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Ideas – Jumbalaya

Dirty Rice

Red Rice and Beans

Gumbo

Kings cake

Banana Foster



Anzacs

- 1 cup butter
- 2 tablespoons maple syrup
- 1 cup plain flour
- 1 teaspoon baking powder
- 1 cup rolled oats
- 1 cup flaked coconut, unsweetened
- 1 cup sugar

Soften butter slightly, then cream in maple syrup. Add the remaining ingredients. Roll into small balls; place well apart on greased baking tray. Bake in moderate oven (350F.) for approximately 15 minutes. Cool tray before removing.

Servings: About 4 dozen

Bananas Foster Crunch Cake

- 1/2 cup butter or margarine, softened
- 1-1/2 cups sugar
- 2 large eggs
- 2 cups mashed bananas
- 1/4 cup light rum
- 1 teaspoon vanilla extract
- 1-1/2 cups all-purpose flour
- 3/4 cups cornmeal
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup all-purpose flour
- 1/3 cup pecans, chopped
- 1/4 cup brown sugar, packed firmly
- 1/4 cup butter or margarine, melted

Preheat oven to 350F. Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well. Add eggs, one at a time, beating after each addition. Stir in mashed bananas, rum and vanilla. Combine 1/2 cups flour and next 4 ingredients. Add to butter mixture, mixing until well blended. Pour into a greased and floured 10 inch tube pan; set aside.

Combine 1/2 cup flour, pecans, brown sugar, and butter; sprinkle over batter. Bake at 350F for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on wire rack for 10-15 minutes; remove from pan, and let cool completely on wire rack.

Acadiana Rice and Blackeyed Peas

One 16 ounce can blackeyed peas, drained
One 10-ounce can rotel tomatoes, drained
3 cups rice, cooked
1/2 teaspoon garlic salt
2 tablespoons olive oil
1/2 cup onion, minced
1/2 cup bell pepper, minced
1 teaspoon garlic, minced
1/2 cup green onions, thinly



Preheat oven to 350F. Combine first 4 ingredients in large bowl. Heat oil in small pan. Add next 4 ingredients to hot oil & 5 minutes. Add to rice mixture. Stir well. Transfer to shallow 8 inch Pyrex dish, sprayed with nonstick spray. Sprinkle green onions on top. Cover. Bake until heated about 2530 minutes.

Serves 6.

Andouille Jambalaya

Pork

1 lrg Chopped Onion
1 lb Sliced Andouille
1 Can Water
1 Can Tomato Sauce
1/2 tsp Thyme
2 Bay Leaves
2 cups Cooked Rice
To Taste Salt & Pepper

*** Fry sausage rings until slightly brown. Add onions, tomato sauce and water. Add seasonings, salt & pepper. Cook 15 to 20 minutes on slow fire. Mix thoroughly. Heat on a simmer fire a few minutes. Serve hot.

Yield: 6 Servings

Rice Pot Jambalaya

One 10-1/2 can oz beef broth
1-1/2 cups rice
1 tsp red pepper
One 4 oz can mushroom stems and pieces
2 cups chopped onions
1 tbs salt (to taste)
1 pound smoked sausage

Tasso, shrimp, crawfish or any cooked meat can be used in place or in combination with sausage)

Wash rice and drain. Drain mushrooms. Place rice, beef broth & mushrooms in rice cooker. Then onions, seasonings and meat Turn rice cooker on. When finished, stir. Let steep 10 minutes Serve hot.

Busy Day Cajun Salad

1 package (16 ounces) macaroni
6 eggs
1 can (6-1/8 ounces) light tuna
3 tablespoons pimentos
2 tomatoes, chopped
3 ribs celery, chopped
1/2 cup chopped olives
1 lb shrimp
10 tablespoons mayonnaise
Salt, white pepper, black pepper, Tabasco



Boil macaroni; drain. Boil eggs; peel and chop. Add tuna, chopped pimentos, tomatoes, celery, olives. Boil shrimp or peel and steam, covered, in microwave. If goodsized, cut into 3 pieces. Keep liquid steam made and mix with mayonnaise. Mix all together; season to taste with salt, white pepper, black pepper, Tabasco. Serve with French bread or crackers.

