THE BOUCHERIE

This is one thing that you can always find taking place in the Acadian and Creole homes. The boucherie (butchering of a hog) is an all day affair and is not done just with one or two people, but a whole gang. When there is a boucherie you will have family, neighbors, and relatives there just waiting to participate. Early on the mornings of the boucheries, fires had to be lit under huge black iron pots. One of the pots is used to make cracklings and the other one is to be filled with water. The men would butcher the pigs and hogs, skin them and the cracklings were slowly cooked in one of the big black iron pots. After the boucherie you are likely to find the Acadian and Creole people making sausage, cracklings, gratons, and red and white boudin. They also make other things such as Hogs Head cheese and andouilhes. Now you can see why this was an all day affair.
CHICKEN CREOLE

1 3 1/2 pound frying chicken  
1 No. 2 can tomatoes  
2 tablespoons butter  
1 teaspoon salt  
1 bay leaf  
1 tablespoon flour  
5 tablespoons chopped green pepper  
few grains pepper  
few grains cayenne pepper  
1 sprig thyme  
1 tablespoon minced parsley  
3 cloves garlic, minced  
6 chopped shallots or 1/2 cup minced onion  
1/2 cup white wine

Cook chicken in water until done. Cut into bite size pieces. Combine tomatoes and 1 tablespoon butter; simmer 10 minutes, stirring occasionally. Add salt, pepper and cayenne, and cook 10 minutes. Add parsley, thyme, bay leaf, and garlic. Cook 15 minutes, or until sauce is thick. In separate skillet, melt 1 tablespoon butter, blend in flour, and cook stirring until brown. Add wine, stirring constantly, until slightly thickened. Add shallots, green pepper and brown lightly. Add wine, and stirring constantly. Add to tomato sauce, then add chicken and cover. Simmer 45 minutes. If desired serve on rice. Serves 4 to 6.

PECAN PRALINE GRALEE

2 cups white sugar  
2/3 cup evaporated milk  
2 tablespoons dark corn syrup  
3 tablespoons butter  
1/2 teaspoon vanilla  
4 cups pecan halves  
pinch of salt

Cook sugar, milk, corn syrup, and salt to the softball stage. Add butter, vanilla, and pecans. Continue cooking and stirring until pecans have a slightly roasted flavor. Remove from heat and stir until pecans halves separate. Place in a single layer on waxed paper to cool. Makes Approximately 6 cups.
CRAWFISH ETOUFFE

2 sticks butter or 1 1/2 sticks butter and 1/2 cup crawfish fat
1/4 cup flour
1 cup chopped green onions
1 cup chopped yellow onions
2 garlic cloves, minced
1/2 cup chopped green pepper
3/4 cup chopped celery
1 bay leaf
1/2 teaspoon thyme
1/2 to 1 teaspoon basil

1/2 teaspoon white pepper
2 teaspoons salt
1 tablespoon Worcestershire sauce
Tabasco to taste
2 cups liquid *
2 pounds cooked crawfish tails
1 tablespoon lemon juice
1 tablespoon grated lemon rind
1/4 cup minced parsley
2 tablespoons cognac
1/2 cup chopped green onion tops
1 8 ounce tomato sauce

Make a walnut-colored roux with 1 stick of butter and flour. Add green onions, yellow onions, garlic, green pepper, celery, bay leaf, thyme, basil, and the remaining butter and crawfish fat. Saute', uncovered, over medium flame for 30 minutes. Add tomato sauce, white pepper, salt, Worcestershire, Tabasco, and liquid. Bring to boil, reduce heat and simmer slowly, uncovered, for 1 hour, stirring occasionally. Turn off fire. Add crawfish tails, lemon juice, lemon rind, parsley, and cognac if desired. This is better made the day before or early in the morning. Cover and refrigerator 1 hour before serving. Heat quickly, without boiling, and serve immediately over steamed rice or in ramekins with French Bread. If desired, garnish with raw green onion tops. It is recommended that if you use wine and/or cognac you omit the raw onion tops.

