

# GOURMET AT HOME

Series



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## Chef's Thoughts: Gourmet

Here is where my heart truly lies—in the art of fine food, beautifully crafted to deliver an overall sensory-pleasing sensation. While these recipes are gourmet, they are ones you can replicate at home, as my entire mission is to get you to craft beautiful gourmet food right in your own kitchen. As early as high school, I remember being fascinated by food that was above the normal standard. I would binge-watch Food Network with chefs like Emeril, Bobby Flay, Alton Brown, and many others. I can remember being so excited when Iron Chef America aired, bringing forward America's most talented chefs in a format previously only seen in Japanese cuisine. This spark of interest is what eventually led me to culinary school, where I could really explore the world of fine cooking and build upon my knowledge of all things Cajun and Creole.

While there are no Michelin star recipes in this book, these recipes are aimed at the home cook who wants to make something a little more extravagant—dishes that can impress themselves as well as their loved ones. From intricate techniques to beautifully presented plates, this book is about bringing the elegance and sophistication of gourmet cuisine into your home.

Happy Cooking,  
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# Chef's Thoughts: French Techniques

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French cuisine is renowned for its precision, elegance, and the meticulous techniques that transform simple ingredients into extraordinary dishes. Mastering these techniques is essential for any chef aspiring to create gourmet meals at home. Here are some of the most common traditional French techniques that have become the cornerstone of fine cooking:

## Mise en Place

Description: Mise en place, which means "everything in its place," is the practice of preparing and organizing all ingredients and tools before starting to cook.

Benefits:

- Efficiency: Ensures a smooth cooking process without interruptions.
- Accuracy: Helps in following recipes accurately and avoiding mistakes.
- Organization: Keeps the kitchen orderly and clean.

## Sautéing

Description: Sautéing involves cooking food quickly over high heat in a small amount of fat, typically in a sauté pan.

Benefits:

- Flavor: Enhances the natural flavors of ingredients through caramelization.
- Texture: Creates a crisp, golden exterior while keeping the interior tender.
- Speed: Quick method, ideal for vegetables, meats, and seafood.

## Braising

Description: Braising is a slow-cooking method that involves searing food at high heat and then cooking it slowly in liquid in a covered pot.

Benefits:

- Tenderness: Breaks down tough cuts of meat, making them tender and flavorful.
- Depth of Flavor: Combines the flavors of the liquid and ingredients for a rich, complex

## Deglazing

Benefits:

- Flavor: Incorporates the concentrated flavors from the browned bits into sauces and gravies.
- Sauce Base: Forms the foundation of many classic French sauces.
- Technique: Enhances the complexity of dishes with minimal effort.



## Emulsifying

Description: Emulsifying is the process of combining two liquids that usually don't mix, such as oil and vinegar, to create a stable mixture.

Benefits:

- Texture: Creates smooth, creamy sauces and dressings.
- Versatility: Used in making mayonnaise, hollandaise sauce, and vinaigrettes.
- Flavor: Enhances the consistency and flavor profile of dishes.

## Poaching

Description: Poaching involves cooking food gently in simmering liquid, typically water, broth, or wine.

Benefits:

- Gentle Cooking: Preserves the delicate texture and flavor of ingredients.
- Healthy: Requires little to no added fat.
- Versatile: Ideal for eggs, fish, poultry, and fruits.

## Sous Vide

Description: Sous vide is a modern technique that involves vacuum-sealing food and cooking it in a water bath at a precise, consistent temperature.

Benefits:

- Precision: Ensures even cooking and perfect doneness.
- Flavor: Retains moisture and enhances the natural flavors of ingredients.
- Consistency: Produces consistent results every time.

## Confit

Description: Confit is a method of slow-cooking food in its own fat at a low temperature.

Benefits:

- Tenderness: Produces incredibly tender and flavorful meat.
- Preservation: Traditional method for preserving meats.
- Flavor: Intensifies the flavors of the food, especially meats like duck and pork.

## Beurre Blanc

Description: Beurre blanc is a classic French sauce made by emulsifying butter with a reduction of white wine and vinegar.

Benefits:

- Flavor: Adds a rich, buttery flavor with a tangy finish.
- Versatility: Complements fish, seafood, and vegetables.
- Technique: Enhances the overall presentation and taste of dishes.

Mastering these French techniques will elevate your home cooking to new heights, allowing you to create dishes with the finesse and sophistication of a gourmet kitchen. By incorporating these methods into your culinary repertoire, you'll be well on your way to crafting beautiful, gourmet food at home.

## HUMMUS

Super silky and smooth, this hummus will be the crowd pleaser at any of your spring gatherings! Made with fresh Camellia garbanzo beans and a Mediterranean inspired topping, you'll never reach for the premade version again!



### Ingredients:

- 1 lb. garbanzo beans
- 1 tbsp baking soda
- 3/4 cup tahini
- 3 cloves garlic
- 2 lemons
- 2 tbsp ice water
- 1 tsp cumin
- Salt to taste
- Olive oil

### Topping

- Cherry tomatoes
- Roasted red bell pepper
- Kalamata olives
- Thyme
- Oregano
- Olive oil
- Feta cheese

### Directions

- Wash and soak beans overnight.
- Boil in baking soda for 25 minutes or until beans are soft. Drain and run under cool water. Place in bowl with water and agitate beans to release the skins. The skins will float then can be easily removed. Drain beans thoroughly.
- In a food processor blend garlic, salt and lemon juice. Allow mixture to sit for 5 minutes. This will remove that raw garlic bite.
- Add in tahini and blend with ice water. Add in drained beans and blend until smooth, adding olive oil until desired consistency is reached. Spoon mixture onto serving dish.
- For topping, toss tomatoes in olive oil. Preheat oven-safe pan to 500 degrees or under broiler. Place tomatoes in until skin is charred.
- Place charred tomatoes into a bowl and add diced roasted red peppers, olives, herbs and spoon mixture on-top plated hummus. Top with olive oil and feta cheese.
- Serve with pita chips or fresh pita bread.

## WHOLE ROASTED CAULIFLOWER

This whole roasted cauliflower is as elegant as it delicious. The caramelization of the cauliflower from roasting whole gives it a unique taste as well as texture. Served with tzatziki sauce this will impress one or many. Enjoy!!!



### Directions

- Prepare cauliflower by removing all green leaves from core. Cut stem as short as possible.
- Make garlic paste by fine mincing then applying salt and running knife blade over the minced garlic. Reserve 1 tsp for sauce.
- Make compound butter by mixing garlic parsley and softened butter.
- Smear 1/2 of the butter on the cauliflower and season with salt, pepper, garlic powder, paprika and Italian seasoning.
- Place in a Dutch oven with chicken stock and cover. A sheet pan can be used with foil to cover if needed but try to tent the foil above the cauliflower, so it doesn't touch.
- Bake at 425 convection for 45 min.
- Make sauce by combining yogurt, cucumber, remaining garlic paste, lemon juice and rind, parsley and salt and pepper.
- Remove cover from cauliflower and spread on remaining butter and top with Parmesan cheese. Cook 15 more minutes until browned.
- Serve whole and can be cut tableside into wedges with sauce.

### Ingredients:

- whole head of cauliflower
- 1 stick butter softened
- 4 cloves garlic
- 1 tsp chopped parsley
- 1/2 cup grated fresh parmesan
- 2 tbs chicken broth
- 1 cp Greek yogurt
- 1 lemon juices and rind
- 1/2 cucumber seeded and grated or fine chopped
- salt
- fresh black pepper
- garlic powder
- Italian seasoning





## STUFFED BAKED BRIE

Let's make a spooky baked Brie charcuterie board for that Halloween party!!



### Ingredients:

- 1 wheel of Brie cheese
- 1 jar jalapeño pepper jelly
- 1 cp chopped pecans
- 1 tbs olive oil
- 1 tsp chipotle powder
- 1 tsp paprika
- 1 tsp salt
- Meats, cheese and crackers



### Directions

- Preheat oven to 425.
- Coat pecans in olive oil and add spices and salt. Toss to coat.
- Place on a single layer on a sheet pan and bake 10 minutes or until toasted.
- Cut cheese in half and place bottom half in oven safe dish. Layer half the pepper jelly then top with cheese and add the rest of the jelly.
- Bake at 425 until bubbly.



## CAPRESE PORTOBELLOS

Looking for different type of side dish? One that is a little hearty but a little light? Try these Caprese stuffed portobellos!!! Large portobello mushrooms stuffed with creole tomatoes, fresh mozzarella, topped with parmesan and breadcrumbs then broiled to golden brown!!!



### Ingredients:

- 4 portobello mushrooms - largest you can find
- 1 large tomato of choice
- Fresh mozzarella
- Parmesan
- Basil
- Breadcrumbs
- Salt and pepper
- Olive oil
- Balsamic vinegar



### Directions

- Clean and remove stems from mushrooms. Drizzle with oil and vinegar and season with salt and pepper. Bake at 425 for 20 min.
- Thin slice tomato. Layer tomato, mozzarella and fresh basil. Top with grated Parmesan and breadcrumbs.
- Broil for just a few minutes until cheese is melted and golden brown!!

