, drained and rinsed
- 1 can cream of mushroom soup
- 2 cans chicken or vegetable broth
- 1 bag of frozen mixed vegetables, drained and rinsed
- 1 bunch of green onion chopped
- 1 can ready-to-make biscuits
- 2 pinches dried sage
- 3 pinches dried parsley
- 2 cloves of garlic minced - or 3 pinches of garlic powder
- 1 pinch black or white pepper
- Salt to taste

Mix all ingredients except for biscuits in a large casserole dish. Bake on 350 ° until onions have softened, approximately 20 minutes. Take dish out of the oven and place the sliced biscuit dough on top of mixture. Place back in the oven for 5 minutes more than biscuit package recommends.

EGG NOODLE BEEF STROGANOFF

- 1/2 package egg noodles
- 2 lb ground beef
- 2 cans cream of mushroom soup
- 3 cans Swanson beef or vegetable broth
- 1 package sliced white mushrooms
- 1 white onion chopped
- 2 pinches dried parsley
- 2 pinches paprika
- 1 small pinch of cayenne pepper
- Salt to taste

In a large pot, brown the ground beef. Drain most of the liquid out. Add the chopped onion, parsley, paprika, and cayenne pepper. Cook until onions begin to brown. Stir in the sliced mushrooms and cook until they start to sweat. Add the egg noodles, cream of mushroom soup, and broth. Gently stir until combined and let simmer until egg noodles are al dente.



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COOKING FOR CONVALESCENTS

By Dr. Sid Punjabi

When I was first approached to edit this section, I wanted to call it "Cooking for Invalids," which is what I would have called it back in India. But then my wife Elaine told me that didn't sound so nice, and that people might think the term "invalid" is outdated and offensive. There you Americans go being so touchy and offended about a perfectly good word which meant (and I looked it up) "an infirm or sickly person." Elaine pointed out that "Cooking for Convalescence" not has a better ring to it, but has a more positive ring to it, because to convalesce is to recover from illness.

Whatever you call it, we're all going to be sick and need care one day. We hopefully will be old and need care one day. Many, if not most, of us will have to care for the sick and elderly one day. Preparing food for the sick and the elderly should be taken with the utmost seriousness, because a good, well-served meal can make even the most infirm perk up with new life.

Too many of you Americans think that the sick and elderly need bland, beige, boring food. True, some people have delicate constitutions and need food that will provide them power without aggravating their senses. We've all heard of "bananas, rice, applesauce, and toast" which are all fine for the feeblest of invalids, but these foods have no color! I firmly believe that one needs color, especially healing golden hues, when one is sick. Try to put as much color as you can into a meal for anybody, but especially sick people. Different color foods have different nutrients, so it's very important you don't just serve beige food. It's not just color of the food, but how it is presented. Cooking for Convalesce calls for colorful plates and napkins, and always fresh flowers accompanying a meal. Such touches of beauty perk up the invalid and help them heal.

I, personally, love to eat sushi when I'm sick, especially if I'm having digestive problems. When I'm under the weather, sometimes even chewing my food can be a chore, so soft foods like raw fish and sticky rice are perfect for me. Incidentally, beef tartare and raw eggs were once popular items to serve to those who were ill, because they were thought to be easier to digest.

In this section I've pulled together recipes I think would be excellent to serve an invalid and would help them convalesce back to health!

GOLDEN MILK

By Dr. Sid Punjabi

Have the sniffles? Golden milk. Sore throat? Golden milk. Upset stomach, diarrhea, sprained ankle, migraine... the answer is always golden milk. This concoction is popular with Indian mothers everywhere as a cure all remedy for whatever ails the kids. Studies show that turmeric has antibiotic and antiviral properties, which helps explain the medical efficacy of this little drink. When combined with black pepper, turmeric is ever more powerful. I like to think that anything golden will make you feel better. The bright, peppery feeling of the color yellow lifts the mind, body, and soul. Elaine makes this for the kids as soon as they have slightest cough, and it fixes them right up!

