

BOUDREAU'S CAJUN AND CREOLE RECIPES



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Introduction to "Boudreaux's Cajun and Creole Recipes"

Hi guys and gals,
I wanted to put together this ebook detailing some of my very favorite Cajun, Creole, and Southern comfort foods. You can use these recipes as they are or put your very own spin on them to tailor them to your liking. Cooking is about creativity and personalization, and I encourage you to experiment and make these dishes your own.



What is Cajun Food?

Cajun cuisine is a rustic, hearty style of cooking that originated from the French-speaking Acadian settlers who were deported from Canada to Louisiana in the 18th century. The Cajuns adapted their traditional French recipes to the local ingredients available in the swamps and bayous of Louisiana. This cuisine is known for its bold flavors and the use of simple, fresh ingredients. Key characteristics of Cajun food include:

- The Holy Trinity: Onions, bell peppers, and celery form the base of many Cajun dishes, much like the mirepoix in French cuisine.
- Spices: Cajun food is known for its spicy kick, often using a blend of cayenne pepper, black pepper, paprika, and garlic powder.
- One-pot Meals: Dishes like gumbo, jambalaya, and etouffee are staples of Cajun cooking, often made in a single pot to bring out deep, rich flavors.

What is Creole Food?



Creole cuisine developed in the city of New Orleans and reflects a blend of French, Spanish, African, and Caribbean influences. It offers a diverse and flavorful experience, often seen as a fusion of different cultural culinary traditions. Key characteristics of Creole food include:

- **Tomato-based Sauces:** Unlike Cajun cuisine, Creole dishes frequently use tomatoes, especially in dishes like Shrimp Creole and jambalaya.
- **Broader Use of Spices and Herbs:** Creole cooking often incorporates a wider variety of spices and herbs, including thyme, oregano, bay leaves, and parsley.
- **Seafood:** Given New Orleans' proximity to the Gulf of Mexico, seafood plays a significant role in Creole cuisine. Dishes like crawfish étouffée and seafood gumbo are iconic examples.

A Celebration of Flavors

Both Cajun and Creole cuisines are celebrated for their rich, flavorful dishes that reflect the vibrant culture and history of Louisiana. Whether you are a seasoned cook or a beginner, I hope this ebook inspires you to explore these unique culinary traditions and bring a taste of Louisiana into your home. Let's get cooking and dive into the world of Cajun and Creole recipes. From the spicy kick of a classic gumbo to the savory comfort of jambalaya, these dishes are sure to bring joy to your table.

Happy cooking,
Justin Boudreaux
Founder/Owner, Boudreaux's Backyard



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Chef's Thoughts: Gumbo

Gumbo is one of the quintessential dishes of Louisiana, and it's as diverse as the culture that it springs from. This rich, hearty stew has roots that run deep through the history and traditions of the South. From its African origins to its variations across different parishes in Louisiana, gumbo tells a story with every spoonful.

The African Origin of Gumbo

The name "gumbo" is derived from the West African word "ki ngombo," which means okra. Okra was brought to the Americas by African slaves and became a staple in Southern cooking due to its ability to thicken stews and add a unique flavor. In traditional African cooking, okra was often used in similar stews, which influenced the development of gumbo in Louisiana.

Variations Across Parishes

In Louisiana, gumbo recipes can vary significantly from one parish to another, each with its own unique twist and ingredients. Here are some key differences:

• Creole Gumbo:

- ✔ Base: Typically uses okra as a primary ingredient, which helps to thicken the stew and adds a distinctive flavor.
- ✔ Protein: Often includes a mix of seafood such as shrimp, crab, and oysters, along with chicken and andouille sausage.
- ✔ Flavor: Incorporates a broad range of spices and herbs, such as thyme, bay leaves, and parsley, giving it a complex, layered flavor.
- ✔ Thickener: Okra is the main thickener, but filé powder (ground sassafras leaves) can also be added for additional thickening and flavor.

• Cajun Gumbo:

- ✔ Base: Does not use tomatoes, relying instead on a darker roux made from flour and oil for a deep, rich flavor.
- ✔ Protein: Often includes chicken, duck, and sausage. Seafood might be used, but it is less common than in Creole gumbo.
- ✔ Flavor: Features a bolder, spicier profile, with a heavier emphasis on ingredients like cayenne pepper and black pepper.
- ✔ Thickener: The dark roux is the primary thickener, though some recipes may also use filé powder.

