Food truck inspires dinner

I spent my lunch hour run-ning errands — back, heading home to finish the dishes from the night before and get dinner started. There was barely any time for me to eat. But of course, right before I left the office, my co-worker tempered the news with a stunt — the food truck I used to love so much Waffle is hard to pass up. I’ve had dreams about baking them, permanently stationed in my driveway to make sure I have my regular door of Boston — but today it just wasn’t possible.

I get back to the office in the nick of time, and as I played back my computer

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CHICKEN AND CHEDDAR-CLEAN CHICKEN AND CHEDDAR-CLEAN WITH BLUE CHEESE SLAW

1 1/2 cups flour
3 1/2 teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar
1 1/4 cups milk
1 egg
3 medium-sized melon butter
Shredded cheddar — optional

Chicken
Egg
Milk
Flour
Salt and pepper
Oil — canola or peanut for best results

> Heat oil to 360 degrees and prepare the chicken by cutting into strips
> Make an egg wash with egg and milk and season Heridy—seasoning
> When oil is ready and butter chicken strips (with egg wash) and season for a timer for 5 minutes to start, then reheat and brown, remove to drain
> Preheat sausage iron and prepare the batter
> Incorporate all ingredients but the cheddar
> Place batter into iron and quirkiki—quirkiki with a little more butter on top to prevent the fat from burning
> Serve cheddar waffles with strawberry or blueberry preserves and maple syrup or honey, or BOTH

Gumbo by area

Although Louisiana gumbo have been influenced by Cajun, Creole, African, and Mexican ingredients and cooking methods, modern-day gumbo tend to be categorized by where they're made — whether it's in Cajun, Creole, or other cultural influences. The most primitive gumbo — the ones that are served in rural areas, such as the Native American Chocorita fish — as well as Cajun New Orleans gumbo, are often thickened with roux or other foods. Today, gumbo is served throughout the state, from rural areas to urban centers.

The earliest gumbos did not start with the famed phrase “don’t make a meal that’s so thin, you’re going to pass it over in gravy!” instead, they were used to thicken gumbo. The most primitive gumbo — the ones that are served in rural areas, such as the Native American Chocorita fish — as well as Cajun New Orleans gumbo, are often thickened with roux or other foods. Today, gumbo is served throughout the state, from rural areas to urban centers.
Duck Gumbo
(Makes 12 to 15 servings)

3 whole ducks
4 teaspoons salt, divided
1 whole chicken
1 cup vegetable oil, divided
1 green bell pepper, chopped
2 large yellow onions, chopped
1 celery stalk, chopped
2 (16-ounce) bags frozen okra
2 teaspoons bacon drippings
2 tablespoons all-purpose flour
1 (16-ounce) can tomato paste
1 (12-ounce) bag crab and shrimp boil seasoning
Seasoned salt
Creole seasoning
Hot, cooked white rice, for serving

Chopped parsley and grated Parmesan cheese, for garnish

Heat the duck stock and then add to the stock. Cover with cold water, add the remaining vegetables, salt, and Creole seasoning. Simmer until the gumbo is thick, one to two hours. Discard the seasoning bag. Serve hot over rice, garnished with parsley and Parmesan cheese.

Recipe from The Southern Courier, Tupelo, Miss.

Lexington, Ky.
P. Bridgford of the Gumbo Trail.

"It's all about the taste," Laudun said. "If you have a Cajun and a Creole living in the same area, then it's going to be pretty much the same," Laudun said. "And as long as people keep serving gumbo, eating it as the actual dish itself. In my area, it's a dish that brings people together."

"You've got pretty much the same thing," Brown said. "The fresh vegetables that people put into it, gumbo is something that changes a lot."

"It's all about the fact of the matter is if you have a Cajun and a Creole living in the same area, then it's going to be pretty much the same," Laudun said. "And as long as people keep serving gumbo, eating it as the actual dish itself. In my area, it's a dish that brings people together."