Yield: 8 servings

Cajun Bean Salad

One 16 oz can pork and beans in tomato sauce
1/2 cup diced cooked ham
1/2 cup chopped onion
1 stalk celery, chopped
1 med. green pepper, chopped
2 tbsp. chopped pimento
1/4 tsp. pepper
1/8 tsp. garlic powder
1/8 tsp. ground red pepper

In medium bowl, combine all ingredients; toss gently to coat. Cover; refrigerate until serving time, at least 2 hours.

Makes 3 cups or 6 servings.

Cajun Egg Salad

3 single pkg unflavored gelatin
1 cup water
2 cups low-fat mayonnaise or lowfat cream cheese
12 hard boiled eggs, chopped
1/2 cup sweet pickle relish
1/2 cup chopped celery
1/2 cup chopped sweet red bell pepper
1/2 cup sliced green onions
1 tsp salt
1/4 tsp cayenne red pepper
Thinly sliced fully cooked ham (optional) for garnish in middle of mold.

In a medium saucepan, soften gelatin in water for 5 minutes. Stir over low heat until gelatin dissolves. Remove from heat. Whisk mayonnaise, stir in eggs, relish, celery, red bell pepper, onions, salt and pepper. Mix well. Pour into stick sprayed 8 cup mold. Chill over night. Unmold unto a serving platter.

Optional:

Garnish with parsley and sliced ham in center with crackers.

Yields: 8-10 servings.

Cajun Pasta with Chicken or Turkey

1 bag of bowtie Pasta (or angel hair)
5 chicken or turkey breast pieces
1 large purple onion
1 large green bell pepper
1 red bell pepper
1 yellow bell pepper
Seasonings (salt, pepper, red pepper) & minced garlic
1 jar mushrooms
1 can of artichoke hearts (optional)
1/4 lb margarine



In large frying pan, put about 1/4 cup olive oil. Heat. Add ~~sliced~~ or diced chicken or turkey. Cook for 10-15 minutes, then add diced onions and bell peppers. Season heavy with hot sauce, salt pepper, red pepper, garlic salt minced garlic. Cook down until onions and bell peppers are real wilted, then add mushrooms and hearts. Cook down for another 15 minutes on medium heat. In another pot cook pasta according to directions. When done put boiled pasta in a bowl, add margarine and toss the chicken or turkey mixture on top and just mix together.

Serves 5-6.

Cajun Potato Salad I

2 pounds red potatoes, peeled and quartered
2 medium tomatoes, seeded and diced
1 tablespoon green onion, finely chopped
Salt and pepper to taste
2 tablespoons white wine vinegar
1-1/2 tablespoons Creole style mustard
1/4 to 1/2 teaspoon cayenne pepper
1/4 cup olive oil
2 tablespoons finely snipped parsley
4 bacon slices, cooked crisp

In a medium saucepan, cook potatoes in salted water until tender, about 15 to 20 minutes. Remove from pan and dice. Place in a medium bowl and add tomatoes green onions, and salt and pepper to taste. Toss gently. Set aside. In a small mixing bowl combine vinegar, mustard and cayenne pepper. Add oil in a thin stream, heating constantly. Stir in parsley. Add dressing and bacon to potatoes and toss gently. Allow potatoes to absorb dressing at least 15 minutes before serving.

Serves 6-8.

Creamy Mandarin Rice Salad

3 cups cooked rice, cooled
1 can (16 oz) Mandarin orange segments, drained
1-1/2 cups thinly sliced celery
1/2 cup diced green pepper
3/4 cup sour cream
1 tbs lemon juice
1 tsp each seasoned salt and seasoned pepper

Blend all ingredients thoroughly. Chill. Serve on salad greens and sprinkle with sliced almonds, if desired.