A Dish with Many Faces

No matter where you are in Louisiana, gumbo is more than just a meal; it's a reflection of the region's history, culture, and the community spirit. Each bowl of gumbo tells a story, whether it's the influence of African slaves, the adaptation by French settlers, or the modern-day touches added by local chefs. The beauty of gumbo lies in its adaptability and the personal touches each cook brings to their recipe. When you make gumbo, you're not just cooking; you're participating in a rich tradition that celebrates the melting pot of cultures that make up Louisiana. So, whether you prefer the okra-based Creole version or the robust, spicy Cajun style, know that each variation is a homage to the people and history of this vibrant region.



CHICKEN ANDOUILLE GUMBO

Chicken Andouille Gumbo!!! When the football starts so do the gumbos!! This is probably the most popular of all the gumbos and is my personal favourite.



Ingredients:

- 1 cup oil
- 1-1/2 cup flour
- 4 onions
- 3 bell peppers
- 1/2 bunch celery
- 1 bunch green onion
- 1/2 bunch parsley minced
- 2 tbsp minced garlic
- 4 lbs. boneless chicken thigh
- 1 stick andouille
- 2 lbs. sausage
- 5-6 smoked turkey necks
- 3 quarts chicken stock
- 2 qt +/- water as needed
- Lil' Bit Better Creole Seasoning
- Low & Slow Simmer Seasoning

Directions

- Prep all ingredients. Small or medium dice all vegetables and mince garlic. Trim and cube chicken thighs. I cut my sausage into quarters, peel the skin off my andouille, and cut into half-moons.
- In your gumbo pot, heat up cooking oil. Whisk in flour and cook roux until it's a chocolate color. Add in trinity and cook until onions are clear, and roux is dark.
- Add in stock and start to season. Add water as needed. Add in smoked turkey necks and let this simmer for 2 hours. Skim off any grease as it comes to the top.
- In a separate pot with a little oil, brown all the meats starting with the sausage and andouille. Add these to the pot after 2 hours of simmering. Brown the chicken last and remove from pan. Use some water to get all of the burnt "gratin" from the bottom of the pot. Add to gumbo.
- Add chicken after 3 hours of cooking. Simmer for another hour.
- Taste for seasoning. After 4 hours add in green onion and parsley and cook for 10 minutes and turn off heat.
- Let sit for 20 minutes then serve over rice with potato salad on the side.

DUCK ANDOUILLE OYSTER GUMBO

Can't get no mo' Cajun than this. DUCK, ANDOUILLE AND OYSTER GUMBO!!! Perfect balance of Louisiana wild game and seafood mixed together perfectly in one of our favorite dishes. GUMBO!!! Don't be discouraged if you don't have access to wild duck a store-bought duck would do amazing in this!!



Directions

- Coat duck breast heavily in salt and let sit for one hour to draw out moisture. Rinse in cold water.
- Soak duck breast for 36 hours in buttermilk. You skip these 2 steps if using tame duck.
- Rinse off duck breast and set on wire rack in fridge to dry out. Season with salt, pepper and cayenne. The idea here is to dry out the outside of the duck as much as possible. This will help the smoke adhere to the meat
- Prepare smoker to 225 and smoke until done. I went 1-1/2 hours
- Small dice all vegetables and mince garlic. Cut andouille.
- In a large heavy pot brown andouille in a little olive oil.
- Once meat is browned add in trinity and cook until onions are translucent.
- Add in roux and cook 3-5 min. Add garlic.
- Add in all liquid and chicken base. Stir until well mixed.
- Start layering seasoning by starting with the above mentioned amounts.
- Cook for an hour and skim any grease that floats to top.
- Add in smoked duck and liquor from oysters. Cook 2 hours. Taste constantly for seasoning adjusting as necessary. Add water or stock as needed to maintain consistency.
- Once satisfied add in oysters and green onions and turn pot off.
- Let sit for 20 min or so then serve.
- Enjoy!

Ingredients:

- 8 small duck breasts
- 1 qt buttermilk
- 1 stick andouille
- 1 pint oysters
- 1-1/2 cup roux
- 3 onions
- 2 green bell peppers
- 3 stalks celery
- 5 cloves garlic
- 2 qt chicken stock
- 3 qt water
- 2 tbsp chicken base
- 1 tsp black pepper
- 1 tsp cayenne
- 2 tbsp Creole Seasoning
- 2 tbsp Low & Slow Simmer Seasoning
- 3 bay leaves
- 1/2 bunch green onions



SEAFOOD GUMBO

This seafood gumbo is fully loaded with those Cajun flavors you love to have. A mix of crab and shrimp make this roux-based mixture nice and rich. And the combination of alligator and shrimp sausages gives it that perfect smoky heartiness. And don't forget the okra, cher! So head on over to Rouse's Market and make ya groceries to get this one cooking!