## SPINACH, ARTICHOKE, AND CRAB KING CAKE

Hey y'all, it's time to let the good times roll and bring a slice of the Big Easy to your kitchen with a dish that's as festive as Mardi Gras itself! I'm here to share a recipe that's gonna knock your socks off and spice up your celebration - my very own Spinach, Artichoke, and Crab King Cake. This ain't your typical sweet King Cake; it's a savory twist that's as bold and lively as an uptown parade.

Imagine this: luscious lump crabmeat, spinach and zesty artichoke hearts, mixed with the creamiest of cheeses, all wrapped up in a buttery puff pastry that bakes up golden and flaky. It's a carnival of flavors in every bite, perfect for your Mardi Gras bash or whenever you're craving a taste of NOLA's legendary party vibe.

So, grab your beads, turn up the jazz, and let's dive into a cooking adventure that's as easygoing and joyful as the streets of New Orleans during Mardi Gras. Trust me, this Crab King Cake is gonna be the MVP of your feast. Let's get this party started, y'all!



### Directions

- **Preheat the Oven:** Set your oven to 350°F (175°C) to preheat.
- **Cook the Spinach:** In a skillet, heat some olive oil over medium heat. Add the baby spinach and sauté until wilted. Remove from heat.
- **Prepare the Filling:** In a large bowl, combine the drained and chopped artichoke hearts. Add the wilted spinach to the bowl and mix well. Incorporate the cream cheese, ricotta cheese, and shredded mozzarella into the mixture. Season with salt, pepper, and Boudreaux's Backyard Low & Slow Simmer Seasoning to taste. Gently fold in the lump crabmeat, being careful not to break it up too much. Set the filling aside.
- **Prepare the Pastry:** Lightly flour a clean surface. Roll out the puff pastry sheets and join their edges to create a single large sheet. Spread the filling along one edge of the pastry, then roll it over to encase the filling. Add another thin layer of filling in the middle, then fold again to close. Shape the filled dough into a circle, tucking the end underneath to seal.
- **Bake:** Place the prepared cake on a baking sheet. Brush the top with the whisked egg and sprinkle a little salt, Low & Slow Simmer Seasoning, and freshly grated Parmesan cheese over it. Bake in the preheated oven until the pastry is golden brown and cooked through.
- **Cool and Serve:** Allow the Crab King Cake to cool slightly before serving. Enjoy your delicious creation!

### Ingredients:

- Olive oil
- 1 bag of baby spinach, stems removed
- 1 7.5-ounce jar of artichoke hearts, drained and chopped
- 4 ounces cream cheese, softened
- 1/2 cup ricotta cheese
- 1/2 cup shredded mozzarella cheese
- Salt, to taste
- Pepper, to taste
- Boudreaux's Backyard Low & Slow Simmer Seasoning, to taste
- 1/2 pound lump crabmeat, picked for shells
- All-purpose flour, for dusting
- 2 sheets of puff pastry
- 1 egg, whisked (for egg wash)
- Parmesan cheese, freshly grated, for topping



## CRAB CLAWS IN CITRUS BEURRE BLANC

Indulge in the ultimate seafood experience with succulent Sautéed Crab Claws in a Citrus Beurre Blanc! These delicate crab claws are seared to perfection and paired with a tangy and buttery sauce made with fresh citrus and a hint of white wine. The sauce perfectly complements the sweet and delicate flavor of the crab, making each bite a harmonious blend of flavors. Serve as an elegant appetizer or pair with a fresh salad for a gourmet seafood meal. Whether you're a seafood connoisseur or simply looking for a delicious new dish to try, this dish will not disappoint!



### Ingredients:

- 8 oz crab claws, picked for shells
- 1 orange variety (I used a pink navel.)
- 2 tbsp plus 1 stick butter
- 1/2 shallot
- 3 cloves garlic
- 1/2 bunch green onion
- Boudreaux's Backyard Lil' Bit Better Creole Seasoning
- 1/3 cup dry white wine



### Directions

- Cut orange in half. Melt 2 tbsp butter in sauté pan. Add half orange flesh side down to brown for garnish.
- Add in diced shallots and cook 5 minutes. Add in garlic and green onion. Cook until fragrant.
- Add crab claws and cook until warmed through. Remove from pan.
- Squeeze other half of orange and deglaze with wine. Reduce until almost a syrup.
- Remove pan from heat and add butter cubes a couple at a time, whisking constantly to emulsify. Continue until sauce is thick enough to coat a spoon.
- Add crab back into sauce and toss to coat.
- Plate and serve with seared citrus.



## OYSTERS BAYOU

My Oysters Bayou takes beautiful gulf oysters and grills them over an open flame with Louisiana crawfish tails, after-the-boil crawfish butter and fresh grated Parmesan cheese!



### Ingredients:

- Crawfish compound butter
- Crawfish tails
- Oysters
- Lemons for garnish
- Parmesan cheese



### Directions

- Top oysters on the half shell with 1 tbsp of crawfish butter, 5 crawfish tails and a pinch of cheese.
- Grill until golden brown on top.
- Serve with grilled lemon halves.



## OYSTERS SPILLWAY

These oysters put an amazing spin on the famous chargrilled oyster. Topped with a white wine andouille cream sauce, lump crabmeat and fresh Parmesan cheese, these are uniquely rich and elegant. The flavors mingle perfectly!!



### Ingredients:

- Sauce
- 1/4 stick andouille
- 1 onion
- 1/2 red bell pepper
- 2 tbs butter
- 2 cloves garlic
- 2 tbs flour
- 1/2 bottle dry white wine
- 1 pt heavy cream
- Lil' Bit Better Creole Seasoning
- Pinch nutmeg
- Oysters
- Lump crab meat
- Parmesan cheese



### Directions

- Small dice andouille and cook in butter until crispy.
- Add onion and red bell pepper and cook until soft. Add minced garlic.
- Stir in flour and cook until a light roux forms.
- Add in wine and cream. Season to taste. Cook until thick.
- Shuck oysters keeping them on flattest sitting shell. Spoon on about a tbsp of sauce, add a pinch of crabmeat and Parmesan cheese.
- Grill on high heat until melty and golden.
- Serve with toasted French bread.

## OYSTERS ROCKEFELLER

Hey Seafood Squad! It's Part 6 of Oyster Extravaganza Week and we're rocking out with Boudreaux's Backyard Oysters Rockefeller! Creamy, cheesy, and oh-so-dreamy - these bad boys are grillin' and thrillin'. Grab your shucker and let's get crackin'!



### Ingredients:

- 1 shallot, finely diced
- 4 cloves garlic, minced
- 1/2 cup heavy cream
- 4 oz cream cheese, cubed
- 1 bag of baby spinach, stems removed
- Boudreaux's Backyard Prime Beef & Chop Seasoning
- Oysters
- About 1/2 cup panko bread crumbs
- Boudreaux's Backyard Low & Slow Simmer Seasoning
- Parmigiano Reggiano cheese, freshly grated as needed



### Directions

#### 1. Sauté Shallot and Garlic:

- In a pan, sauté the shallot in oil until soft.
- Add the minced garlic and continue cooking for about 1 minute or until fragrant.

#### 2. Prepare Creamed Spinach:

- Add heavy cream and cubed cream cheese to the pan.
- Stir in the baby spinach.
- Season the mixture to taste with Boudreaux's Backyard Prime Beef & Chop Seasoning.
- Cook until the spinach is wilted and the cream cheese is fully incorporated.

#### 3. Shuck Oysters:

- Carefully shuck the oysters, keeping them on the half shell.

#### 4. Assemble the Oysters:

- Place a dollop of the cooked creamed spinach on each oyster half.

#### 5. Prepare and Add Breadcrumbs:

- Season the panko breadcrumbs with Boudreaux's Backyard Low & Slow Simmer Seasoning.
- Sprinkle the seasoned breadcrumbs over the spinach-topped oysters.

#### 6. Add Cheese and Grill:

- Top each oyster with freshly grated Parmigiano Reggiano cheese.
- Grill the oysters to your desired level of doneness.

#### 7. Serve and Enjoy:

- Serve the oysters hot and do a happy dance!

## PURPLE & GOLD SEAFOOD NACHOS

Get ready for the LSU Tigers' season opener with the ultimate game-day snack: Purple and Gold Seafood Loaded Nachos! These aren't your average nachos; we're talking a decadent layer of seafood, melted gold cheese, and purple corn chips to rep our team colors. Perfect for munching while you cheer on the Tigers! Follow along to see how we load up each chip to National Champion status!



### Ingredients:

- 1 bag blue corn tortilla chips
- 1/2 lb. shrimp, cleaned and deveined
- 1/2 lb. crawfish tails
- 1/2 lb. lump crab
- 1 stick butter
- 1 shallot, fine diced
- 1 red bell pepper, fine diced
- 3 cloves garlic, minced
- 3 green onions, thinly sliced
- 4 blocks of cheddar cheese, freshly grated
- 1/2 beer
- 1 can drained Rotel
- 1/2 cup heavy cream plus some to reach desired consistency
- 1 tsp sodium citrate dissolved in water
- Boudreaux's Fire and Smoke Creole seasoning

### Directions

- Add a half stick butter to a sauté pan and cook seasoned shrimp on both sides. Add in crawfish tails. Pick the crab meat for shells and add to mixture. Only cook until heated through. Fold mixture carefully to not break up crab. Set aside.
- Add the remaining butter to a sauce pot and cook shallots and red bell pepper until soft. Add in garlic and green onion. Cook until soft and add Rotel.
- Add the 1/2 beer, heavy cream and season mixture.
- Optional but I like to use sodium citrate dissolved in water. This helps bind the cheese when using fresh grated cheese to make a smooth sauce. Add this in.
- Bring to a very light simmer and slowly add in 3 blocks of the cheese until melted and incorporated. Adjust cream until desired consistency is reached. Taste for seasoning.
- Add chips to an oven safe dish and top with remaining shredded cheese. Top with seafood and bake at 400 until cheese is melted.
- Remove and top with cheese sauce. Serve with desired condiments.