Makes 6 servings.

Perfect with poultry, pork or ham.

Hot Cajun Potato Salad

5 med. potatoes
5 slices bacon
1/2 cup chopped onion
2 tbs sugar
1 tbs flour
1-1/2 tsp salt
2 tsp Tabasco pepper
1/2 cup water
1/4 cup vinegar
1/2 cup sliced red radish



Cook un-peeled potatoes in boiling water in saucepan until tender, almost 40 min. Fry bacon in skillet until crisp, about 10 min. Remove, drain on paper toweling, crumble & reserve. Cook onion in bacon drippings until partially tender, about 5 min. Blend together sugar, flour, salt, pepper, water and vinegar, add to onion mixture. Cook stirring constantly, until mixture thickens and bubbles, about 5 min. Remove from heat. Peel & slice potatoes, add potatoes to onion mixture, heat well, about 5 minutes. Add radishes and toss. Serve hot, topped with bacon.

Makes: 6 servings.

Spicy Bean and Bacon Slaw

3 cups very thinly sliced cabbage
One 16 oz can dark red kidney beans, rinsed and drained
1 cup (4 oz) finely diced cheddar cheese
1/2 cup sliced celery
1/2 cup diced green pepper
2 tbs minced parsley
1 cup picante sauce
5 crisply cooked bacon sliced, crumbled

Combine all ingredients except bacon; toss lightly. Chill. Toss and top with bacon to serve.

Makes 6 servings, about 7 cups slaw.

Sweet and Sour Black-Eyed Pea Salad

3 cans black-eyed peas, drained
1 can diced carrots, drained
1 can string beans, drained
1 can whole grain corn, drained
1 onion chopped
1 sweet pepper, red or green
1 oz pimentos
1 clove garlic chopped

Mix:

3/4 cup sugar
3/4 cup vinegar
1/3 cup cooking oil
5 tbs Worcestershire
10 oz can condensed tomato soup

Mix all ingredients together. Chill. Keeps for days in icebox. Improves with age.

Sweet Potato Pecan Pie



Dough:

- 3 tbs unsalted butter, softened
- 2 tbs sugar
- 1/4 tsp salt
- 1/2 egg, vigorously beaten until frothy (reserve the other half for the sweet potato filling)
- 2 tbs cold milk
- 1 cup all-purpose flour

Sweet Potato Filling:

- 2 to 3 sweet potatoes (or enough to yield 1 cup cooked pulp), baked
- 1/4 cup packed light brown sugar
- 2 tbs sugar
- 1/2 egg, vigorously beaten until frothy
- 1 tbs heavy cream
- 1 tbs unsalted butter, softened
- 1/4 tsp salt
- 1/4 tsp ground cinnamon
- 1/8 tsp ground allspice
- 1/8 tsp ground nutmeg

Pecan Pie Syrup:

- 3/4 cup sugar
- 3/4 cup dark corn syrup
- 2 eggs
- 1-1/2 tbs unsalted butter, melted
- 2 tsp vanilla extract
- Pinch of salt
- Pinch of ground cinnamon
- 3/4 cup pecan pieces or halves

For the dough, place the softened butter, sugar and salt in the bowl of an electric mixer; beat on high speed until the mixture is creamy. Add the egg and beat 30 seconds. Add the milk and beat 2 minutes. Add the flour and beat on medium speed 5 seconds, then on high speed just until blended, about 5 seconds more (overmixing will produce a tough dough). Remove the dough from the bowl and shape into one 5-inch patty; lightly dust with flour and wrap in plastic wrap; refrigerate at least 1 hour, preferably overnight. (The dough will last up to one week refrigerated.) On a lightly floured surface roll out dough to 1/8 to 1/4 inch thickness. Very lightly flour the top of the dough and fold into quarters. Carefully place dough in a greased and floured 8-inch round cake pan so that the corner of the folded dough is centered in the pan. Unfold the dough and arrange it to fit the sides and bottom of pan; press firmly in place. Trim edges. Refrigerate 15 minutes.