*Liquid should be one of the following:
1 cup dry white wine plus 1/2 cup clam juice and 1/2 cup water or
1 cup clam juice plus 1 cup water or
2 cups water
Redfish Courtbouillon

To serve 6

6 tablespoons brown roux
1/2 cup finely chopped onions
1/2 cup finely chopped celery
2 teaspoons finely chopped garlic
3 cups coarsely chopped drained canned tomatoes
1 cup canned tomato puree
1 cup finely chopped green peppers
1 cup fish stock

1 large bay leaf
1/2 teaspoon crumbled dried thyme
1/2 teaspoon crumbled dried marjoram
1/2 teaspoon ground allspice
2 1/2 pounds redfish or red snapper fillets, skinned and cut into 3-by 1 inch strips
2 tablespoons fresh lemon juice
1/2 teaspoon ground hot red pepper (cayenne)
1/2 cup dry red wine

In a heavy 4 to 5-quart casserole, warm the brown roux over low heat for 2 or 3 minutes, stirring constantly. Add the onions, celery, scallions and garlic and, stirring occasionally, cook for about 5 minutes, or until the vegetables are soft.

Add the tomatoes, tomato puree, green peppers, fish stock, wine, bay leaf, thyme, majoram and allspice and, stirring from time to time, cook briskly, uncovered, until the mixture is thick enough to hold its shape almost solidly in the spoon.

Drop in the strips of fish and turn them about with a spoon to coat them evenly. Stir in the lemon juice and red pepper, reduce the heat to low, and simmer tightly covered for 20 to 25 minutes, or until the fish slakes easily when prodded gently with a fork.

Remove and discard the bay leaf and taste the sauce for seasoning.

Serve the redfish courtbouillon at once, directly from the casserole or from a heated serving bowl.
STUFFED BAKED FILLETS CREOLE

4 tablespoons butter  
4 tablespoons chopped celery  
2 tablespoons flour  
3/4 cup fine dry bread crumbs  
1 cup cooked crabmeat  
1 cup cooked shrimp  
1 teaspoon salt  
1 1/2 teaspoons worcestershire sauce  
Paprika  
2 tablespoons chopped onion  
2 tablespoons chopped green pepper  
1/2 cup milk  
Pinch each of dried thyme, rosemary and marjoram  
1/2 cup chopped parsley 
Dash pepper  
Dash Tabasco  
4 to 8 fillets of sole or flounder 
Creole seasoning

Melt butter in saucepan. Stir in onion, celery, green pepper, and cook until thickened. Remove from heat and stir in all remaining ingredients, except the fillet. Make a mound of the filling on each of the fillets, roll up ends, and attach with a toothpick. Place in a shallow baking pan, leaving space between fillets. Brush with melted butter and sprinkle with salt and paprika. Bake in a preheated 350° oven for 15 minutes. Then pour Creole Sauce over fish reduce heat to 325°, and bake 30 minutes longer. Serves 6 to 8.

RED BEANS

1 pounds Red Beans  
1/4 cup celery  
1 bay leaf  
1 teaspoon salt  
1 cup onions  
pickled pork or ham  
2 teaspoons garlic  
Tabasco

Soak beans a couple of hours. Saute' onions in celery in bacon fat. Drain beans and add to onions and celery, along with 1 bay leaf, tabasco and garlic and salt. Cover with warm water and simmer for 1 hour. Add meat and simmer 1 hour, add more water if needed. Simmer until beans are soft and cooked thoroughly. Serve hot with rice.
CREOLE TOMATOES

To serve 8

1 tablespoons butter, softened, plus
  4 tablespoons butter, plus
  2 tablespoons butter, cut into
    ¼-inch bits
  ½ cup finely chopped onions
  ½ cup finely chopped green pepper
  1 tablespoon finely chopped fresh parsley, preferably the flat leaf
  1½ teaspoons finely chopped garlic

Italian variety
  4 large firm ripe tomatoes
    washed, stemmed and sliced crosswise in half
  1½ teaspoons salt
  Freshly ground black pepper
  2 tablespoons flour
  1 cup light cream
  1/8 teaspoon Tabasco sauce

Preheat the oven to 350°. With a pastry brush, spread the tablespoon of softened butter evenly over the bottom and sides of a 13-by-9-by-2 inch baking dish. Set the dish aside.

