



Black-eyed Peas

3/4 pound black-eyed peas

6-7 cups water

(equivalent of 4 cans of peas)

2 tablespoons oil

1/2 large onion, chopped

1/4 cup bell pepper, chopped

2 teaspoons Creole seasoning

1/2 pound smoked sausage, hot sausage, andouille, bacon, ham, or other
smoked pork

1/4 cup chopped parsley

2 bay leaves

optional: 1 jalapeno pepper, finely minced



Heat the oil in a large pot, and add the onions, bell pepper and jalapeno; sauté until tender, about 5 minutes. Add the hambone, peas, and seasonings and bring to a boil. In the meantime, slice the sausage into 1/2" pieces and brown in a heavy skillet. (If using bacon, don't cook it until it's crisp.) Add them to the beans.

Reduce to a simmer and cook one hour (adding the parsley about 50 minutes in), until the beans are creamy and tender. Add additional water if necessary. Check seasonings.

May be served over rice as a main course, as a side dish, or thinned with ham stock and served as a soup.

Yield: About 8 servings.



Okra and Tomatoes

2 tablespoons cooking oil

1/4 cup finely chopped onion

5 cups of okra sliced into 1/2" pieces

3 cups of stewed tomatoes, quartered and broken-up

1/4 tsp celery seed

Creole seasoning



Heat oil in a large pot over medium heat. Add onion and cook for 5 minutes, until translucent. Add the okra, tomatoes, and celery seed. Cover and cook over medium heat for at least 45 minutes. Adjust seasoning with salt, pepper and more Creole seasoning if necessary. Cook uncovered for 10 minutes to reduce liquid if necessary.

Yield: About 8 servings.



Dirty Rice

SERVES: 6-8

1/2 pound chicken giblets, gizzards, or hearts or chicken dark meat
1/2 pound chicken livers or chicken dark meat
1/4 cup peanut oil
3/4 cup diced onions
1/4 cup shallots
3/4 cup diced celery
3/4 cup diced bell pepper
2 tbsp diced garlic
6 cups cooked rice (about 2 cups, dry), cooked in chicken broth
1/4 cup sliced green onions
1/2 cup chopped parsley (1/4 cup added to cooking, 1/4 cup used as mix-in garnish)
1 tsp seasoning, or to taste



In a small saucepot, poach chicken giblets in lightly salted water until tender, approximately 45 minutes. Once cooked, remove and cool. Using a sharp paring knife, chop the giblets into tiny pieces, removing all tough membrane. Set aside and reserve poaching liquid. In a large heavy-bottomed sauté pan, heat oil over medium high heat. Sauté chicken livers until golden brown on all sides, approximately 15 to 20 minutes. Remove chicken livers from sauté pan and place on a chopping board to cool. Into the same sauté pan, add onions, celery, bell pepper and garlic. Sauté until vegetables are wilted, approximately 3 to 5 minutes. Once vegetables are done, coarsely chop chicken livers and return with giblets to the sauté pan. Add chicken stock and a small amount of the poaching liquid, bring to a low boil and cook until volume of liquid is reduced to approximately 1/4 cup. Add cooked white rice, blending well into the meat mixture and garnish using green onions and on-half of the recipe's parsley.



Hush Puppies

1 1/2 cups cornmeal
1/2 cup flour
1 tsp brown sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1 egg
1/2 cup onion, finely chopped
1/2 cup green pepper, finely chopped
1 cup buttermilk



Mix all ingredients. Add onion and pepper. Drop with a large spoon into HOT oil [375°] in a deep fat fryer. Cook until golden brown, about 3 to 5 minutes, turning once with a long wooden spoon.

Yields 2 1/2 dozen



Candied Sweet Potatoes

6 medium-sized sweet potatoes, deep-peeled and halved

3/4 cup butter

1/2 cup packed brown sugar

1/4 cup orange juice with pulp

1/4 cup chopped pecans as garnish

1/8 teaspoon cinnamon

1/4 cup cane syrup



Boil cut-up sweet potatoes until fork tender. Melt the butter, cinnamon, and brown sugar together in a sauce pan over medium heat. Add orange juice and stir until smooth. Add the sweet potatoes and cook slowly, turning occasionally until the sweet potatoes are caramelized, about 20 minutes. If syrup is too thin, add more brown sugar. Offer chopped pecans as a garnish.

Makes 6-8 servings