## LOBSTER BISQUE

This can be the elevation you're looking for on that at home date you plan to have. This Lobster Bisque is amazing and will show your date exactly how much they are appreciated. Fresh poached lobster tail in a traditional cream-based soup. Made with the rich stock that is extracted from the lobster shells this is surely a treat they won't forget.



### Ingredients:

- 2 onions
- 3 stalk celery
- 1 carrot
- 1 orange or red bell pepper
- 1 cp Sherry
- 2 tbs tomato paste
- 2 lobsters
- 1 pt. heavy cream
- 1 stick butter
- 3 tbs flour
- paprika
- thin sliced chives for garnish
- olive oil for garnish



### Directions

- Start by preparing lobster. The most humane way to work with a live lobster is drive the tip of your knife through the head in between the eyes. After that the tail can be detached and you can use a kitchen shears to open. I left the claw meat in the shell but removed the bottom half of shell for a nice garnish at the end. There is also a lot of meat in the knuckles and upper body. Once the meat is separated place in refrigerator until we're ready. Rough chop as best as you can the remaining shells.
- Time to make stock. To a stock pot add all lobster peelings. 1 rough cut onion, celery stalk and carrot. Cover in cold water and bring to boil. Reduce this by half. It'll take a little upwards of an hour.
- While the stock is cooking you can small dice the other onion, celery and pepper. Mince the garlic.
- Once the stock is reduced strain through a fine sieve or a colander lined with cheese cloth.
- Melt butter in a sauce pot and add in onion, celery and pepper. Cook down until onions are translucent. Add garlic at end.
- Add in flour to make a white roux. Stir well and cook 7-10 minutes.
- Start to layer you're seasoning by adding 2 tsp Italian seasoning, 1 tsp chili flakes and some creole seasoning.
- Add in tomato paste to lightly toast.
- Deglaze pan by adding in sherry making sure to scrap anything off the bottom.
- Cook for 5 minutes and add in stock. Bring back to simmer and add heavy cream. Cook for 30 minutes. Taste and season as needed with salt and pepper. Add paprika if a deeper red is desired.
- Using a stick blender purée soup until smooth. You can use a traditional blender if that's all you have.
- Once the soup is smooth rough chop lobster meat and add it in to poach. Also add the claws that were reserved.
- You can serve table side for a beautiful presentation. I toasted up some points and topped with olive oil and chives. Enjoy!!



## BLACK-EYED PEA SOUP

Black-Eyed Pea Soup with Ham Hocks and Greens: 2023 is right around the corner so we want to make sure you're all set with your traditional New Year's Day meal. This one-pot soup hits all necessary ingredients and is sure to bring you all the health, wealth and luck for the New Year!!!!



### Ingredients:

- 2 onions
- 1 bell pepper
- 3 stalks celery
- 5 cloves garlic
- 5 ham hocks
- 1/2 bottle of dry white wine
- 1 lb. Camellia brand black eyed peas
- 1 qt chicken stock
- Water as needed
- 2 tbsp ham base
- 3/4-quart heavy cream
- 1 bag washed and trimmed mustard greens
- Lil' Bit Better Creole Seasoning
- Low & Slow Simmer Seasoning

### Directions

- Cook down trinity until soft and add garlic.
- Add in ham hocks and season with dry seasonings.
- Deglaze pot with 1/2 bottle white wine.
- Wash peas clean and add into pot. Add chicken stock and water. Add in ham base. Cook about 2-1/2 hours until peas start to soften. Taste for seasoning and add as needed.
- Add in greens and cook 30 more minutes.
- Add in heavy cream and cook 30 more minutes. Taste again for seasoning. Serve hot with a ham hock in each serving.
- Optional but I garnish with a little sherry on top, cornbread Johnny Cake, and bacon bits.
- For the Johnny Cake: fry 4 pieces of bacon and remove bacon, leaving fat in the pan. Use the cooked bacon to crumble on top. Make a batch of your favorite cornbread. In a separate bowl beat 1 egg white until stiff and fold into the cornbread mix. Cook in bacon grease just like a pancake.

## BROCCOLI SOUP

Indulge in the cozy comforts of winter with a steaming bowl of Cream of Broccoli Soup, masterfully crafted with sharp cheddar cheese and smoky ham. Each spoonful harmonizes flavors that warm the soul during chilly days. Dive into this velvety delight and savor the essence of comfort in every bite!



### Ingredients:

- 1 head of broccoli
- 1/2 stick of butter
- 1/2 lb. diced ham
- 1 medium yellow onion, diced
- 5 cloves of minced garlic
- 2 quarts of chicken stock
- 1 1/2 cups of heavy cream
- 1 block of sharp cheddar cheese, grated
- 1 sprig of thyme
- 1 sprig of oregano
- Salt
- Pepper
- Crusty bread for garnish

### Directions

- Trim the florets from the head of broccoli and set them aside. Trim the stems into 1-inch pieces. For the tougher part of the stalk, peel the exterior layer and use the tender inside. Keep the stems and florets separate.
- In a heavy pan, melt the butter over medium heat. Brown the diced ham, then remove it from the pan.
- In the same pan, sauté the diced onion in the remaining butter until it turns soft and translucent. Add minced garlic and cook for a few more minutes.
- Pour in the chicken stock and add the broccoli stems. Simmer for approximately 30 minutes until the stems become tender. For a creamier consistency, consider using an immersion blender to puree the soup base (optional but recommended).
- Add the browned ham, broccoli florets, and heavy cream to the pot. Season to taste with salt and pepper. Continue to simmer until the broccoli florets are soft and the soup reaches your desired consistency. If the soup is too thin, you can create a slurry of cornstarch and water and add it gradually until the desired thickness is achieved.
- Remove the soup from heat and stir in half of the grated cheese, along with the oregano and thyme sprigs.
- Serve the creamy soup garnished with crusty bread and a generous sprinkle of remaining cheese on top.

**This Cream of Broccoli Soup is a delightful balance of flavors and textures, offering a warm embrace during cold winter days. Savor each spoonful as you delight in the rich, smoky, and cheesy goodness.**

## BACKYARD CHICKEN AND DUMPLINGS

Dive into the bold flavors of the South with my Backyard Chicken and Dumplings recipe. Smoked chicken seasoned with Boudreaux's signature Creole spices meets a silky, rich stew punctuated by a mirepoix and crispy bacon. The star? Fluffy homemade dumplings with a hint of optional heat from hot pepper relish, simmered in a thick, herb-infused broth. It's a comforting classic with a spicy twist, perfect for warming up your dinner table. Ready in a few simple steps, this dish promises a delightful kick in every spoonful!



### Directions

- Pat the chicken dry and coat with olive oil. Season liberally with Boudreaux's Backyard Fire and Smoke Creole Seasoning.
- Smoke the chicken at 300 degrees Fahrenheit indirect heat until the internal temperature reaches 155 degrees.
- Debone the chicken, placing the bones and skin in a stockpot. Cube the meat and set aside.
- Add the chicken stock to the pot with the chicken bones and skin. Simmer for 30-45 minutes. Strain and discard solids.
- Render the bacon in a separate pot until crispy, then remove and set aside on paper towels.
- In the same pot, add the mirepoix (onions, celery, carrots), and sauté until just soft. Then, add the garlic and cook until fragrant, about 1 minute.

### Ingredients:

#### For the Chicken:

- 1 whole chicken
- Boudreaux's Backyard Fire and Smoke Creole Seasoning, to taste
- Olive oil, for coating
- 2 quarts chicken stock
- 4 strips thick bacon, cubed
- 1 cup onions, chopped
- 1/2 cup celery, chopped
- 2 carrots, chopped
- 5 cloves garlic, minced
- 2 tbsp. unsalted butter
- 3 tbsp. all-purpose flour
- 1 quart heavy cream
- Boudreaux's Backyard Lil' Bit Better Creole Seasoning, to taste
- Boudreaux's Backyard Low & Slow Simmer Seasoning, to taste
- Thyme, to taste
- Oregano, to taste
- Chives, chopped for garnish

#### For the Dumplings:

- 2 cups all-purpose flour
- 1 tbsp. + 1 tsp. baking powder
- 1/2 tsp. salt
- Fresh cracked pepper, to taste
- 4 tbsp. unsalted butter, melted
- 3/4 cup milk
- Hot pepper relish, optional

- Stir in the butter with the vegetables until melted. Sprinkle in the flour to make a roux, cooking for a few minutes while stirring constantly.
- Pour in the stock and heavy cream. Season with Lil' Bit Better and Low & Slow Simmer Seasonings. Bring to a simmer before adding the cubed chicken.
- For the dumplings, mix the flour, baking powder, salt, and pepper in a bowl. Gradually add the milk and melted butter (and pepper relish, if using), folding until a soft dough forms. Add a little more liquid if necessary.
- Drop spoonfuls of the dumpling dough into the simmering stew, ensuring they are submerged. Cover and simmer for 15-20 minutes, until the dumplings are cooked and the stew has thickened.
- Gently stir in thyme and oregano.
- Serve hot, garnished with the crispy bacon and fresh chives.