In a saucepan, combine the following:

- 1 can of coconut milk
- 1 can of water
- Pinch of salt
- Honey to taste – Start with ¼ cup and add more as desired
- 1 tbsp ground turmeric
- 1 tsp ground black pepper
- ½ tsp saffron
- 1 stick of cinnamon

Simmer for 15 minutes on very low heat. Strain and serve as you would hot chocolate.

CHICKEN AND RICE

By Beatrice Alyett

- 1 whole cut up chicken
- 2 chicken bouillon cubes
- 1 small onion quartered
- 2-4 cloves of garlic, minced
- ¼ tsp salt
- 1 tsp pepper
- 1 cup long grain rice
- Chopped parsley
- Lemon juice for garnish

Place all ingredients except rice in a large pan and fill $\frac{3}{4}$ full of water. The whole chicken usually has the liver and gizzards and I discard these. They will make the meal bitter. Boil on the stove on medium-high for about an hour. You can tell the chicken is done because the meat will pull easily off of the bone. Do not cover this pan with a lid. Remove the chicken from the pan and place on a plate to cool. Strain the broth and save. Take 2 cups of the broth and put back in the pan. Add one cup of rice. Turn on high until the water and rice are boiling. Then, cover the pan with a lid, turn the heat to low and cook for 20 minutes. While the rice is cooking, separate the chicken from the bones. Add the chicken to the rice when the rice is cooked.

SAVORY PORRIDGE

By Opal Collier

Saffron is excellent for good health! I always make this porridge when my kith and kin are feeling low.

Water

1 rotisserie chicken, shred the meat, keep the bones

1 onion roughly chopped

2 garlic cloves

2 cups uncooked white rice

8-12 threads of Saffron, bloomed in 1 cup of warmed-up white wine

Salt to taste

Shred the chicken and set aside until ready. Place the chicken bones and any other scraps in a large pot along with the chopped onion and garlic cloves. Fill the pot with water, leaving about 4 inches of room at the top so it does not boil over. Add salt. Bring to a simmer and leave it for at least 1 hour. Strain the water and discard the solids. Add the shredded chicken to the water along with the wine and saffron and the 2 cups of rice. Bring to a simmer until the water has mostly been absorbed by the rice and the rice is mushy. Salt to taste. Serve in a bowl and enjoy.

DEMI-GLACE ICE CUBES

By Ouida Salz

Demi-glace can be described as a rich, concentrated version of beef stock that makes a great starter for soups, stews, and sauces. A smart southern cook always

has a few cubes of it in their freezer. They make for an excellent meal when you're ill. Just heat up a cube with water, and suddenly you have a delicious beef broth to soothe your tummy.

Two-gallon freezer bags filled with steak leftovers (pulled off people's plates after dinner, gristle, uneaten bits) and steak bones

1 large Vidalia onion, chopped

4 ribs of celery, chopped

4 carrots, chopped

1 6 oz. can tomato paste

1 tbsp olive oil

½ bunch chopped parsley

3 sprigs thyme

3 sprigs rosemary

Four dried bay leaves

Two packets powdered gelatin

Two glasses red wine (preferably merlot)

1 tbsp soy sauce

1 tbsp nutritional yeast

1 tbsp Worcestershire sauce

1 tbsp salt

Chop onion, celery, and carrots into large chunks. Spread out on a glass baking pan and add oil. Brush tomato paste all over your vegetables. Roast at 350 ° for 45-60 minutes or until the vegetables appear dark and caramelized. Remove vegetables from oven and add them to a large stock pot along with your beef bits and beef bones. Add in your parsley, thyme, and rosemary. In a small saucepan, gently toast four bay leaves, then add them to your large stock pot. Add in your powdered gelatin, red wine, soy sauce, nutritional yeast, Worcestershire sauce, and salt. Add water till all ingredients are covered. Simmer for 2-3 hours until much of the water has evaporated. Strain off the solids with a colander, and taste-test your stock. It should be very strong, rich, and meaty. If insipid, let reduce. If overwhelming, add water. When satisfied, pour your stock into ice cube trays and freeze overnight. While perfect for an easy