Directions

- Heat oil in a large pan. Once oil is hot, whisk in flour and stir roux until dark chocolate consistency.
- Turn up heat till smoking and add in okra. Cook until soft and add trinity. Add garlic and cook until vegetables turn soft.
- Add in stock and mix well. Add in gumbo crabs and season. Let simmer for at least 2 hours.
- In a separate pot, brown up sausage and add to gumbo. Deglaze browning pot and add to gumbo.
- After 3 hours or until vegetables are broken down add in shrimp and green onions and cook for 20 minutes.
- Turn off fire and add crab meat and crab claws. Add in parsley. Allow to sit 20-30 minutes before serving.

Ingredients:

Roux

- 1 cup oil
- 1-1/2 cup flour

Seafood

- 2 lb. peeled deveined shrimp
- 2 lb. alligator sausage
- 1 lb. shrimp sausage
- 1 lb. lump crabmeat
- 1/2 lb. crab claws
- 6 gumbo crabs

Base

- 28 oz bag okra
- 4 med onions
- 3 bell peppers
- 4 stalks celery
- 10 cloves garlic
- 1 bunch green onion
- 1 bunch parsley
- 4 quarts stock
- Water as needed while cooking
- Lil' Bit Better Creole Seasoning as needed
- 2 tbsp Low and Low Simmer seasoning (Italian herb blend, parsley, garlic powder, onion powder)
- 1 tbsp dehydrated shrimp powder
- 3 bay leaves



Chef's Thoughts: Red Bean Gumbo

Red Bean Gumbo holds a special place in my heart and in the culinary traditions of my hometown in St. James Parish. This delightful variation of gumbo is a local favorite, particularly cherished during the festive season.

The Essence of Red Bean Gumbo

Red Bean Gumbo combines the richness of a traditional roux-thickened gumbo with the velvety smoothness of blended red beans, adding a unique depth of flavor and texture. This dish is a perfect example of how regional ingredients and cooking techniques come together to create something truly special.

Ingredients and Flavor Profile

Red Bean Gumbo is known for its hearty and robust flavors, brought to life by an array of smoked meats. Here's what makes this dish stand out:

- **Roux:** The base of this gumbo is a classic dark roux made from flour and oil, which gives the dish its characteristic depth and richness.
- **Blended Red Beans:** Smooth, blended red beans are incorporated into the gumbo, adding a creamy texture and enhancing the overall flavor profile.
- **Smoked Meats:** A variety of smoked meats such as andouille sausage, tasso, smoked chicken, and sausage are used to infuse the gumbo with rich, smoky flavors.
- **Seasonings:** The dish is typically seasoned with a blend of traditional Cajun spices, including cayenne pepper, garlic, and bay leaves, creating a symphony of flavors that dance on your palate.

A Festive Staple

Red Bean Gumbo is more than just a dish; it's a celebration of community and tradition. It is a staple at the annual Festival of the Bonfires in St. James Parish, a vibrant event held a few weeks before Christmas Eve. During this festival, hundreds of bonfires are built along the levee on River Road, preparing to light the way for Papa Noel on Christmas Eve night. This festival is a magical time, filled with the warmth of bonfires and the comforting aroma of gumbo simmering in large pots.

Cooking and Sharing

Making Red Bean Gumbo is a labor of love. It requires patience and care to develop the rich flavors and perfect the creamy texture. When you cook this gumbo, you're not just preparing a meal; you're participating in a tradition that brings people together, celebrating the spirit of the season and the joy of good food. I hope this recipe inspires you to embrace the culinary traditions of St. James Parish and share the warmth and flavor of Red Bean Gumbo with your loved ones. Whether you're lighting bonfires on Christmas Eve or simply enjoying a cozy meal at home, this dish is sure to create lasting memories.



RED BEAN GUMBO

Red bean gumbo is a velvety base gumbo with tons of smoked meat for flavor and uses a dark roux as a base. This gumbo uses Creole style Blue Runner red beans to make a broth that is super rich and creamy. Ham hock and smoked turkey necks give a level a smokiness. Traditional trinity and garlic along with Cajun spices enhance all of the flavors. If you've never had this, you need to give it a try. It's perfect for a large gathering in the backyard on a cold winter night.