**Notes:**

- **Make sure to adjust the seasonings to your taste.**
- **The stew can thicken upon cooling, so add a little extra stock or water when reheating if necessary.**





## CABBAGE AND POTATO AU GRATIN

Cabbage and Potato Au Gratin: A Comforting Classic Reimagined

In the world of hearty comfort food, Cabbage and Potato Au Gratin stands tall as a delightful twist on a timeless favorite. This dish combines the earthiness of Yukon gold potatoes with the mild sweetness of cabbage, all bathed in a creamy, cheesy sauce that will leave you craving seconds.



### Ingredients:

- 5 Yukon gold potatoes, thinly sliced
- 1 small shallot, thinly sliced
- 1/2 lb. diced ham
- 1/2 stick butter
- 4 cloves garlic, thinly sliced
- 1/2 head of cabbage, quartered and thinly sliced
- 2 tbsp butter
- 1 tbsp flour
- 1 1/2 cups milk
- 1 block of Gruyere cheese
- Salt
- Pepper
- Nutmeg
- Parsley flakes

### Directions

- Begin by adding half a stick of butter to an oven-safe pan over medium heat. Sauté the shallots for about 5 minutes until they become translucent.
- Next, add the diced ham to the pan and cook until it's beautifully browned. Add the sliced garlic and cook for an additional 2-3 minutes. Toss in the sliced cabbage and sauté until it becomes wonderfully tender.
- In a separate pan, melt 2 tablespoons of butter, then add the flour and whisk it together. Allow this mixture to cook for about 3 minutes before slowly adding the milk.
- Season the sauce with salt, pepper, a touch of nutmeg, and a teaspoon of parsley flakes. Continue to cook until the sauce thickens to the point where it coats the back of a spoon.
- Now, prepare the potatoes by washing away any excess starch and patting them dry with paper towels.
- In the oven-safe pan, spread a thin layer of the sautéed cabbage across the bottom. Layer on the thinly sliced potatoes and season with salt, pepper, and one-third of the creamy sauce. Sprinkle one-third of the Gruyere cheese over the top.
- Add the second layer of potatoes, the remaining sauce, and the last portion of cheese.
- Cover the pan and bake at 350°F for 30 minutes.
- Uncover and raise the oven temperature to 400°F. Continue to bake until the top is gloriously golden brown.

This Cabbage and Potato Au Gratin is a symphony of textures and flavors, bringing together the heartiness of potatoes, the sweetness of cabbage, and the richness of cheese. Serve it as a side dish or as a comforting main course and enjoy the warm embrace of this delicious Southern-inspired creation.

## CREAMED SPINACH

Indulge in the luxurious flavors of restaurant-style Creamed Spinach with this delectable recipe. Each velvety spoonful is a celebration of rich, creamy goodness, perfectly balanced with the earthy, wholesome flavor of fresh spinach. It's the side dish that transforms any meal into a gourmet experience. Whether it's paired with a sizzling steak, a delicate seafood entrée, or enjoyed on its own, my Creamed Spinach adds a touch of culinary elegance to every plate.



### Directions

- Preheat the oven to 375°F.
- Defrost the spinach and press out all excess water.
- In a drizzle of light olive oil, sauté the finely diced onion until soft. Then, add in the minced garlic and cook for an additional 2-3 minutes.
- Add butter and melt. Once melted, introduce the flour and create a light roux by cooking for 3 minutes.
- Pour in the milk and cream, stirring continuously.
- Add the chicken bouillon and season with salt, pepper, and a small pinch of nutmeg.
- Melt in the cream cheese, followed by half of the shredded mozzarella.
- Incorporate the drained spinach thoroughly and remove from heat.
- Transfer the mixture into a greased baking dish and top it with mozzarella, freshly grated parmesan, and a sprinkle of panko breadcrumbs.
- Bake until golden brown and bubbling with deliciousness.

### Ingredients:

- 1/2 yellow onion, finely diced
- 4 cloves garlic, minced
- 1 tbsp light olive oil
- 2-1/2 tbsp butter
- 2-1/2 tbsp flour
- 1 cup heavy cream
- 1 cup whole milk
- 1 tsp chicken bouillon
- Salt and pepper to taste
- Small pinch of nutmeg
- 1/2 block cream cheese
- 1 block fresh shredded mozzarella
- 1 lb. bag frozen spinach, defrosted and drained of all water
- Fresh grated parmesan
- Panko bread crumbs

## ROASTED CARROTS WITH HOT HONEY AND GOAT CHEESE

These are the carrots ol' Bugs wished he had. Beautifully roasted with a spicy sweet honey and topped with goat cheese.



### Ingredients:

- 1 bunch carrots
- 3/4 cup chicken broth
- 1 tbsp butter
- Honey of choice
- Goat cheese
- Salt and pepper



### Directions

- Peel carrots. I left the green tops on to look pretty but that's optional.
- Melt butter in an oven-safe sauté pan. Add in carrots and broth. Cover and cook 5 minutes. Remove lid and cook until liquid is gone.
- Salt and pepper. Add honey to carrots and toss to coat.
- Place pan in a 425-degree oven and cook until browned all over.
- Plate with an extra drizzle of honey and top with goat cheese.



## CRISPY BRUSSELS SPROUTS WITH GOAT CHEESE AND PEPPER JELLY

Crispy Brussels sprouts with salty bacon pieces glazed with sweet and spicy Pepper-jelly for a nice tang and creamy goat heese. These are sure to up your side piece game!!!!



### Ingredients:

- 1 bag of Brussels sprouts
- 4 strips bacon
- Half onion
- Pepper jelly of choice
- Goat cheese of choice
- Oil
- Salt and pepper



### Directions

- Steam the Brussels slightly. I throw them in a Ziplock and microwave for 3 minutes. Once removed and cooled trim the end and half. Discard and ugly leaves.
- Chop up bacon and cook in an oven safe pan ( I use cast iron) until starting to change color. Add onions and cook till slightly translucent and bacon is starting to crisp.
- Add 2 tbsp oil and crank up heat. Throw in Brussels and combine well with oils. Season with salt and pepper. Brussels should start to stick and caramelize.
- Add pan to a 425 oven on convection if you have it. Cook until outer leaves of Brussels are crisp.
- Melt Pepper-jelly in microwave and drizzle over brussels. Crumble goat cheese on top.

## RABBIT AND CANNELLINI BEAN STEW

This beautiful Spanish-inspired tomato-based stew is filled with bold and passionate flavors that will transport you to another place. Young rabbit and chorizo are the perfect complement to the beans. 2023 is the year of the rabbit and the year of hope so pour a glass of good Rioja wine and enjoy!!



### Ingredients:

- 1 rabbit
- 1 lb. chorizo
- 1 lb. Camellia Brand Cannellini Beans
- 1 onion
- 2 carrots
- 2 stalks celery
- 2 bay leaves
- 1/2 cup Spanish wine
- 2 28 oz cans whole tomato
- 2 quarts chicken stock
- 1 pack basil
- Olive oil
- 1 tbsp Italian herb blend
- Boudreaux's Backyard Lil' Bit Better Creole Seasoning to taste
- Water as needed

### Directions

- Rinse and sort beans. Soak overnight and drain.
- Break down rabbit into pieces, season as desired, and set aside.
- Add a glug of olive oil to a large Dutch oven, and cook onions, celery, and carrots until soft. Add garlic.
- Add in bay leaves and Italian seasoning.
- Deglaze the pot with a little red wine. Add chicken stock and beans to pot. Simmer 2-3 hours, or until beans start to soften.
- In a separate large pot, brown the seasoned rabbit pieces, remove and set aside. Cut chorizo from casing and brown in large chunks. Remove chorizo, set aside, and discard grease from the pot. Deglaze the pot with wine and add to the stew.
- Add rabbit pieces to the stew pot and allow to tenderize.
- In a separate bowl, hand-crush whole tomatoes and set aside.
- When the rabbit meat and beans are tender, and the stew has almost reached desired thickness, add crushed tomatoes and chorizo. Simmer for 30 more minutes.
- Add torn fresh basil.
- Serve with crusty bread and a glass of Spanish wine!

## ASPARAGUS AU GRATIN

Beautiful large asparagus topped with reduced cream and gruyere and white cheddar broiled till golden. This dish can stand up to the most impressive main dishes and will elevate any meal you use it with.