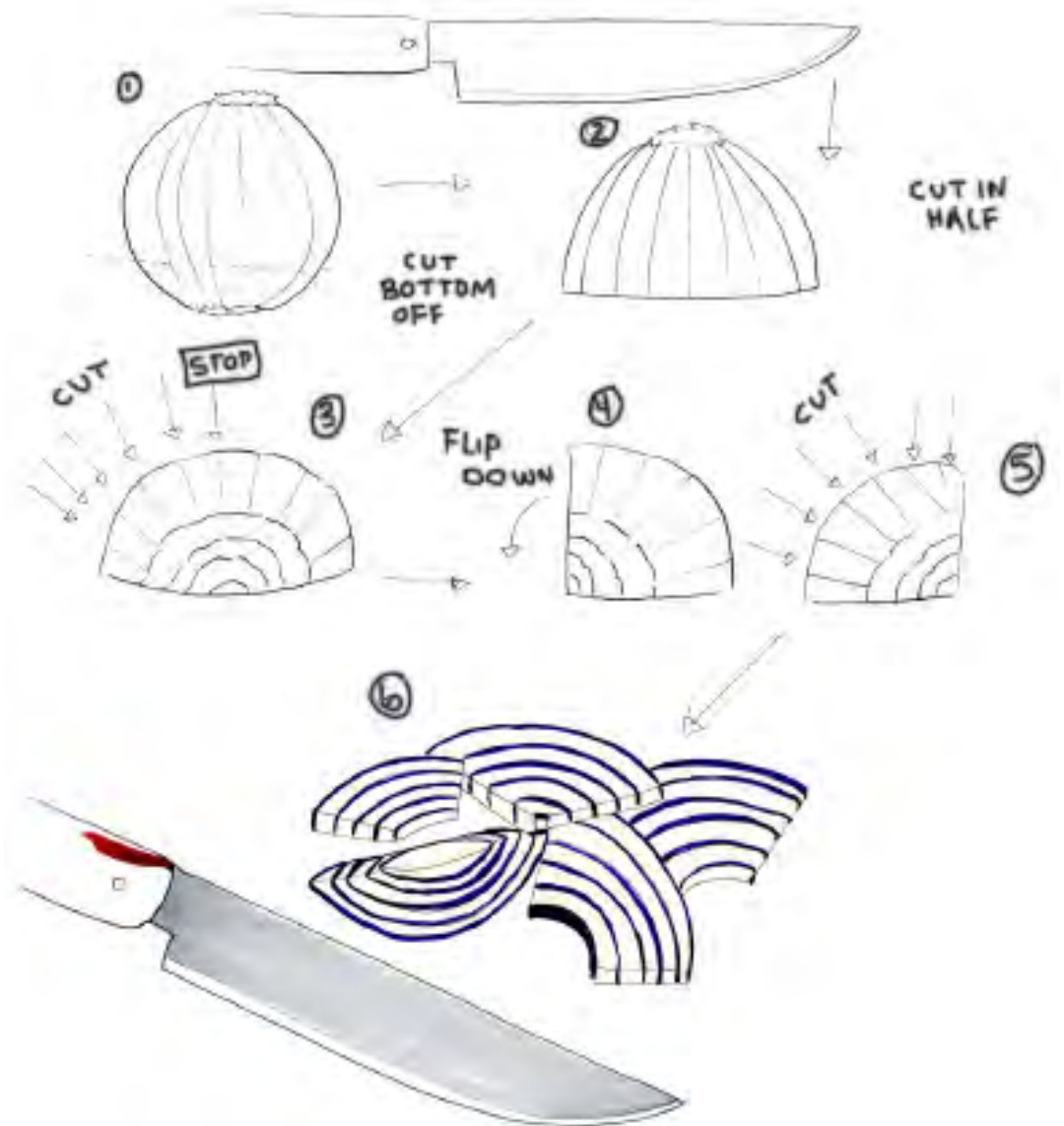
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