Directions

- Start by preparing everything. Chop all seasonings to a medium dice and mince garlic. Prepare meats by cutting to your desired size. I like to quarter my smoke sausage and cut half-moons from my andouille removing that thicker outer skin.

Next onto the Roux. The traditional recipe calls for equal parts oil

- and flour. I like to add more flour and start off pretty thick. Start by letting the oil heat by itself. Once hot, whisk in flour and you know the drill. Stir forever!!! Using a flat bottom spoon or a high heat rubber spatula stir that roux!!!
- I like to take my roux pretty dark and the darker you go the more you have to stir. Once the color is like a brown crayon, I turn the heat up higher and add in the trinity. Cook until vegetables start to turn translucent. Then add garlic
- Add in your chicken stock and a little water. Start "layering" your seasoning here. I used 1 tbsp of Italian seasoning, 1-1/2 tbsp of Creole, 2 tsp black pepper and 1 tbsp granulated garlic. You can add whatever you like here. Remember this is just a start we'll be checking and seasoning to taste as we go along
- Once you have your stock and seasonings in, you want to add anything you're using with a bone that you're hoping to extract flavor from. I used a big ham bone and some smoked turkey necks. Let that come to a boil and let it roll for about 1 to 1-1/2 hours
- In a separate pot with some oil added I like to get a good browning on all the meat I'm using. Let the pan and oil get hot before adding and be careful not to overcrowd the pan. This usually takes doing a few batches. Use a slotted spoon to remove and discard any leftover grease. Deglaze that pan with all those brown bits stuck to the bottom and add that to your gumbo.

Ingredients:

- 5 onions
- 3 green bell peppers
- 1/2 bunch celery
- 6 cloves garlic
- 1/2 bunch green onions
- 1/2 bunch parsley
- 2 links smoke sausage
- 2 pieces tasso
- 2# ham
- 1 stick andouille
- 1 small pack smoked turkey necks
- 1 ham bone if you have it
- 4 strips bacon
- 2 27 oz cans Blue Runner red beans
- 3 quarts chicken stock
- 2 tbsp chicken base
- 1-1/2 cup flour
- 1 cup vegetable oil
- water as needed
- seasonings
- Italian seasoning blend
- granulated garlic
- black pepper

- After cooking for that hour and some, add the cans of beans, chicken base, and all that meat you browned. Cook until turkeys are tender another 1-1/2 hours. With 1 hour left start tasting for seasoning and making adjustments to your liking.
- Cook bacon separately in a pan starting on low eat so that we can render out the most fat. Eat the bacon cause I know you hungry by now. Reserve the fat.
- Once all the meat is tender and it's seasoned where you like turn off the fire and stir in bacon fat, green onions and parsley. Some people drop in a few raw eggs at this point and cover and let sit for 20 minutes.



POTATO SALAD

Boudreaux's Potato Salad will perfectly complement any gumbo!



Ingredients:

- 3 lb. russet potatoes
- 6 eggs
- 2 tbsp fine-diced onion
- 2 tbsp green onion or chives
- 1 tbsp parsley
- 1/2 lemon juices
- 3/4 cp mayo
- 2 tbsp creole mustard
- 3 tbsp minced pickled jalapeños plus 2 tbsp of the juice
- 4 dashes hot sauce
- Salt and pepper



Directions

- Peel, wash and cube potatoes. Boil until tender. Strain and let cool.
- Boil eggs. I gently place in boiling water for 12 minutes then run them in cold water until cooled. Peel and set on paper towel to dry. Half eggs and place yolks in one bowl and whites separately. Rough chop whites.
- With a fork smash egg yolks until smooth. Add in all wet ingredients. Generously add salt and pepper. Add this to potatoes and mash until desired consistency is reached. I like mine to be somewhat chunky. Add in vegetables and egg whites and fold in. Taste for seasonings.

Chef's Thoughts: Potato Salad with Gumbo

Now this recipe is in the gumbo section as very common in the southern part of the state, potato salad is always served with gumbo. Now, there is a hard line of people who place it directly into their gumbo and those of us who think it belongs on the side. This pairing adds a creamy, tangy contrast to the rich and spicy flavors of the gumbo. Whether you choose to mix it in or enjoy it separately, the combination of these two dishes brings a harmonious balance to your meal, highlighting the unique culinary traditions of Louisiana.