For the sweet potato filling, combine all the ingredients in a mixing bowl. Beat on medium speed of electric mixer until the batter is smooth, about 2 to 3 minutes. Do not overbeat. For the pecan pie syrup, combine all the ingredients except the pecans in a mixing bowl. Mix thoroughly on low speed of electric mixer until the syrup is opaque, about 1 minute; stir in pecans and set aside.

To assemble, spoon the sweet potato filling evenly into the dough-lined cake pan. Pour the pecan syrup on top. Bake in a 325F oven until a knife inserted in the center comes out clean, about 3/4 hours. (The pecans will rise to the top during baking) Cool and serve. Store pie at room temperature for the first 24 hours, then refrigerate.

Praline Pie

- 1 deep dish un-baked pie shell
- 1/4 cup margarine melted
- 1/2 cup brown sugar
- 2/3 cup pecans, chopped
- 2 pkg butterscotch instant pie filling
- 2 cups milk
- 1 cup whipped topping



Mix margarine, brown sugar and pecans together and pat into un-baked pie shell. Bake at 400F until pie shell is brown and praline mixture bubbly. Cool. Next add butterscotch pie filling to 2 cups cold milk and mix until thick. Fold in whipped topping and pour into cooled pie shell. Refrigerate. Serve with another scoop of whipped topping.

Mr. B's Gumbo Ya-Ya Recipe

- 1 lb. (4 sticks) unsalted butter
- 3 cups all-purpose flour
- 2 red bell peppers, in medium dice
- 2 green bell peppers, in medium dice
- 2 celery stalks, in medium dice
- 1 ¼ gallon (20 cups) chicken stock
- 2 tablespoons Creole seasoning
- 1 teaspoon ground black pepper
- 1 teaspoon dried hot red pepper flakes
- 1 teaspoon chili powder
- 1 teaspoon dried thyme
- 1 tablespoon chopped garlic
- 2 bay leaves
- 2 tablespoons kosher salt
- 1 lb. andouille sausage, cut into ¼ inch thick slices
- 3 ½ lb. chicken, roasted and boned
- hot sauce to taste
- boiled rice as accompaniment

In a 12-quart stockpot melt butter over moderately low heat. Gradually add a third of the flour, stirring constantly with a wooden spoon, and cook, stirring constantly, 30 seconds. Add a third more flour and stir constantly 30 seconds. Add remaining third of flour and stir constantly 30 seconds. Continue to cook roux, stirring constantly, until it is the color of dark mahogany, about 45 minutes to 1 hour.

Add bell peppers and stir constantly 30 seconds. Add onions and celery and stir constantly 30 seconds. Add the stock to roux, stirring constantly to prevent lumps. Add all remaining ingredients except chicken, rice, and hot sauce and bring to boil. Simmer gumbo, uncovered, 45 minutes, skimming off any fat and stirring occasionally. Add chicken and simmer 15 minutes. Adjust seasoning with hot sauce. Serve over rice.

This recipe yields about 6 quarts, but gumbo freezes well and can be thawed out later.

The Gumbo Shop's Seafood Okra Gumbo Recipe

- 2 lbs fresh or frozen shrimp, head on about 4050 count per pound
- 2 small blue crabs, fresh or frozen
- 3 quarts water 2 tablespoons cooking oil
- 1 quart fresh or frozen okra, sliced into ½ inch rounds
- 2/3 cup cooking oil
- ½ cup all purpose flour
- 2 cups chopped onions
- 1 cup chopped green bell pepper
- ½ cup chopped celery
- 1 teaspoon garlic, finely shopped
- 1 16oz can chopped tomatoes
- 2 bay leaves
- 2 teaspoons salt, or to taste
- ½ teaspoon black pepper (or to taste)
- ½ teaspoon white pepper (or to taste)
- ¼ teaspoon cayenne pepper (or to taste)