In a heavy 8 to 10 inch skillet, melt 2 tablespoons of butter over moderate heat. When the foam subsides, add the onions, green pepper and garlic and, stirring frequently, cook for 5 minutes, until the vegetables are soft but not brown. Remove the pan from the heat and stir in the parsley.

Arrange the tomato halves, cut side up, in one layer in the buttered dish and sprinkle them with 1 teaspoon of the salt and a few grindings of the black pepper. Spoon the onions mixture over the tomatoes, dividing it evenly among them, and scatter the 2 tablespoons of butter bits over the tops. Bake in the middle of the oven for 30 minutes, or until tomatoes are tender but not limp.

Meanwhile, prepare the sauce in the following manner: Melt the remaining 2 tablespoons of butter in a small, heavy saucepan set over a moderate heat. Add the flour and mix well.

Stirring constantly with a wire whisk, pour the cream in a slow, thin stream and cook over high heat until the sauce comes to a boil, thickens lightly and is smooth. Reduce the heat to low and simmer for 2 to 3 minutes to remove the raw taste of the flour. Stir in the remaining ½ teaspoon of salt and the Tabasco, and taste the sauce for seasoning.

With a metal spatula transfer the baked Creole tomatoes to a heated platter. Pour the sauce over the tomatoes, masking each of them completely, and serve at once.
COUNTRY DIRTY RICE

1/2 cup oil 1/3 cup chopped green pepper
3 tablespoons 1 teaspoon minced garlic
1 cup chopped chicken livers
1/2 cup chopped celery Salt to taste
1/2 cup chopped parsley Pepper to taste
1 cup chopped green onions 1/8 teaspoon cayenne
2 cups long grain rice

In a Dutch oven make a brown roux with oil and flour. Add white onions, and stir until brown. Add chicken livers, celery, parsley, green onions, green pepper, garlic and stir. Add salt, pepper and cayenne. Cook for 5 minutes over medium heat; then add 1/2 cup stock and cook an additional 15 minutes. Slim excess oil from the top and remove from the heat. In a separate pan cook 2 cups of rice in 4 cups of stock. Cook until rice is fluffy. Fold the rice into the vegetable mixture and correct seasonings. To serve warm in an oven of 350° for 20 minutes.

CHICKEN AND OKRA GUMBO

1 1/4 to 6 pound hen, cut in pieces
4 cloves garlic, minced
4 tablespoons flour
2 tablespoons chopped green onions
2 cups chopped fresh okra
1 tablespoon Worcestershire sauce
1 large onion chopped Tony's Creole Seasoning or salt and pepper
1 green bell pepper, chopped
3 quarts water

File'

Season chicken with Tony's Creole Seasoning or salt and pepper. In a large aluminum Dutch oven and fry seasoned chicken in 2 tablespoons oil until brown. Remove and set aside. Add 2 more tablespoons oil and fry chopped okra for about 10 minutes, stirring constantly to keep from burning. Add a roux made with margarine and flour. Add chicken, Worcestershire sauce, chopped onion, celery, bell pepper, garlic and 3 quarts of water. Bring to a boil and simmer 2 to 3 hours or until meat is tender. Skim off excess fat and serve in soup bowls with rice. Garnish with rice. Garnish with chopped scallions and a sprinkle of file'. (Serves 10)
CREOLE VEGETABLE SOUP