Chef's Thoughts: A Big Ole Pot of

There's something truly magical about a big ole pot of food simmering away on the stove. In the South, one-pot meals like beans, stews, and étouffées embody our lifestyle, bringing warmth and comfort to our gatherings. These dishes are not just about feeding a crowd; they're about creating moments of togetherness and joy.

One-pot meals have a special place in our hearts because they allow us to share not just food, but also stories, laughter, and love. Whether it's a hearty pot of red beans and rice, a rich and flavorful gumbo, or a savory crawfish étouffée, these dishes invite everyone to gather around, savor the aromas, and enjoy the simple pleasure of a home-cooked meal. There's a cozy intimacy in preparing and sharing these meals. As the ingredients meld together, they create a symphony of flavors that reflect the essence of our culture and traditions. So, gather your loved ones, light up the grill or the stovetop, and let's celebrate the beauty of one-pot cooking, where every meal is an opportunity to create unforgettable memories.



WHITE BEANS

We all know how much everyone loves their red beans and rice, but I'll tell you what na, "Y'all don't sleep on these Camellia brand white beans!" Perfectly seasoned with the classic trinity of onions, bell peppers, and celery, these creamy beans are the ultimate comfort food addition to any spicy Louisiana dish. Often times served with a good jambalaya as seen here but also goes great with white rice. Protein choices are also endless. I went with fried fish because you know I'm extra, but anything cooked down with a gravy also makes this worthwhile! C'est si bon!



Ingredients:

- 1 lb. Camellia white navy beans
- 2 small onions
- 1/2 green bell pepper
- 2 stalks celery
- 5 cloves garlic
- 1/2 stick andouille
- 1 lb. cubed ham
- Creole seasoning
- Boudreaux's Low and slow simmer seasoning
- Chicken stock as needed (start with 1 qt but have extra)
- 1/2 bunch green onions



Directions

- Wash and soak beans overnight.
- Brown andouille and ham. Add in trinity and cook until soft.
- Add in garlic.
- Add beans and 1 qt chicken stock. Seasoning immediately.
- Cover and allow to simmer. This will take a few hours to cream and tenderize beans. Add in more stock as needed but remember you want a kind of thick consistency to finish with. After 2 hours start tasting liquid for proper seasoning.
- Check beans for tenderness. Once desired consistency and doneness is achieved add in green onions.
- If the beans are tender but liquid isn't creamy enough you can remove a small bowl of the beans and mash them up with a fork and add them back into the pot.
- Serve how you like to eat your white beans.

BUTTER BEANS WITH SHRIMP

This is one of those down South comfort foods. Butter beans with shrimp, utilizing Camellia brand dried beans and fresh gulf shrimp.



Ingredients:

- 2 tbsp oil
- 2 tbsp flour
- 1 lb. large lima beans, cleaned and soaked
- 2 lb. shrimp, peeled and deveined
- 1 onion
- 1 bell pepper
- 2 stalks celery
- 4 cloves garlic
- 2 chilis (optional)
- 2 quarts water
- 1 cup cream
- 2 tbsp vegetable base
- 1/2 bunch green onion
- 1 tbsp parsley
- 2 tbsp shrimp dust
- Creole seasoning



Directions

- Wash beans and soak them overnight.
- Heat oil over med. heat and whisk in flour. Cook until light brown in color.
- Add in trinity and garlic, cook until soft.
- Add in beans and water.
- Stir seasonings, vegetable base, and shrimp powder.
- Simmer for 3-4 hours until beans are tender. Add liquid as needed and taste for seasoning.
- Add in heavy cream and simmer 20 minutes
- Add in shrimp, green onion and parsley and cook 15 more minutes.
- Serve over rice

RED BEANS AND RICE

Red Beans and rice are a southern staple. Traditionally served on Mondays, this dish is truly beloved and has withstood the test of time. Everyone has their own secrets and tricks to this dish but here is my Backyard take on it. Here is a great article if you are wondering why this ended up being a day specific meal by the wonderful people at Camellia.

Camellia.