### Ingredients:

- 1 bunch asparagus (large, if you can find them)
- 1 cp heavy cream
- salt
- pepper
- nutmeg
- paprika
- 1/4 cp grated gruyere
- 1/4 cp grated white cheddar
- parsley to garnish



### Directions

- Prepare asparagus by cutting off very bottom and stripping bottom third with a vegetable peeler.
- Blanch asparagus in boiling water. 1.5 - 2 minutes for large asparagus, 1 min if they are small. Immediately transfer to ice bath.
- In a small saucepan, reduce cream by half and season liberally with salt pepper and a pinch of nutmeg. Keep a close eye on this as it can foam over easily. A wooden spoon place in the pan helps prevent this.
- Heat oven and turn on broiler.
- Align asparagus in a single file line. Coat with reduced cream and top with grated cheese. Add paprika for color and top with parsley.
- Broil until cheese is golden and cream is bubbly. Garnish with fresh parsley If desired.



## SAUTÉED MUSHROOMS

Want to upgrade your side dish game? Try some sautéed mushrooms for an easy elevation to your next meal!



### Ingredients:

- 1-2 lbs. mushrooms of choice
- 1 tbsp olive oil
- 2 tbsp butter
- 1/4 red wine
- Parsley
- Salt and pepper



### Directions

- Clean mushrooms with a damp paper towel to remove loose dirt. Slice evenly.
- Add oil to a hot sauté pan. Once oil is hot, add in mushrooms and allow to caramelize before flipping.
- Once browned add in wine and reduce until no liquid is left.
- Turn off heat and add butter, salt and pepper.

## PANCETTA WRAPPED ASPARAGUS

Pancetta wrapped asparagus is perfect for that grilled side dish. The fatty pork helps to cook the asparagus and adds the perfect salty balance!



### Ingredients:

- Asparagus trimmed of fibrous edge
- 1 pack pancetta but bacon can be used
- Salt pepper and olive oil



### Directions

- Wash asparagus and trim ends.
- Lay out 2 pieces of pancetta at a time. Wrap 3-4 pieces asparagus at a time.
- Salt and pepper outside of wraps and add some olive oil to coat.
- Grill on medium heat until pancetta is crispy.

## HASSELBACK SWEET POTATOES

Hasselback sweet potatoes are a fun twist to a traditional dish that adds a level of elegance and flare... and it's just cool



### Ingredients:

- 2 sweet potatoes
- 4 tbsp butter
- 1 tbsp minced shallot
- 1 tbsp green onion
- 1 tbsp garlic
- 1 tbsp parsley
- Salt and pepper



### Directions

- Precook potatoes at 300 for 2 hours, just until slightly soft.
- Place in between to small objects like chop sticks to prevent cutting all the way through.
- Slice thin slices all the way down.
- Melt butter and cook aromatics for 5 minutes.
- Spoon or brush mixture over potatoes . Add salt and pepper.
- Set oven at 425 convection and place back in until golden on edges. Baste with melted butter a few times during process.



## POMMES FRITES

Soft & fluffy center, crispy & seasoned exterior, these frites are coated with duck fat and parmesan. Served with a roasted garlic and shallot aioli, these are next level!! Speaking of next level, have you seen that new Blue Plate look with an ode to the pelican state and throwback feel? Don't worry; it's a new look but the same great taste!!



### Ingredients:

- 2 Idaho potatoes
- Frying oil
- 1/4 cup cornstarch
- Boudreaux's fire and smoke seasoning
- 1 shallot
- 2 heads garlic
- Olive oil
- 1-1/4 cup Blue Plate mayonnaise
- 1/2 lemon juiced
- 1 tsp hot sauce
- 1 tsp Worcestershire
- 1 tsp creole mustard
- 2 tbsp duck fat (optional)
- 2 tbsp parsley
- 1/4 cup fresh grated parmesan



### Directions

- Cut shallot in half. Cut tops off garlic heads. Place in foil and top with olive oil. Close foil and roast at 325 for 2-3 hours or until garlic is soft.
- Place garlic and shallot in food processor with the juice of 1/2 lemon. Blend to make a paste. Add in mayo, mustard, hot sauce, and Worcestershire. Blend until mixture is smooth.
- Cut potatoes into 1/4" sticks. Soak in ice water for 30 minutes or longer.
- Heat oil to 300 degrees.
- Dry potatoes with paper towel and fry in oil for 6-8 minutes until soft. Remove and place on a wire rack.
- Crank heat up to 375 and dust in cornstarch and seasoning.
- Fry at 375 for 1-2 minutes until golden brown.
- Coat with duck fat, parsley and Parmesan. Serve hot with aioli.

## WAGYU DENVER STEAK WITH MARROW BUTTER

Winner winner, ain't nothing like a good steak dinner!!!! This is a beautifully marbled Wagyu Denver steak topped with a bone marrow and roasted garlic compound butter served with mashed potatoes and charred rainbow chard.



### Ingredients:

- Steak of choice
- 2 crosscut beef bones
- 2 sticks softened butter
- Roasted garlic
- Parsley
- 2 Idaho potatoes
- 1 cp cream
- Salt pepper
- Rainbow chard or leafy greens
- Olive oil
- White wine vinegar
- Prime beef and chop seasoning



### Directions

- Bake potatoes at 350 until soft about 3 hours. You can also boil them to save time.
- Roast bones on smoker at 300 for 1 hour until fat is rendered and marrow is soft.
- Let steak sit at room temp on a wire rack for at least an hour to dry surface.
- Mix marrow, 1 tbsp roasted garlic, salt, pepper and parsley to make compound butter.
- Heat cream and 2 tbsp of compound butter to a simmer.
- Peel potatoes and add to a bowl with hot cream and butter. Smash well and give a good whip.
- Lightly coat steak with olive oil and season generously with prime beef and chop seasoning.
- Wash chard and remove the end of the stalk. Season with white wine vinegar, salt pepper and drizzle with olive oil.
- Get grill very hot on direct setting. Sear steaks on all side until desired temp is reached.
- Sear chard just until wilted and remove.
- Let steak rest at least 10 minutes and slice and serve.

## PAN SEARED SNAPPER WITH SUCCOTASH

Get hooked on this mouth-watering pan-seared red snapper, perfectly seared over a bed of succotash, topped with a dollop of tantalizing chili butter and a touch of roasted scallion oil for a flavorful finish! Camellia baby green lima beans and roasted corn created the perfect base for this Southern classic to tie in perfectly with the best seafood the gulf has to offer. A seafood lover's delight that'll leave you reeling for more.



### Ingredients:

- 1 stick softened butter
- 1 tbsp crunchy chili
- 1/4 cup olive oil
- 1 bunch green onions
- 1/2 pack Camellia green lima beans
- 4 small ears of corn
- 1 red bell pepper
- 1 onion
- 1/2 cp cherry tomatoes
- 3 cloves garlic
- Parsley for garnish
- White wine
- Salt and pepper
- 2 red snapper fillets, skin on and scaled, if possible

### Directions

- Make chili butter by mixing crunchy chili with softened butter and reserve.
- Make scallion oil by thinly slicing 1 bunch scallions and adding to 1/4 cup olive oil. Heat until light simmer and cook 5 minutes. Add to blender or use stick blender and blend. Strain through cheese cloth and store in squeeze bottle.
- Wash and sort beans. Place in a pressure cooker for 45 minutes to tenderize. Remove and rinse in cold water.
- Shuck corn. Peel and quarter onion, half and remove seeds from pepper. Lay all vegetables on baking dish and drizzle with olive oil. Bake at 425 until well roasted. Tomatoes will cook quicker and will need to be removed before the rest.
- Cool and dice vegetables. Strip corn from cobs and mince garlic.
- In a hot pan add olive oil and butter. Sauté lima beans until blisters form. Add in garlic and cook until tender. Add remaining vegetables and 1/4 cup of white wine. Season to taste.
- Score the skin side of the fish. Season both sides with salt and pepper.
- In a very hot skillet add in light olive oil. Place fish skin side down and allow to sear. Once fish is able to pull away without sticking flip. Add in 2 scoops of chili oil and start to baste fish with butter. Add pan to hot oven to finish cooking.
- Remove from oven and continue to paste.
- Plate with a bed of succotash. Top with scallion oil. Place fish on top and dollop with chili butter. Garnish with a little parsley.



## BEURRE BLANC

This sauce may have a fancy-sounding name, but do not be intimidated. It is actually a simple recipe that can be made right at home! Of course, I am talking about the amazing Beurre Blanc, something every home cook should have in their repertoire.



### Ingredients:

- 1 shallot minced
- 1/2 cp dry white wine
- 1/4 cp white wine vinegar
- 1/3 cp heavy cream
- 2 sticks butter, cubed and cold
- Salt
- Pepper (white is traditional but I use black)



### Directions

- Start by adding your shallots, wine, and vinegar to a saucepan on high heat. Once this has come to a boil reduce heat to medium and reduce until almost a syrup.
- Whisk in heavy cream and reduce slightly.
- Remove from heat and slowly whisk in 4 cubes of butter to create emulsification. Keep adding the butter little by little until it is all used up.
- Season to taste with salt and pepper.

## FILET MIGNON WITH SHIITAKE CHIANTI DEMI-GLACE

Celebrate your love this Valentine's Day with a luxurious and romantic dinner featuring succulent Filet Mignon. Each tender and juicy cut is served with a savory shiitake and chianti demi-glace, adding depth and complexity to the rich flavor of the steak. Complemented by the sweet and caramelized Honey Roasted Carrots and the creamy and cheesy Parmesan Mashed Potatoes, this meal will tantalize your taste buds and create a memorable experience for you and your love. Treat yourselves to a night of indulgence and romance with this decadent and beautifully plated feast. Happy Valentine's, y'all!