2 pounds heavy beef 2 ribs celery, chopped
1 large onion \(\tfrac{1}{2}\) onion, chopped
Salt and Pepper \(\tfrac{1}{2}\) potato, chopped
2 ribs celery 2 sprigs parsley, minced
1 large Irish potato Small can or corn, whole kernel
3 quarts water 2 tablespoons rice
1 No. 2 can tomatoes Small amount broken spaghetti or
1 cuped chopped cabbage macaroni
3 carrots, chopped 1 turnip diced

In a 4 quart covered pot, boil meat in seasoned water with ribs of celery, whole onion and whole potato. Simmer hours or longer. Take soup meat from pot and remove from bone. Chop into bite size pieces, discarding bone.

Mash well cooked vegetables through a strainer. Return the ingredients, with meat to the liquid. Add all other vegetables; rice, and cook until vegetables are well done. Break into the soup a small amount of spaghetti or macaroni into soup during the last 20 minutes of cooking. (Serves 10).

MAYONNAISE

1 teaspoon dry mustard 2 egg yolks
1 teaspoon salt 2 tablespoons lemon juice
1 teaspoon powdered sugar 2 cups salad oil or olive oil
Pinch red pepper

Chill oil. Mix the dry mustard, salt, pepper, powdered sugar into the egg yolks and, when well mixed, add \(\tfrac{1}{2}\) teaspoon lemon juice. Add oil gradually, stir constantly. As mixture thickens, thin with lemon juice. Add oil and lemon juice, alternately until all is used. Stirring or beating constantly. Oil added too rapidly will give dressing a curdled appearance. A smooth consistency may be restored by taking the yolk of another egg, adding curdled mixture to it slowly. (Makes about 2\(\frac{1}{2}\) cups).
CREOLE JAMBALAYA

- 1 tablespoon shortening
- 1 tablespoon flour
- 3 cups cooked ham, cleaned
- 1 large onion, sliced
- 2 tablespoons parsley, chopped
- 1 teaspoon salt
- ¼ teaspoon dried thyme
- 1 pound smoked pork sausage or ham
- ½ cup chopped green peppers
- 2 cups water
- 1 clove garlic, minced
- 2 cups uncooked long grain rice
- 2 tablespoons worcestershire sauce
- ½ teaspoon red pepper
- 2-# 2 cans Tomatoes

Melt shortening in a large skillet, add sausage or ham and green pepper. Cook, stirring frequently, for 5 minutes. Stir in flour until smooth and cook a minute or two longer. Add shrimp, tomatoes, water, onion, garlic, and parsley. Cook to the boiling point, then stir in rice and all remaining ingredients. Cover and cook over a low heat for 30 minutes or until rice is tender and all the liquid is absorbed. Sprinkle with chopped parsley. Serves 8.

OLD FASHIONED PECAN PRALINES

- 2 cups brown sugar
- 1 cup water
- 1 cup white sugar
- 1 cup cream
- 3 cups pecans

Combine sugar, cream and water in a sauce pan and cook to soft ball stage. (238°). Remove from heat and beat until creamy. Add nuts and drop by spoonfuls onto buttered sheet or wax paper.
SHRIMP CROILE

½ cup butter
1 clove garlic, chopped
1 can tomatoes
½ teaspoon pepper
2 medium onions, chopped
3 green peppers, chopped
2 teaspoons salt
1½ pounds raw shrimp

Melt butter in a large saucepan. Stir in onions, garlic, green peppers, and cook over a low heat until tender. Stir frequently. Pour in the tomatoes and simmer gently for 25 to 30 minutes. Season with salt, pepper and a little paprika. While tomatoe-mixture cooks, remove shells and clean shrimp. Add to the sauce and cook 5 minutes longer. Stir in a little file'. Serve immediately with steamed rice. Serves 6.