Peel and de-vein the shrimp, and set aside, covered in the refrigerator. Rinse the shrimp shells and heads, place in a non reactive stock pot along with 2 quarts of water. Bring to a boil, reduce heat and simmer for 30-45 minutes to make a stock. Strain, discard the shells and heads and set the stock aside. Meanwhile, wash the crabs well under running water, place in a non reactive pot with 1 quart of water, bring to a boil and simmer for 20-30 minutes. Strain, reserving stock and crabs. When the crabs are cool enough to handle, snap both claws off then break the body in half. Set aside.

In a heavy bottomed skillet, heat 2 tablespoons of oil, add the okra and sauté over medium high heat for about 10– 15 minutes or until all the "ropiness" is gone. The step may take a little longer if fresh okra is used.

Place the 2/3 cup oil in large (8 quart) heavy bottomed Dutch oven type pot. Add the flour and, over a medium high fire make a dark brown roux. As soon as the proper color is achieved, add the onions, bell pepper, celery and garlic and sauté, stirring occasionally until tender. During this process, allow the vegetables to stick to the bottom of the pan a bit, then scrape the bottom with a metal spoon or spatula. This allows some of the natural sugars in the onions to caramelize, rendering great depth of flavor.

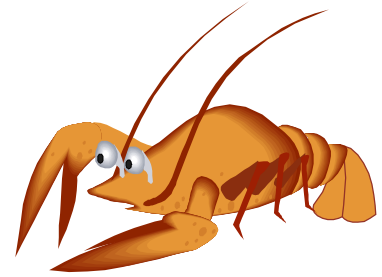
When the seasoning vegetables are tender, add the tomatoes, bay leaves, and the three peppers and a little salt. Cook for about 10 minutes, repeating the stick and scrape process with the tomatoes. Add the sautéed okra and cook for 10 more minutes.

Add the crab stock and half of the shrimp stock to the pot. Stirring constantly, bring the pot to a boil. Lower the heat a bit, partially cover and simmer for thirty minutes, stirring occasionally. If the gumbo appears too thick, add more stock to adjust. Add salt to taste and adjust the pepper if desired. Add the broken crabs and simmer for about 10 minutes. Add the peeled shrimp, return to a boil and simmer until the shrimp are firm and pink, about 5 minutes. Remove the pot from heat.

Serve in large bowls over steamed rice. This recipe will yield about six entrees or ten to twelve appetizers.

Crawfish Étouffée

- 1 stick (1/4 pound) butter
- 2 cups chopped onions
- 1 cup chopped celery
- ½ cup chopped bell peppers
- 1 pound peeled crawfish tails
- 2 bay leaves
- 1 tablespoon flour
- 1 cup water
- 1 teaspoon salt
- ¼ teaspoon cayenne
- 2 tablespoons chopped parsley
- 3 tablespoons chopped green onions



Melt the butter in a large skillet over medium-high heat. Add the onions, celery, and bell peppers and sauté until soft and golden, 10 to 12 minutes. Add the crawfish and bay leaves. Reduce the heat to medium. Stirring occasionally, cook until the crawfish begin throwing off a little liquid, 10 to 12 minutes.

Dissolve the flour in the water. Add to the crawfish mixture and season with salt and cayenne. Stir until the mixture thickens, about 4 minutes. Add the parsley and green onions and cook for about 2 minutes.

Remove the bay leaves and serve.

Makes 4 Servings

Jambalaya

- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 1/2 pound andouille sausage, diced
- 1 (28-ounce) can diced tomatoes
- 1 medium onion, chopped
- 1 green bell pepper, seeded and chopped
- 1 stalk celery, chopped
- 1 cup reduced-sodium chicken broth
- 2 teaspoons dried oregano
- 2 teaspoons Cajun or Creole seasoning
- 1 teaspoon hot sauce
- 2 bay leaves
- 1/2 teaspoon dried thyme
- 1 pound frozen peeled and cooked shrimp, thawed
- 2 cups cooked rice

In a slow cooker, combine chicken, sausage, tomatoes, onion, green pepper, celery, and chicken broth. Stir in oregano, Cajun seasoning, hot sauce, bay leaves, and thyme.