<https://www.camelliabrand.com/new-orleans-tradition-of-red-beans-and-rice-on-mondays/amp/>



Ingredients:

- 2 lbs. Camellia red kidney beans
- 1 lb. ham cubes
- 1 stick andouille cubed
- 2 sticks smoked sausage
- 3 med onions
- 2 green bell peppers
- 3 stalks celery
- 1 bunch green onions
- 2 tbs parsley
- 1/2 pack bacon rendered and fat reserved
- 4 cloves garlic
- 2 qt. chicken stock
- Water as needed
- Cajun seasoning
- Black pepper
- Cayenne pepper
- 2 tbs Italian seasoning

Directions

- Wash beans and soak in water overnight.
- Small dice vegetables and mince garlic. Cube into 3/4 inch pieces all meats.
- Brown meat in little oil until brown. Add in trinity and cook until translucent. Add garlic and cook 5 more minutes.
- Season.
- Add soaked beans, chicken stock and water to fill pot.
- Simmer for 3-4 hours until beans are tender. Add water as needed and stir occasionally.
- On a low heat render down bacon. Have bacon as a snack and reserve fat.
- Once beans are tender remove 2 spoonsful of beans and place in bacon fat. Smash beans to make a paste. Add to pot. This will help establish ultra-creamy beans.
- Add in green onions and parsley.
- Taste for seasoning and adjust.
- Serve with your favorite side meat: fresh sausage, gravy steaks, fried fish or if you're like me, I've got to have a breaded pork chop.



SEAFOOD ÉTOUFFÉE

Seafood Étouffée: a classic Southern dish that can be either Cajun or Creole. It typically uses shellfish smothered in aromatics and thickened with a roux. Here's the backyard version!!!!



Directions

- Prep all ingredients. Small-dice trinity, mince garlic and parsley, thin slices green onions, and peel and devein shrimp.
- Make roux by melting butter in a large pot. One butter is nice and hot whisk in flour. Cook roux until light brown in color.
- Add in trinity directly into roux and cook until onions are translucent. Add in garlic.
- Add tomato paste and sauce and cook another few minutes to brown tomato.
- Add in stock and water. Mix well to combine roux and liquid. Add in cream of mushroom.
- Start adding seasonings now to begin layering flavors. Also add in shrimp dust, if using.
- After an hour of simmering, add in crab clusters. Skim any grease and add water as needed. Simmer for another hour.
- Taste for seasonings and adjust as needed.
- Once rich flavor is developed add in shrimp, green onions and parsley and cook for 10 minutes.
- Turn off heat and fold in crawfish meat and crab meat carefully not to break up crab too much. Let sit for 20 minutes for the flavors to marry together before serving.
- Serve over rice.

Ingredients:

- 1-1/2 lb. peeled and deveined shrimp
- 1 lb. crawfish with fat
- 1 lb. lump crabmeat with fat
- 6-8 crab clusters
- 2 sticks butter
- 1-1/2 cups all-purpose flour
- 3 small onions
- 2 bell pepper
- 4 sticks celery
- 8 cloves garlic
- 1 bunch green onion
- 1/2 bunch parsley
- 1 can cream of mushroom
- 1/2 can tomato sauce
- 1 tbs tomato paste
- 1 qt seafood stock
- 3 qt water plus more as needed
- 1 tbsp shrimp dust
- Creole seasoning
- Low and slow seasoning

My Boudreaux's "Lil Bit Better Creole Seasoning" and "Low and Slow Simmer" are still being developed. You can substitute your favorite Cajun or Creole seasoning. For the low and slow simmer, you can add Italian herb seasoning, dried garlic, onion, cayenne and dried parsley.



REDFISH AND SHRIMP COURT BOUILLON

Perfect for those Lenten Friday nights, this Redfish and Shrimp Court Bouillon aka "Coubion" is a savory mix of spice, roux, tomato and seafood that is hearty and flavorful.



Directions

- Peel shrimp and clean fish, reserving all peels, heads and bones. Rough chop vegetables for stock and place in large stock pot with cold water. Simmer for 1 hour and strain through fine mesh or cheese cloth.
- In a large saucepan, cook down onion, pepper and celery until soft. Add garlic and cook until soft.
- Add in tomato paste and brown until sugars caramelize.
- Add in remaining tomato products and roux. Cook for 10-15 minutes.
- Season then add stock.
- Cook for 2-3 hours until sauce is savory and desired consistency. Taste for seasoning.
- Thinly slice half of a lemon and add to pot with sliced green onions.
- Add in redfish and cook 10 minutes.
- Add in shrimp and cook until done.
- Serve over rice.