CREOLE KISSES

3 egg whites
1 teaspoon vanilla
2 cups confectioner's sugar
½ cup chopped pecans

Beat egg whites with a rotary of electric beater until they stand in peaks. Beat in the sugar and vanilla a little at a time. Stir in pecans. Cover a cookie sheet with brown wrapping paper. Drop the kisses from a teaspoon onto the ungreased paper and bake in a pre-heated 350° oven for 15 to 20 minutes. Makes about 45.
OPELOUSAS PRALINES

2 cups sugar
Pinch salt
1 small can evaporated milk

2 tablespoons sugar
2 teaspoons vanilla
3 cups shelled pecans

In one pot, put 2 cups sugar, salt, and milk. Cook to a softball stage. (test by dropping a little in water or use a candy thermometer). Remove from fire.

While cooking, caramelize (until brown) 2 heaping tablespoons sugar in a small, thick skillet. Combine with vanilla, pecans and beat. Before candy crystallizes, dip out by separate spoonfuls and place on waxed paper to cool.

If mixture should crystallize too soon (before removing from pot) add a tablespoon of boiling water and beat again.

CREOLE REMOULADE SAUCE

3 hard-cooked eggs
2 teaspoons cold water
Salt
1 tablespoon tarragon or wine vinegar
Juice from ½ of a lemon

½ teaspoon dry mustard
2/3 clove garlic, minced fine
Cayenne
3 tablespoons olive oil
1 raw egg yolk

Separate the whites from the yolks of the hard cooked eggs. Work whites through a coarse sieve and set aside. Put yolks in a bowl and mash thoroughly. Add mustard, minced garlic, salt, cayenne, and vinegar. Mix until smooth. Beat in oil, drop by drop, then add raw egg yolk and lemon juice. Taste and beat in more oil or vinegar, if needed.

Use the shredded egg whites as a garnish. Serve with lobster, shrimp, or other cold, cooked fish.
Creole Macaroons
Makes about 40 three inch round cookies

2 tablespoons butter, softened
4 egg yolks
2 cups sugar
2 cups sugar
1/2 cup finely grated fresh orange peel
1 cup finely ground blanched almonds

Preheat the oven to 350°. With a pastry brush spread the softened butter evenly over two large baking sheets. Set the sheets aside.

In a deep bowl, stir the egg yolks and sugar together with a wooden spoon. When they are well mixed, beat in the orange peel and add the ground almonds and the whole wheat flour, about 1/2 cup at a time. Continue to stir to make smooth, thick pastelike dough.

With a wire whisk or a rotary of electric beater, beat the egg whites until they are stiff enough to stand in unwavering peaks on the whisk or beater when it is lifted out of the bowl. Using a rubber spatula, fold in the slivered almonds, then scoop the egg whites mixture over the dough and mixture together gently but thoroughly.

To shape each macaroon, brush your hands with flour, break off a tablespoonful of the dough and gently roll it between your palms into ball about 1 1/2 inches in diameter. Arrange the balls 2 inches apart on the buttered baking sheets to allow them to spread into 3-inch rounds.

Bake the macaroons in the middle of the oven for 10 to 12 minutes, or until the edges are delicately browned. With a large metal spatula, transfer the cookies to wire racks to cool before serving. In a tightly covered jar or tin, Creole macaroons can safely be kept for about a week.
CREOLE TARTAR SAUCE
To make 2 to 3 cups

3 egg yolks
\(\frac{1}{2}\) cup finely chopped scallions, include 3 inches of the green
1 tablespoon Creole mustard
\(\frac{1}{4}\) cup finely chopped fresh parsley
\(\frac{1}{4}\) teaspoon ground hot red pepper
\(\frac{1}{2}\) teaspoon salt
1 \(\frac{1}{2}\) cup finely chopped dill pickles

With a wire whisk or a rotary or electric beater, beat the egg yolks vigorously in a deep bowl for about 2 minutes, until they thicken and cling to the whisk or beater when it is lifted from the bowl. Beat in \(\frac{1}{2}\) cup of the oil, \(\frac{1}{2}\) teaspoon at a time, making sure each addition is absorbed before adding more. By the time \(\frac{1}{2}\) cup of oil has been beaten in, the sauce should have the consistency of thick cream. Pour in the remaining oil in a slow, thin stream, beating constantly.