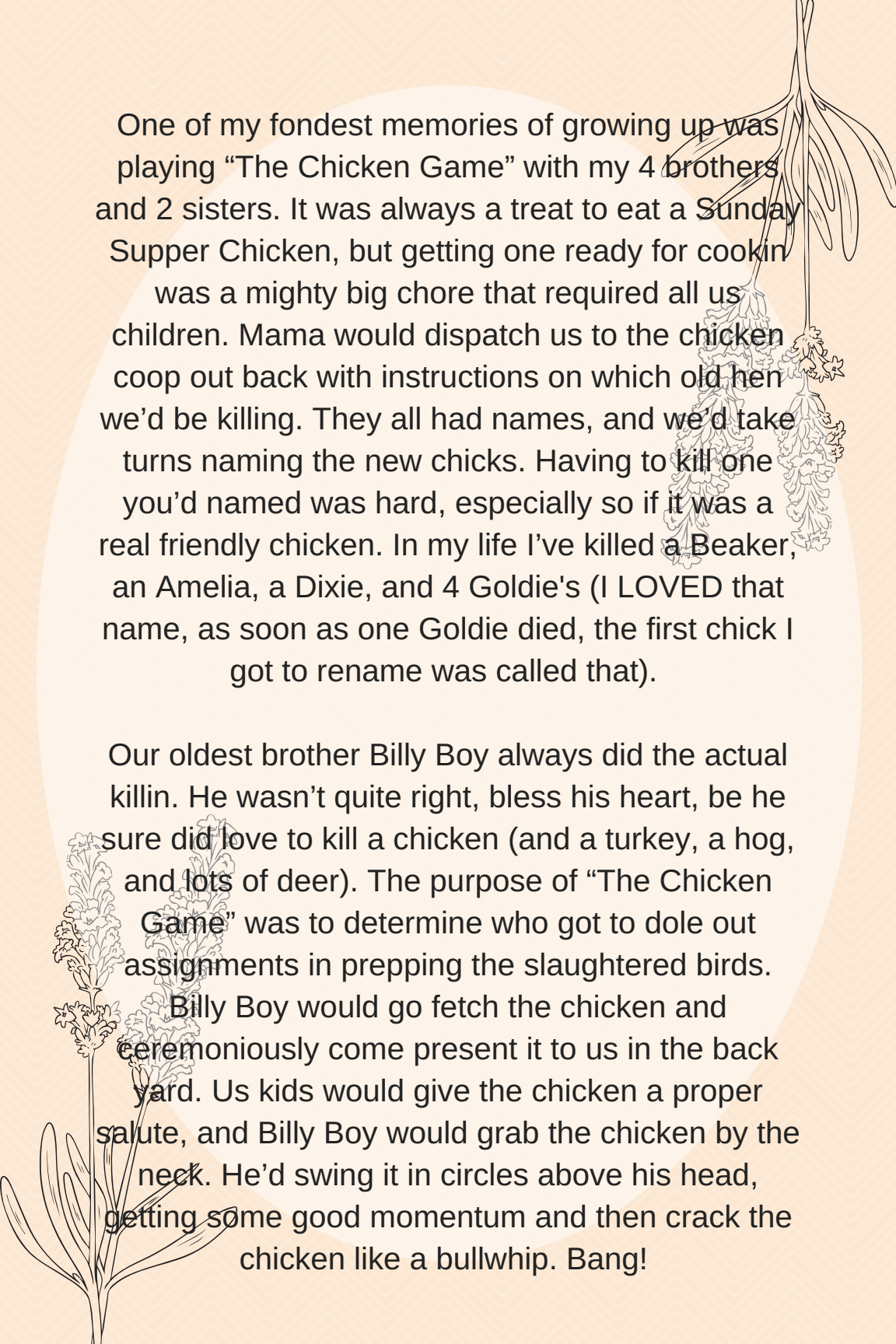
Strain oyster liquid to remove any grit or shell.