Ingredients:

- 2 redfish
- 2 lbs. shrimp
- 1 12 oz jar tomato paste
- 2 15 oz cans crushed tomatoes
- 1 can Rotel
- 2 quarts stock
- 1/4 cup roux
- 2 onions
- 2 bell pepper
- 4 stalks celery
- 8 cloves garlic
- 1 lemon
- 1 bunch green onions
- Creole seasoning
- Low and slow simmer

Stock

- Bones/ skin and heads from fish
- Shrimp peels and heads
- 6 quarts cold water
- 2 onions
- 1/2 head garlic
- Celery ends
- 2 bay leaves
- Green onions
- 2 carrots



VEGETABLE AND BEEF SOUP

Don't let that cold weather hold you down! This hearty Vegetable and Beef Soup with Lima Beans is the perfect thing to keep you warm and nourished. Its bursting with those fresh garden picks and Camellia brand green baby lima beans.



Ingredients:

- 1 chuck roast
- 1/2 head cabbage
- 1/4 lb. green beans
- 1/2 bag baby green lima beans
- 4-5 large carrots
- 2-3 turnips
- 1/2 pack Bella mushrooms
- 2 onions
- 1 bell pepper
- 4 qt beef stock
- 2 cans tomato sauce
- 20 oz low sodium V-8
- 10 cups water, plus more as needed
- 1 cup pasta (optional)
- 3/4 cup flour
- 3/4 cup oil
- 3 bay leaves
- Lil' Bit Better Creole Seasoning
- Low & Slow Simmer Seasoning
- Garlic powder
- Parsley

Directions

- Wash lima beans and soak overnight in water.
- Prep all ingredients. Rough chop and peel vegetables. Dice onion and pepper.
- Break down chuck roast by removing hard fat and dicing into bite sized pieces. Season meat liberally with above seasonings and sprinkle with flour.
- Heat oil and brown seasoned meat in small batches.
- Add all meat back into pot and add in onions and peppers and cook until soft.
- Add a little beef stock to deglaze pot. Scrape bottom to release all burnt on seasoning.
- Add in 2 quarts beef stock, tomato sauce and V-8. Add 10 cups water, 3 bay leaves and season.
- Add baby lima beans. Simmer on low for 2 hours or until beans start to get soft. Add liquid as needed. I eventually used all 4 quarts of beef stock.
- Add in carrots and turnips and cook for 30 minutes.
- Add in pasta and remaining vegetables and cook another 30 minutes.
- Enjoy with some toasted, buttered bread on a cold day.

***I always make a really big pot of this because it freezes really well in single serve containers and will last a long time in the freezer.**

TURTLE SOUP

New Orleans Style Turtle soup is staple to many New Orleans institutions. All of the traditional and well-known restaurants worth talking about serve their version of this soup. Now you can make it yourself right at home!!!



Ingredients:

- 3 lb. turtle meat, deboned
- 5 tbsp. flour
- 5 tbsp. butter
- 1-1/2 onion
- 3 stalks celery
- 1 carrot
- 1 med can tomato sauce
- 2 oz Worcestershire
- 1 lemon rind and juice
- 1 cp sherry plus some for garnish
- 1 bag frozen spinach
- 3 bay leaves
- 1 sprig thyme
- 1 sprig oregano
- 1 tbsp chopped Parsley
- 3 qt beef broth
- Creole seasoning
- garlic powder
- dried herbs (I use Italian seasoning because it's a blend of basil, thyme and oregano)
- 1 hard-boiled egg grated on a cheese grater

Directions

- Clean and remove silver skin from meat. Cut into 1-inch cubes.
- I used a food processor in small batches to grind up the meat to a coarse grind. You can also use a meat grinder if you have one or just chop it or small dice with a large knife if you don't have the above equipment.
- In a small pot boil the turtle meat skimming off any foam that comes to the top. Once the meat stops creating foam strain in a colander discarding water.
- Chop and prep all ingredients. I did a small dice on onions, carrot and celery (mirepoix). Mince garlic. Zest and juice lemon. Chop herbs Finley.
- In a heavy bottom pot melt butter. Add in flour and whisk or stir well. We're going to make a dark roux here. Keep stirring ensuring to get all mixture from sides of pot well incorporated. Once you have a chocolate color on roux add in mirepoix. Cook until onions start to become translucent.
- Add in 1 qt of stock, sherry, garlic and tomato sauce. Start layering your seasonings. I started with 3 tsp dried herbs, 1 tbsp Tony's (or your favorite Creole seasoning), and 1 tbsp granulated garlic.
- Simmer for 1 hour then add meat into soup.
- Cook another hour and add Worcestershire and lemon. Juice and rind. Add any evaporated stock.
- Add in spinach and cook another hour adding in stock as needed (I used all 3 containers) and constantly taste for seasoning to your preference.
- Bowl and serve with a side of sherry tableside and grated egg.