Cover, and cook on LOW for 7 hours or on HIGH for 3 hours. Stir in the thawed shrimp, cover and cook until the shrimp is heated through, about 5 minutes. Discard bay leaves and spoon mixture over cooked rice.

Jambalaya

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Beignets Recipe

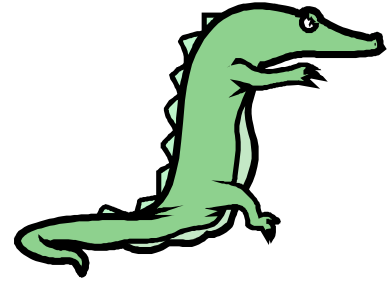
- 1 cup water
- 4 oz unsalted butter
- 1/4 teaspoon salt
- 1 teaspoon sugar
- 1 cup, plus 2 tablespoons sifted all-purpose flour
- 4 large eggs
- 1 teaspoon vanilla
- vegetable shortening, for deep frying
- confectioner's sugar

In a small saucepan combine the water, butter, granulated sugar, and salt and bring the mixture to a rapid boil. Remove the pan from heat and add the flour all at once, stirring vigorously. Cook the paste over low heat, beating briskly, until the ingredients are thoroughly combined and the dough cleanly leaves the sides of the pan and forms a ball. Remove the pan from the heat. Add the eggs, 1 at a time, beating well after each addition. By hand or with an electric mixer set at medium speed, beat the paste until it is smooth and glossy. Stir in the vanilla.

In a deep fryer, heat 3 inches shortening 370 degrees F. drop the dough by teaspoonfuls into the shortening, and fry the beignets in batches, turning them, until golden brown (about 3 minutes). With a slotted spoon, remove to paper towels and drain. Sprinkle the beignets with the confectioners' sugar and serve the hot.

Makes about 32 beignets

Alligator and Ham Soup Recipe



2 lb Alligator meat
2 tb Flour
1 Ham, small piece
1 Lemon, piece
Onion, chopped
Cloves
Garlic
Bay leaf
Thyme
Parsley
Salt & pepper to taste

Cut ham into bits; mash herbs and seasonings with it, and put them aside. Boil alligator meat 15 minutes. Remove from heat and save the stock. Chop up the meat. Brown onions in lard or vegetable oil; add turtle meat and brown well. Then add ham and seasonings, stirring constantly. Add stock and $\frac{1}{2}$ to 3 quarts water with salt and various peppers (to taste) and also the lemon, chopped very fine. Cook for an hour or so stirring frequently.

Cajun Fried Potatoes Recipe

Yield: 1 Servings
4 lg White potatoes, unpared,-scrubbed -Boiling, salted water
1/2 ts Salt
1/4 ts Ground white pepper
1/4 ts Ground black pepper
1/4 ts Onion powder
1/4 ts Garlic powder
1/8 ts Ground cumin
1/8 ts Ground cayenne pepper
About 2 c. oil, for frying

Cut the potatoes into 1" cubes. Add to boiling salted water. Cook just until fork tender but not mushy, about 7 minutes Drain and cool.

Meanwhile, in a bowl, combine the salt, peppers, onion and garlic power, cumin and cayenne pepper. Add the potatoes to the spices. Toss to coat all pieces evenly. You may do this much in advance and hold the potatoes as long as an hour before completing the dish.

Heat about 1" oil in a wok or deep skillet to about 350 degrees or until a piece of potato sizzles when added to the oil. Add the potatoes. Fry until golden brown on all sides, turning frequently. Remove from fat, drain and serve immediately.