meal, they can also be used to start a rich gravy, add flavor to beans, or make a quick stew.

HOW TO PROPERLY CUT A LYONNAISE ONION

Cutting an onion requires skill to avoid tearing up. Begin by slicing the onion in half, placing the cut side down upon the chopping board. Working from the board up to the top, slice the onion along its natural grains. When you reach the top, stop cutting and start working from the other side. This will allow you to have identical cuts utilizing the natural shape of the onion.

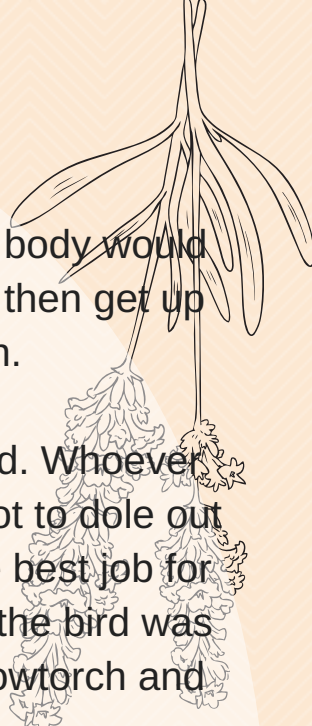




One of my fondest memories of growing up was playing “The Chicken Game” with my 4 brothers and 2 sisters. It was always a treat to eat a Sunday Supper Chicken, but getting one ready for cooking was a mighty big chore that required all us children. Mama would dispatch us to the chicken coop out back with instructions on which old hen we’d be killing. They all had names, and we’d take turns naming the new chicks. Having to kill one you’d named was hard, especially so if it was a real friendly chicken. In my life I’ve killed a Beaker, an Amelia, a Dixie, and 4 Goldie’s (I LOVED that name, as soon as one Goldie died, the first chick I got to rename was called that).

Our oldest brother Billy Boy always did the actual killin. He wasn’t quite right, bless his heart, but he sure did love to kill a chicken (and a turkey, a hog, and lots of deer). The purpose of “The Chicken Game” was to determine who got to dole out assignments in prepping the slaughtered birds.

Billy Boy would go fetch the chicken and ceremoniously come present it to us in the backyard. Us kids would give the chicken a proper salute, and Billy Boy would grab the chicken by the neck. He’d swing it in circles above his head, getting some good momentum and then crack the chicken like a bullwhip. Bang!




The head detached, and the decapitated body would fly across the yard, land with a thud, and then get up and run in every which direction.


Us kids would then chase the zombie bird. Whoever caught it won “The Chicken Game” and got to dole out assignments. The winner always took the best job for themselves: **Blow torching the bird.** After the bird was plucked, you’d take daddy’s kerosene blowtorch and burn off all the pin feathers.

The other tasks were:

Water fetcher: You had to run up to the house, several times, to get big pots of boiling water. You’d then fill up a zinc tub to scald the freshly killed chicken. This was a very exhausting job, and sometimes boiling water would slosh on your hands and feet and burn you. Also, scalding the chicken stinks to high hell!




Plucker: A two person job that was rather unpleasant and tedious. (After the chicken is plucked comes the blowtorching. It was so fun you’d have to be careful not to cook the chicken)



Feeter/Gutter: You'd cut off the feet and then gut the chicken. Sometimes Billy Boy would take mercy on the younger ones if they got assigned this job, and they were too squeamish to do it. He'd sit down and show them how to do it.

Mopper: You'd clean up all the blood and guts leftover. This was a stressful job because you'd catch all hell with meemaw if there was any chicken guts left in the yard.



I have such wonderful memories of growing up on a farm! Life was truly idyllic!

- Mrs. Lillian Connaly