### Ingredients:

- 2 6-8oz filet mignon
- 1/2 pack shiitake mushrooms
- 1/2 pack baby Bella mushrooms
- 1/2 cp dry red wine
- 1 tbsp beef base mixed with 1/4 cup water
- 1/2 stick butter
- steak seasoning
- 1 bunch carrots
- honey
- 1 tbsp butter
- 2 large potatoes
- 1/2 cp heavy cream or half and half
- 1/2 stick butter
- Salt and pepper
- 1/2 cp fresh Parmesan



### Directions

- Clean and trim carrots. Melt butter in an oven-safe sauté pan. Sear carrots on all sides and season with salt and pepper. Cover with honey and place in oven at 400 for 35 minutes.
- Peel and wash potatoes. Place in pot with cold water and bring to boil. Cook until tender. Strain and place back on heat to evaporate all moisture. Add in hot cream and melted butter.
- Season steak well on all sides and sear. Remove from pan. Sear mushrooms. Deglaze with wine and add stock mixture. Cook until almost evaporated and add steaks to cook until desired doneness. Remove from heat and whisk in cold butter to form rich sauce.

## STEAK WITH PEPPERCORN SAUCE

Check out this beautiful chateaubriand with toasted peppercorn demi- glace!



### Ingredients:

- Desired size of tenderloin roast
- 1 cp sherry
- 1 tbsp beef base
- 1 cp cream
- 1 tbsp black peppercorn whole
- 1 tbsp rosemary
- 2 tbsp butter
- Steak seasoning of choice



### Directions

- Toast peppercorns in a dry pan until fragrant and set aside.
- Season roast very liberally and sear on all sides. Once seared, place in 400-degree oven until internal reaches 125.
- Remove steak and let rest.
- Deglaze pan with sherry. Add in peppercorns, cream and beef base. Reduce by half. Remove from heat and add in rosemary and whisk in cold butter.
- Slice roast into portions and top with sauce.



## SESAME CRUSTED TUNA

Sesame crusted tuna served on-top of garlic mashed potatoes and sautéed spinach topped with a citrus wasabi vinaigrette!



### Ingredients:

- 2 tuna steaks
- White and black sesame seeds
- Salt and pepper
- 2 large baking potatoes
- Aromatics of choice; I used shallots, garlic, and parsley.
- 1/3 cup cream
- 2 tbsp butter
- Baby spinach
- Olive oil

### Vinaigrette

- 1/2 orange
- 1/2 lime
- 1 tsp honey
- 1/2 tsp wasabi
- 1 tsp sesame oil
- 2 tbsp olive oil

### Directions

- Bake potatoes at 350 until soft.
- Dry tuna steaks and keep in fridge on paper towels.
- Peel and cube cooked potatoes.
- Melt 2 tbsp butter and cook aromatics until soft. Add in cream salt and pepper. Add in potatoes and mash. Cream until desired consistency is reached.
- Heat olive oil in pan and cook shallots and garlic. Add in 1 bag of baby spinach and cook until wilted and remove from heat. Add salt pepper and a tiny pinch of nutmeg.
- Make vinaigrette by juicing citrus and adding all ingredients but oil. Whisk in oil slowly to emulsify
- Spread sesame seeds on a plate and add salt and pepper. Get a sauté pan really hot with a high heat oil. Remove tuna from fridge and press into seasoned seed mixture to well coat both sides. Go directly into pan and sear quickly on each side. Remove from heat.
- Plate by putting spinach on bottom. Top with garlic mash. Tuna on top and drizzle with vinaigrette.

## GOAT CHEESE STUFFED PORK CHOP

Tomahawk pork chop stuffed with goat cheese and topped with strawberry jalapeño jam!!!!



### Ingredients:

- Thick cut pork chop
- 2 oz goat cheese
- Pepper jelly/jam of choice
- Salt and pepper



### Directions

- I used a small tip boning knife to cut a small incision and open up a big cavity inside the chop. Widen up with your finger if needed being careful not to rip another section open.
- Let goat cheese come to room temp and place in a Ziplock or piping bag. Pipe cheese into chop. Seal hole with a toothpick.
- Coat with light olive oil and salt and pepper.
- Grill on high heat until nice char marks are formed.
- After flipping, layer pepper jelly on top and let glaze.
- Let rest 10 minutes before cutting. Remove toothpick.

## SURF AND TURF

LOBSTER STUFFED CHATEAUBRIAND!!! Beautiful center cut filet mignon stuffed with white wine poached lobster tail and a peppercorn sauce. Complimented with baby potatoes and prosciutto wrapped asparagus this will elevate your dinner quest to a whole new level of bliss. Perfect for that backyard dinner date by the fire!!! Add in some good bubbly and this will be a home run!!!



### Ingredients:

- 2 lobsters
- 3 lb. chateaubriand
- 1 bag small mixed potatoes
- 1 bunch asparagus
- 1 pk prosciutto
- 1 shallot
- 2 cloves garlic
- Olive oil
- blackening or creole seasoning
- sherry or dry white wine
- 1 sprig rosemary
- 1 sprig thyme
- 1 tbsp coarse ground black pepper
- 1/2 qt heavy cream

### Directions

- Poach lobster in boiling water for 3 minutes.
- Pell and reserve meat. Make sure to get all claw and knuckle meat.
- Prepare steak by butterflying open. Try and at least get 3 cuts to flatten out as big as possible.
- In a sauté pan add a little oil. Julienne shallots and mince garlic. Once soft add 1/2 a lemons juice and 3 oz of champagne or white wine. Reduce until little liquid remains. Toss in lobster tail and season with creole or blackening seasoning. Remove from heat shortly after coated.
- Pre boil potatoes until they are barely starting to soften. Remove from water and let cool.
- Prep asparagus by removing tough end and wrapping 2-3 at a time with one piece of prosciutto per bundle. Drizzle with olive oil and salt and pepper
- Lay out steak and add lobster mixture to one side. Roll up and tie together with butcher's twine. Season liberally with salt and pepper.
- With a flat spatula slightly smash each potato. Toss in bowl with olive oil salt pepper, chopped rosemary and thyme. Bake at 425 till potatoes are crispy.
- Preheat grill and sear all sides of steak and cook until internal reaches 125. Remove and let rest.
- Grill asparagus until prosciutto is crisp.
- Start on the peppercorn sauce by toasting pepper in a dry skillet over medium heat. Once toasted add in 1/2 cp sherry and reduce till evaporated. Add in 1/2 cp heavy cream and reduce again. Add salt to taste.
- Once meat has rested cut off twine and sliced to desired thickness.
- Layer 2 pieces of steak on a bed of potatoes and top with sauce. Stagger asparagus.
- Enjoy!!!





## AIRLINE CHICKEN BREAST WITH MUSHROOM SHERRY CREAM SAUCE

Taking flight with flavors! Dive into our succulent airline chicken breast, perfectly seared and drenched in a luxurious mushroom and sherry cream sauce. It's not just a dish; it's a first-class culinary journey.



### Ingredients:

- 2 chicken breast cut airline style if available.
- 1 package of baby Bella mushrooms
- 1 package of shiitake mushrooms
- 1 cup sherry
- 1 cup heavy cream
- Finishing butter
- Parsley
- Seasoning of choice



### Directions

- I used a whole chicken to get the cut that I wanted as the airline is not commonly sold. The airline is the chicken breast with the drum still attached. I also left the skin on for this. If you can't find this and don't want to trim a whole a chicken you can use skin on bone out chicken breast.
- Season with Cajun garlic seasoning and salt.
- Start with breast skin side down in a cool pan and place over medium heat.
- Once fat renders and skin is crispy, flip. These were really thick so I finished in the oven.
- Remove breast from pan and set on a rack to rest.
- Clean mushrooms with a damp paper towel to remove excess dirt.
- Trim stems on baby Bellas and remove from shiitakes.
- Add into hot pan with chicken drippings and cook until mushroom are golden and browned nicely.
- Add in sherry and reduce to a syrup.
- Add in heavy cream and reduce until thick.
- Finish with a little butter and parsley.

## LOBSTER BUCATINI

Treat Mama to an exquisite homemade meal with this mouthwatering Lobster Bucatini recipe! This indulgent dish features succulent lobster tail meat paired with al dente bucatini pasta, all enveloped in a creamy, flavorful sauce. Made with love and care, this recipe is sure to impress and make Mother's Day unforgettable. Follow along as I guide you through each step to culinary perfection!



