

RED BEANS AND RICE GUMBO – SERVES 10-12

Schnuck's carries Blue Runner beans

INGREDIENTS:

- 1 (16-ounce can) Blue Runner New Orleans Red Beans
- 1 (10-12-ounce) can red kidney beans in water
- 1 cup cooked long grain rice
- 1/4 cup vegetable oil
- 1/4 cup bacon fat
- 1/2 cup flour
- 1 cup onions, diced
- 1 cup celery, diced
- 1/2 cup bell peppers, diced
- 1/4 cup garlic, minced
- 1 quart chicken stock or water
- 1 pound sugar cured ham, diced
- 1/2 pound smoked sausage, sliced
- 1/2 cup green onions, sliced
- 1/2 cup parsley, chopped
- Creole seasoning, tobacco, salt and pepper to taste



METHOD:

In a 7-quart cast iron pot, heat oil and bacon fat over medium-high heat. Add flour and, using a wire whisk, stir constantly until dark brown roux is achieved. Add onions, celery and bell peppers and saute 3-5 minutes or until vegetables are wilted. Add garlic and saute, stirring occasionally, for an additional 3 minutes. Add chicken stock, blending well into the roux mixture. Add ham and smoked sausage and cook 3-5 minutes. Add Blue Runner beans, blending well into the stock. Bring to a rolling boil, reduce to simmer and cook 45 minutes. Add additional stock or water as necessary to maintain soup-like consistency. Add cooked kidney beans, rice, green onions and parsley. Season to taste using salt and pepper. Return to a low boil and serve immediately.

BELIZEAN CHICKEN BAKE

- * 1 Big chicken – I USED CHICKEN BREAST
- * 2 tablespoon consommé or base dissolved in 2 cups water
- * 1 tablespoon RED RECADO (this should be the spice Dave gave you) If you would like some of this spice contact Barb Kinder – 382-1320
- * 1 tsp garlic powder
- * 1 tsp Lawry's season salt
- * 1 tsp cumin
- * 1 tablespoon black pepper
- * 1 Sliced onion

Marinate chicken for 30 min or overnight and bake uncovered at 350 for about 30-40 min till done.
If using chicken breast careful to not overcook.



SWEET ONION CORN BAKE

Serves 12

Ingredients

- 2 large Vidalia or sweet onions, thinly sliced
- 1/2 cup butter or margarine
- 1 cup sour cream
- 1/2 cup milk
- 1/2 teaspoon dill weed
- 1/4 teaspoon salt
- 2 cups shredded Cheddar cheese, divided
- 1 egg, lightly beaten
- 1 (14.75 ounce) can cream-style corn (I used fresh frozen Diebold's sweet corn)
- 1 (8.5 ounce) package corn bread/muffin mix
- 4 drops hot pepper sauce

Directions

1. In a large skillet, saute onions in butter until tender. In a small bowl, combine the sour cream, milk, dill and salt until blended; stir in 1 cup of cheese. Stir into the onion mixture; remove from the heat and set aside.
2. In a bowl, combine the egg, corn, corn bread mix and hot pepper sauce. Pour into a greased 13-in. x 9-in. x 2-in. baking dish. Spoon onion mixture over top. Sprinkle with remaining cheese. Bake, uncovered, at 350 degrees F for 45-50 minutes or until the top is set and lightly browned. Let stand for 10 minutes before cutting.

Bread Pudding with praline sauce

Makes 8 Servings (easily doubles)

ingredients

3 large eggs

1¼ cups sugar

1½ teaspoons vanilla extract

1¼ teaspoons ground nutmeg

1¼ teaspoons ground cinnamon

¼ cup unsalted butter, melted

2 cups milk

½ cup raisins- optional

½ cup coarsely chopped pecans, dry roasted- optional

5 cups stale French bread tore into small pieces

how to prepare

In a large bowl of an electric mixer, beat the eggs on high speed until extremely frothy, about 3 minutes (or with a metal whisk for about 6 minutes). Add the sugar, vanilla, nutmeg, cinnamon and butter and beat on high until well blended. Beat in the milk, then stir in the raisins and pecans.

Place the bread cubes in a greased loaf pan. Pour the egg mixture over them and toss until the bread is soaked. Let sit until you see only a narrow bead of liquid around the pan's edges, about 45 minutes, patting the bread down into the liquid occasionally. Place in a preheated 350° oven. Immediately lower the heat to 300° and bake 40 minutes. Increase oven temperature to 425° and bake until pudding is well browned and puffy, about 15 to 20 minutes more.

To serve, spoon in ½ cup hot bread pudding and top with ¼ cup Pecan Praline Sauce

PECAN PRALINE SAUCE

1 cup Chopped pecans (optional)

1 stick of butter

1 cup brown sugar

¼ cup karo syrup

1 tblsp vanilla

Cinnamon and nutmeg to taste

¾ cup bourbon (optional)

In a heavy-bottomed skillet, melt butter over medium heat. Whisk in brown sugar and syrup, blending well. Add pecans, vanilla, cinnamon, and nutmeg. Add bourbon and whisk till liquid has reduced to a sauce consistency. Serve warm over bread pudding. Enjoy!