Add the Creole mustard, red pepper, and salt, and continue to beat until the sauce is smooth. Then stir in the chopped scallions, parsley and pickles and taste for seasoning.

The Creole tartar sauce may be served immediately. Or, if you prefer it may be covered tightly and refrigerated for 2 or 3 days before serving.

CREOLE FIG PUDDING

\(\frac{1}{2}\) pound of figs
1 cupful of milk
3 ounces of butter
\(\frac{1}{4}\) pound of grated bread crumbs
5 tablespoonsfuls of sugar
2 eggs

Chop the figs fine, and beat the sugar and the yolks of the eggs to a thick cream. Add the melted butter and the bread crumbs, which have been wet and squeezed thoroughly. Add the milk and the whites of the eggs, beaten to a thick froth. Butter a mold and sprinkle with flour. Steam lightly for three hours. Serve with hard cream or Brandy Sauce.
PAIN PERDU

3 eggs
1/2 tablespoons cinnamon or
nutmeg
1/2 cup milk

Beat eggs; add sugar and cinnamon. Dip bread into mixture. Fry in hot deep fat skillet on each side until edges begin to brown. Remove and drain. Serve hot with bacon, ham, or sausage if desired.

SOUTHERN PECAN PIE

1 cup sugar
1/2 cup melted butter
1 cup pecan halves

3/4 cup corn syrup
3 eggs, well beaten
1 unbaked pie shell

Mix sugar, syrup, and butter together; add eggs and pecans. Fill the unbaked pie shell with mixture. Bake for 10 minutes at 400°; reduce oven temperature to 350°. Bake for 30 to 35 minutes longer. Serve hot or cold.
BLACKBERRY JELLYROLL

1 teaspoon vanilla   1 teaspoon baking powder
1 cup fresh blackberry jelly   ½ teaspoon salt
1 cup flour   3 tablespoons water
1 cup sugar   4 large or 3 extra large eggs

Beat eggs until very light and rather stiff. Add sugar a little at a time beating well after each addition. Add water and vanilla. Beat well. Sift flour, baking powder, and salt together. Fold into the egg mixture, pour into a 10 x 15 inch jellyroll pan, which has been lined with wax paper. Bake at 400°F for 13 to 15 minutes. Sprinkle a 20 inch cloth with granulated sugar. Turn baked cake onto cloth. Remove paper. Spread cake with jelly. Have someone lift the end of the cloth and begin to roll as the other person continues to gently pull the cloth toward herself. You will be rolling the cake through the cloth. When the roll is completed, wrap in wax paper. Makes a 10 inch roll.
GLOSSARY

Bisque - a thick soup or puree made using shellfish or certain meats, and often served over rice.

Court Bouillon - a rich aromatic sauce in which meat, fish and various vegetables are cooked.

Crawfish - a fresh water shellfish resembling a tiny lobster, and found in many parts of the United States.

Creole - a culture of French and Spanish heritage found in Louisiana whose food is noted for use of rich seasonings, rice, tomatoes, and okra.

Daube Glance' - Jellied meat highly seasoned with bayleaf, pepper, onion, and parsley.

E'touffe - method of preparing shellfish, poultry, and meats in a covered pan-using little liquid.

Fricassee - a dish made with chicken, veal, or other meats cut into pieces and stewed in gravy.

Grillade - grilled or broiled meats, particularly pork or veal.

Gumbo - a rich soup usually thickened with okra containing vegetables with meats or seafood.

Pain - bread.

Praline - a candy patty of creamy brown sugar and pecans.

Andouille - Smoked Creole sausage stuffed with cubed pork.
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