### Ingredients:

- 1 lobster
- 2 onions, separated
- 2 stalks celery
- 1 carrot
- 6 Tbsp. butter, separated
- Boudreaux's Backyard Lil' Bit Better Creole Seasoning, to taste
- Boudreaux's Backyard Low & Slow Simmer Seasoning, to taste
- 1 red bell pepper
- 3 cloves garlic, minced
- 3 Tbsp. all-purpose flour
- 1 Tbsp. tomato paste
- 1 cup dry white wine
- 1 cup heavy cream
- 1 package Bucatini pasta
- Parmigiano Reggiano, to taste
- Crusty bread (optional)

### Directions

- Begin by preparing the lobster. Deshell the lobster and reserve the shells for later use.
- Create a mirepoix by roughly chopping 1 onion, celery, and carrot. Add them to a stock pot along with the reserved lobster shells, cover with cold water, and bring to a simmer. Allow it to reduce by half, then strain and reserve the stock.
- In a pan, melt 2 Tbsp. of butter over medium-high heat. Add the lobster tail meat, season with Boudreaux's Backyard Lil' Bit Better Creole Seasoning, and sauté until cooked. Remove the lobster from the pan and transfer it to a bowl.
- In the same pan, add 1 diced onion and 1 diced red bell pepper. Sauté until translucent, then add the minced garlic and cook until fragrant. Stir in 4 Tbsp. of butter and flour to create a light roux. Add tomato paste, white wine, 1 cup of the reserved lobster stock, and heavy cream. Season the sauce to taste with Creole and Low and Slow seasonings, then blend until smooth.
- Cook the bucatini pasta according to package instructions until al dente. Reserve some of the starchy pasta water.
- Heat up the lobster meat in the pan, adding about 1/2 cup of pasta water. Add a serving of cooked pasta to the pan and ladle in a portion of the sauce. Mix well to coat the pasta.
- Plate the lobster bucatini, topping it with freshly grated Parmigiano Reggiano. Serve with crusty, toasted bread on the side for a complete and luxurious Mother's Day meal experience!

## BUTTERNUT SQUASH RISOTTO WITH PAN-SEARED DUCK BREAST

Butternut squash risotto with pan-seared duck breast is a delicious and elegant dish that combines the creamy richness of risotto with the savory, tender duck breast and the sweetness of butternut squash.



### Directions

#### For the Butternut Squash Risotto:

- Trim the butternut squash, cut it in half, remove the seeds, drizzle with olive oil, season with salt and pepper, and roast at 400 degrees until soft. Then, remove the skin and mash it with a fork.
- Heat the chicken stock in a small saucepan and keep it hot throughout the risotto-making process.
- In a shallow pan over medium heat, add a light amount of olive oil. Sauté finely diced onion until it's soft, then add minced garlic and cook until soft.
- Add Arborio rice and allow it to toast in the oil until it becomes fragrant.
- Pour in the white wine and stir constantly until it's completely absorbed by the rice.
- Begin adding hot chicken stock in batches, stirring constantly and allowing each batch to be fully absorbed before adding more.
- When the rice is almost done, stir in the butternut squash purée and season with salt and pepper.
- The entire risotto-making process will take about 17-20 minutes once you start adding liquid. Continue adding liquid until you reach your desired consistency.
- Once the rice is cooked to your desired doneness and consistency, remove it from the heat. Finish by adding fresh herbs, heavy cream, butter, and grated Parmesan Reggiano.

### Ingredients:

- 1 small butternut squash
- 2-3 cups chicken stock
- 1/2 onion, finely diced
- 4 cloves garlic
- 1-1/2 cups Arborio rice
- 1/2 cup dry white wine
- 2 tbsp butter
- 1/4 cup heavy cream
- Fresh thyme and oregano, 1 pinch each
- 1/4 cup fresh grated Parmesan Reggiano
- Salt
- Pepper
- Olive oil
- 2 duck breasts
- Prime Beef and Chop seasoning
- Lil' Bit Better Creole seasoning
- 3 tbsp butter
- Fresh herbs for basting



## **For the Pan-Seared Duck Breast:**

- Pat dry the duck breasts and cross-score the skin. Season them generously with Prime Beef and Chop seasoning and Li' Bit Better Creole seasoning.
- Start with a cool pan and place the duck breasts skin-side down to allow the fat to render. As the skin becomes crispy, flip the breasts and add in butter and fresh herbs. Baste the duck breasts with the melted butter and herbs until they reach your desired level of doneness.
- Allow the duck breasts to rest for a few minutes, then slice them and serve them over the butternut squash risotto. Garnish as desired.



## SPICY CITRUS ORZO WITH GULF SHRIMP & SCALLOPS

Sesame crusted tuna served on-top of garlic mashed potatoes and sautéed spinach topped with a citrus wasabi vinaigrette!



### Ingredients:

- 12 large shrimp
- 12 large scallops
- 1 lb. box orzo pasta
- Olive oil
- 1 shallot, minced
- 2 cloves garlic, minced
- 1 cup dry white wine
- 4 cups water
- 1 tsp Red Limo Pepper Purée
- Boudreaux's Prime Beef and Chop Seasoning
- 1 ea. Lime, blood orange, and tangerine
- 1 cup freshly grated Parmesan
- 3/4 cup heavy cream
- Boudreaux's Lil' Bit Better Blackening Seasoning
- Green onions for garnish

### Directions

- In a sauté pan, heat olive oil and sauté minced garlic and shallots until soft.
- Add orzo to the pan and toast slightly. Deglaze with white wine.
- Gradually add water, starting with 2 cups, and continue adding as needed until the pasta is almost cooked and the liquid is absorbed. Season with Boudreaux's Prime Beef and Chop Seasoning.
- Stir in Red Limo Pepper Purée, citrus juice, grated Parmesan, and heavy cream. Cover and let the orzo steam while you prepare the seafood.
- Peel, clean, and devein the shrimp. Remove the tendon from the scallops. Pat the seafood dry and season with Boudreaux's Lil' Bit Better Blackening Seasoning.
- Heat a pan with olive oil over high heat. Add the seafood in a single layer and cook until a beautiful crust forms, approximately 1-2 minutes per side. Remove from the pan and set aside.
- Plate the creamy orzo, then top with the blackened scallops and shrimp.
- Garnish with freshly grated Parmesan, thinly sliced green onions, and a lime wedge.

## POKE BOWL

Presenting Boudreaux's Backyard Tuna Poke Bowl with Spicy Blue Plate Mayo: a gourmet fusion of bright, robust flavors and textures. In this dish, tender cubes of sushi-grade tuna, marinated in an umami-rich soy blend rest atop fragrant sushi rice. Garnished with refreshing cucumber, creamy avocado, and spicy garlic chips, it's a delightful balance of flavors. Topped off with a sprinkle of sesame seeds and a dollop of fiery, creamy Blue plate spicy mayo, this dish offers a seaside escape with every bite, making for a nutritious, delicious, and gourmet meal at home!



### Ingredients:

- 2 cups sushi rice
- 1 Tbsp Mirin (or rice wine vinegar with a tsp of sugar dissolved into it)
- 1 slab fresh sushi grade tuna
- 2 tbsp fish sauce
- 1 tbsp spicy soy
- 1 tsp sesame oil
- Cucumber
- Avocado
- Spicy garlic chips
- Blue Plate Hot & Spicy mayonnaise
- Green onions
- Anything you desire to top with



### Directions

- Rinse rice repeatedly until water runs clear. Salt water and cook until soft. ( I used a rice cooker, but you can cook however you like.)
- Place rice in bowl and add mirin. If using rice wine vinegar and sugar, ensure sugar is fully dissolved in vinegar. Gently fold rice over until incorporated. Place in refrigerator until cool.
- Cube tuna into desired size and marinate in soy, fish sauce and sesame oil.
- Build bowl to your desire!



## EGGPLANT NAPOLEON WITH CRAWFISH CREAM

When you want that rich and savory, sinful dish in the south nothing can beat this seafood eggplant napoleon. Towering stacks of fried eggplant with crawfish and jumbo lump crabmeat. We tie it all together with a crawfish and tasso cream sauce served over linguine.



### Directions

- To make sauce, brown diced tasso in olive oil. Add in diced onions and peppers and cook until soft. Add garlic and cook 3 more minutes.
- Add in 3 tbsp butter and melt. Sprinkle in flour to make a light roux and cook 3 minutes.
- Add in Rotel and seasoning. Start with Italian herbs. 1-1/2 tbsp Tonys and 1-1/2 tbsp paprika.
- Add in heavy cream and bring to simmer for 15 minutes.
- Add 1/2 lb. of crawfish tails with any fat and cook for 5 more minutes. Taste for seasoning and adjust to your liking. Set aside once done.
- Cook linguine.
- Slice eggplant to desired thickness. I don't like to go more than a half inch on these.
- Heat oil to 350. Then start with a 3-step breading by seasoning flour in one bowl . Add eggs and milk and season and mix well in the next bowl. Add breadcrumbs and panko to the last bowl. Pass each pieces through flour first, then egg , then breadcrumbs making sure of an even coat.
- Fry the pieces until golden brown, flipping as needed. Set aside on wire rack once done.
- Sautee the remaining crawfish and crabmeat for 3 minutes and lightly cover with reserved sauce.
- Toss linguine in sauce to lightly cover.
- Assemble plate with pasta, 1 layer of eggplant, seafood then repeat eggplant and seafood.
- Fresh grate some Parmesan over top and serve.

