

# NEW ORLEANS SCHOOL of COOKING

FAMILY OWNED | EST. 1980

## Corn and Crab Bisque

### Ingredients:

2 C. stock

Joe's Stuff seasoning, to taste

12 oz. whole corn with liquid or ½ lb. frozen corn

¼ C. flour

¼ C. butter (½ stick)

2 C. heavy cream

¼ lb. crab meat (claw)

½ C. sliced green onions

parsley, chopped

crab boil, to taste

### Procedure:

1. In a large pot, place stock, spices, and ½ of the corn. Bring to a boil then reduce to a simmer for about 10- 12 min.
2. Make a blonde roux with equal parts of butter and flour. Add roux to your simmering pot.
3. Pour in cream then stir in the remaining corn and remaining crabmeat. Simmer for another 5 min.
4. Add in half of your green onions.

\*\* Makes 2-4 Servings \*\*

### Notes:

Use the other half of your green onions and parsley for garnish.



## Chicken Etouffee

### Ingredients:

½ C. flour  
½ C. butter (1 stick)  
2 C. onions, diced  
1 C. celery, diced  
½ C. green bell pepper, diced

1 Tbsp. garlic, minced  
Joe's Stuff seasoning, to taste  
3 C. chicken stock  
2 lbs. chicken, diced  
cooked rice

### Procedure:

1. Add flour to hot butter and stir constantly to make a dark roux. Add onions, celery, green bell peppers, garlic, and Joe's Stuff to roux.
2. In another pot, heat the chicken stock. Add stock to the roux gradually until blended well and desired thickness is reached. Cook for 10 minutes over medium heat.
3. Add chicken and cook for an additional 30 minutes. If desired, add sliced green onions and chopped parsley may be added 5 minutes before serving over cooked rice.

\*\* Makes 8 Servings \*\*

### Notes:



## 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 ½ C. granulated sugar
- ¾ C. light brown sugar, packed
- ½ C. milk
- 6 Tbsp. butter (¾ stick)
- 1 ½ C. pecans (roasted optional)
- 1 tsp. vanilla

### Procedure:

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

\*\* Makes 1-50 Servings \*\*

### Notes:

To roast pecans, bake them on a sheet pan at 275°F for 20-25 minutes, until lightly browned and fragrant.

Praline sauce (add ½ C. corn syrup to mixture.)

Flavored pralines (chocolate, coffee, brandy, etc.)

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## Gumbo Z' Herbes

### Ingredients:

- |   |                                 |
|---|---------------------------------|
| 4qt. Vegetable stock                          | 1 C. green onions, sliced       |
| ½ small head of cabbage, shredded             | 1 Tbsp. parsley, chopped        |
| 1 (10oz.) pkg. frozen spinach, chopped        | 1 Tbsp. garlic, minced          |
| ½ (10oz.) pkg. frozen mustard greens, chopped | 1 Tbsp. Steen's Syrup           |
| ½ (10oz.) pkg. Frozen turnip greens, chopped  | 2 bay leaves                    |
| ½ (10oz.) pkg. frozen collard greens, chopped | 2 Tbsp. red wine vinegar        |
| ½ C. gluten free flour                        | Sliced garlic, to taste         |
| ½ C. vegetable oil                            | Joe's Stuff seasoning, to taste |
| 2 C. onions, diced                            |                                 |
| 1 C. celery, diced                            |                                 |
| 1 C. green bell peppers, diced                |                                 |

### Procedure:

1. Cook shredded cabbage in 2 ½ qt. of vegetable stock for about 15 min.
2. In another big pot, bring 1 ½ qt.s vegetable stock to a boil. Place frozen spinach and other greens in the boiling stock and cook until done, about 20 min.
3. While greens are cooking, make a roux of flour and oil by stirring constantly in an iron skillet on medium-high heat. When a dark peanut butter color, add onions, celery, green bell peppers, and green onions.
4. Combine everything in the biggest pot, including parsley and seasonings. Cook for another 20 min. or so. Serve over rice, if desired. Freezes well.

\*\* Makes 12-15 Servings \*\*

### Notes:

Add diced sweet potatoes, diced tomatoes, charred okra or mushrooms for additional texture and flavor.

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## Creole Z' Herbes

### Ingredients:

- |                                |                               |
|--------------------------------|-------------------------------|
| 2 Tbsp. vegetable oil          | 1 bay leaf                    |
| 2 Tbsp. flour                  | ¼ tsp. thyme                  |
| ½ C. vegetable stock           | ¼ tsp. basil                  |
| 2 C. onions, diced             | 1 lemon, sliced               |
| 1 C. celery, diced             | 3 Tbsp. Joe's Stuff seasoning |
| ½ C. green bell peppers, diced | ½ Tbsp. brown sugar           |
| 2 tsp. garlic, minced          | ½ C. frozen cut okra          |
| 2 C. crushed tomatoes          | parsley, chopped              |
| 2 C. diced tomatoes            | green onions, sliced          |
|                                | Sliced garlic, to taste       |

### Procedure:

1. In a skillet, over high heat cook vegetable oil and flour together to make a dark peanut colored roux.
2. Add onions, celery, green bell peppers, and garlic to a pot with the stock. Simmer until vegetables become soft.
3. Add crushed and diced tomatoes, bay leaf, thyme, basil, sliced lemons, Joe's Stuff, brown sugar, and okra. Simmer for 20-30 minutes.
4. In the last 5 minutes of cooking add the parsley, green onions, and season to taste with Joe's Stuff and sliced garlic. Serve over rice.

\*\* Makes 4-6 Servings \*\*

### Notes:

Add eggplant, zucchini, and yellow squash for extra flavor and texture.