### Ingredients:

#### Sauce

- 1 tbsp olive oil
- 1 onion diced
- 1 red bell pepper diced
- 4 cloves garlic minced
- 1 piece tasso diced
- 3 tbsp butter
- 2 tbsp flour
- 2 qt heavy cream
- 1 can Rotel
- Lil' Bit Better Creole Seasoning
- Paprika
- 2 tsp dried Italian herbs
- 1 lb. crawfish tails
- 1 lb. lump or jumbo lump crabmeat
- 1 package linguine
- 2 small or 1 large eggplant
- 2 cups flour
- 2 eggs
- 1/2 cup milk
- 1 cup Italian bread crumbs
- 1 cup Panko
- Lil' Bit Better Creole Seasoning to taste
- Oil for frying
- Fresh parmesan

## BLOODY MARY SHRIMP PASTA

If you love the thought of a Bloody Mary but wish you could have it as a meal, Boudreaux's got ya back with this Bloody Mary Shrimp Pasta! Flavorful and spicy, this lightly coated pasta makes for the perfect lunch or dinner.



### Ingredients:

- 1 lb. peeled deveined shrimp
- 1/2 lb. cooked linguine
- Bayou Gotham Cajun seasoning and hot sauce
- 1 can Zing Zang Bloody Mary mix
- 2 oz vodka
- 3 cloves minced garlic
- 1/2 shallot
- 1 tbsp Worcestershire



### Directions

- Season shrimp liberally with Cajun seasoning. Add oil to a hot pan and sear shrimp on both sides. Remove shrimp and set aside.
- Add thinly sliced shallot and garlic to pan and cook until soft. Deglaze with vodka and reduce down. Add Worcestershire, hot sauce, and Zing Zang. Reduce until thick, by about half.
- Toss in cooked linguine and shrimp. Serve with some fresh grated Parmesan and toast points.

## NEW ORLEANS STYLE BBQ SHRIMP WITH ANDOUILLE GRITS

New Orleans style BBQ shrimp with andouille cream cheese grits. These large gulf shrimp are blackened and covered in this silky smooth New Orleans style BBQ sauce that's tangy, spicy and buttery! Served with these incredibly flavorful grits that incorporates smokey andouille and cream cheese to make the perfect counter balance to that zesty sauce! If you want to just make these BBQ shrimp in the traditional sense you can use the same recipe for the base, but small dice the seasonings and not strain it. Keep the shells and heads on the shrimp and serve with a crusty French bread



### Ingredients:

- | Grits                            | BBQ Base                   |
|----------------------------------|----------------------------|
| • 1 stick andouille              | • 2 onions cut in quarters |
| • 1 lg onion                     | • 1 head of garlic         |
| • 1 red bell pepper              | • 2 lemons                 |
| • 4 cloves garlic                | • 4 bay leaves             |
| • 1-1/2 cp 5 minute grits        | • 3 cans Abita Amber beer  |
| • 3 cp chicken stock             | • 1 bottle W sauce         |
| • 3 cp heavy cream               | • 1 bottle Lea and Perrins |
| • 1 block cream cheese           | • 2 sprigs rosemary        |
| • 1 bunch green onion            | • 2 sprigs thyme           |
| • 2 tbsp parsley                 | • 2 sprigs oregano         |
| • Salt and pepper                | • 2 tbsp black peppercorns |
|                                  | • 1 tbsp cornstarch        |
| Shrimp                           |                            |
| • 2 lbs. shrimp                  |                            |
| • BBQ base (above)               |                            |
| • 2 sticks butter                |                            |
| • Blackening or creole seasoning |                            |

### Directions

- Start by rough chopping ingredients for base. Place everything except herbs and cornstarch in pot and reduce by half. I used the 2 different brands of Worcestershire, but you can use both the same. I also used Abita Amber, but you can use white wine or another dark beer or use cooking wine to reduce alcohol.
- After mixture is reduced, strain through a sieve and return to heat. Mix cornstarch with a little water and add to base to thicken. Remove once it comes back to a boil.
- Prep andouille by removing tough outer skin and cutting into a small dice. Add 1 stick butter to a large pan over med heat. Add andouille to brown up.
- Small dice onion and pepper and mince garlic. Add to pot once meat is brown and cook until soft. Add cream and chicken stock and bring to simmer. Add cream cheese and melt. Over season with salt and pepper.
- Add in thin sliced green onions and parsley then add grits. Cook until grits are tender.
- In a sauté pan heat up oil on high heat. Peel and devein shrimp and season with blackening seasoning. Add shrimp to hot pan and brown on both sides. Deglaze pan with fresh lemon juice and add green onion. Add in BBQ base and bring to simmer.
- Remove from heat and add in butter cubes and slowly stir to incorporate. The sauce should come out smooth and silky.
- Place grits in bowl and top with shrimp and pour sauce on top. Garnish with green onion, lemon wedge and crusty bread.



# GLOSSARY OF FRENCH CULINARY TERMS

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## 1. À la carte

Ordering individual dishes from the menu, as opposed to a fixed-price meal.

## 2. Al dente

Cooked until firm to the bite, typically used for pasta and vegetables.

## 3. Amuse-bouche

A small appetizer or hors d'oeuvre, often complimentary and served before a meal.

## 4. Bâtonnet

Cutting vegetables into small sticks, typically about 1/4 inch by 1/4 inch by 2-2.5 inches.

## 5. Bain-marie

A water bath used to gently cook or keep food warm.

## 6. Beurre blanc

A sauce made by emulsifying butter with a reduction of white wine and vinegar.

## 7. Beurre manié

A paste made from equal parts butter and flour, used to thicken sauces.

## 8. Beurre noisette

Brown butter made by cooking butter until it turns a golden brown and develops a nutty flavor.

## 9. Bisque

A smooth, creamy soup made from crustaceans like lobster, crab, or shrimp.

## 10. Blanchir (Blanch)

To briefly cook food in boiling water and then plunge it into ice water to stop the cooking process.

## 11. Bouillon

A clear broth made by simmering meat, fish, or vegetables.

## 12. Bouquet garni

A bundle of herbs, usually tied together or placed in a cheesecloth bag, used to flavor soups and stews.

## 13. Braiser (Braise)

To cook food slowly in a covered pot with a small amount of liquid.

## 14. Brunoise

A very fine dice, typically about 1/8 inch square.

## 15. Carameliser (Caramelize)

To cook sugar until it turns golden brown and develops a rich flavor.

## 16. Chiffonade

Cutting herbs or leafy vegetables into thin ribbons.

## 17. Clarifier (Clarify)

To remove impurities from a liquid, such as butter or stock, making it clear.

## 18. Compote

A dessert made of fruit cooked in syrup

**19. Confit**

Meat cooked slowly in its own fat.

**20. Consommé**

A clear, flavorful broth made by clarifying stock.

**21. Coulis**

A thick, pureed sauce, usually made from vegetables or fruits.

**22. Crêpe**

A thin pancake made from a batter of flour, eggs, milk, and butter.

**23. Croquette**

A small breaded and fried food roll, typically made from mashed potatoes, meat, or fish.

**24. Crudités**

Assorted raw vegetables served as an appetizer, typically with a dipping sauce.

**25. Dégorger**

To soak or salt food to remove excess moisture or bitterness.

**26. Déglacer (Deglaze)**

To add liquid to a hot pan to dissolve the browned bits of food stuck to the bottom.

**27. Dorer**

To brush food with egg wash to give it a glossy finish when baked.

**28. Émincer (Emince)**

To thinly slice meat or vegetables.

**29. En croûte**

Baked in a pastry crust.

**30. En papillote**

Cooking food in a parchment paper or foil pouch.

**31. Farcir (Stuff)**

To fill meat, vegetables, or pastries with a mixture of ingredients.

**32. Flamber (Flambé)**

To ignite alcohol in a dish to create a burst of flames.

**33. Fond**

The browned bits left in the pan after cooking meat, used to make sauces.

**34. Fondant**

A thick, pliable sugar paste used for decorating cakes.

**35. Fricassée**

A method of cooking meat by first sautéing and then simmering it in a sauce.

**36. Fumet**

A concentrated stock, often made from fish.

**37. Galette**

A flat, round cake made of pastry or bread, often filled or topped with various ingredients.

### **38. Ganache**

A mixture of chocolate and cream used for filling or icing cakes.

### **39. Glace**

A highly reduced stock or glaze used to add intense flavor to dishes.

### **40. Julienne**

Cutting vegetables into thin, matchstick-like strips.

### **41. Macédoine**

A mixture of diced fruits or vegetables.

### **42. Mirepoix**

A mix of diced onions, carrots, and celery used as a base for soups and stews.

### **43. Mousse**

A light, airy dish made with whipped cream or egg whites, often flavored with chocolate, fruit, or savory ingredients.

### **44. Pâté**

A spreadable paste made from meat, typically liver, often served as an appetizer.

### **45. Quiche**

A savory tart filled with custard, cheese, and various ingredients like vegetables or meat.

### **46. Ragoût**

A hearty stew of meat, vegetables, and seasonings.

### **47. Rôtir (Roast)**

To cook food, especially meat, by surrounding it with dry heat in an oven or over a fire.

### **48. Roux**

A mixture of flour and fat cooked together and used to thicken sauces and soups.

### **49. Sauté**

To cook food quickly in a small amount of oil or fat over high heat.

### **50. Velouté**

A type of sauce made from a white stock thickened with a roux.