Chef's Thoughts: Turtle Soup

Turtle soup is a dish steeped in tradition and history, often considered a delicacy in Louisiana cuisine. This rich, savory soup is known for its complex flavors and hearty ingredients, making it a true reflection of the culinary heritage of the South. Preparing turtle soup is an art that requires patience and respect for the ingredients. Whether you enjoy it with a splash of sherry or a sprinkle of green onions, turtle soup brings a touch of elegance and a deep sense of nostalgia to any meal.



CRAB AND CORN BISQUE

Dive into the creamy depths of Cajun-style Crab and Corn Bisque! Lush crab meat meets sweet corn, all kissed with that signature Cajun kick. A bowlful of Southern comfort that's sure to warm your soul and delight your palate.



Ingredients:

- 2 small yellow onions
- 1 red bell pepper
- 1 yellow bell pepper
- 4 cloves garlic
- 12 ears corn
- 3 tbsp butter
- 4 tbsp flour
- 2 cups dry white wine
- 1 qt cream plus 1 cup
- 1/2 gallon whole milk
- 2 lbs lump crab meat
- 5 green onions
- 2 tbsp parsley
- Bread bowls
- Boudreaux's Lil Bit Better Creole seasoning
- Boudreaux's Low and Slow Simmer seasoning

Directions

- Small dice onion and pepper. Mince garlic.
- Clean and husk corn. Lightly coat in olive oil and roast at 400 degrees until golden brown, about 45 minutes.
- In a thick pot, sauté on medium heat the onions and peppers until soft.
- Add in butter and melt. Add in flour and mix to combine. Stir until lightly toasted.
- Add in garlic and cook for 3 minutes.
- Deglaze with wine and season.
- Add in milk and 1 qt cream.
- Cut kernels off of cob and use a spoon to release all of the milk from cobb.
- Add half of the corn into the soup and place the remaining corn in a blender with 1 cup of cream. Blend until smooth and add into soup.
- Simmer for about an hour until rich corn flavor develops and desired consistency is reached. Add milk if it gets too thick.
- Thinly slice green onion and mince parsley. Add in last 10 minutes of cooking.
- Place crab meat into a bowl and pick to remove shells. Turn heat off and gently fold in crab meat.
- If serving in bread bowls hollow out loaf and bake until crispy.
- Serve and enjoy!!

WHITE BEANS WITH SMOKED TURKEY & ANDOUILLE

Indulge in the symphony of flavors with our Camellia brand Great Northern White Beans, slow-cooked to perfection with smoky turkey necks and spicy andouille. A Southern classic reimagined, this dish is a heartwarming blend of tradition and gourmet delight. Dive in and let your taste buds dance!



Ingredients:

- 1 lb. Camellia Great Northern White Beans
- 1 stick of andouille sausage, cut to preference
- 8-10 smoked turkey necks or legs
- 2 small onions, finely diced
- 1 red bell pepper, finely diced
- 1 green bell pepper, finely diced
- 4 cloves garlic, minced
- 1 qt chicken stock
- Water as needed
- Boudreaux's Lil Bit Better Creole Seasoning
- Boudreaux's Low and Slow Simmer Seasoning
- Light oil for sautéing



Directions

- Rinse beans thoroughly, removing any impurities. Soak overnight and drain before using.
- In a large pot, brown the andouille sausage in light oil.
- Add diced onions and bell peppers to the pot and sauté until softened. Stir in minced garlic.
- Pour in chicken stock, add turkey necks, and season with Boudreaux's seasonings. Let the mixture simmer for about an hour.
- Incorporate the drained beans and add enough water to cover the ingredients.
- Continue cooking until the turkey necks are fork-tender and the meat can be easily separated from the bones.
- Remove turkey necks from the pot, allow them to cool slightly, then debone, ensuring all bones are removed.
- As the beans soften, they'll create a creamy texture. Reduce the liquid to your desired consistency.
- Stir the deboned turkey meat back into the pot and remove from heat once everything is well combined.
- Serve your flavorful bean mixture over rice and enjoy with your favorite side dish!

BUTTER BEANS WITH HAM

Cozy up with a bowl of Southern comfort – our Butter Beans made with Camellia Brand Baby Lima Beans are the hug you didn't know you needed! We've taken the creamiest, most flavorful baby limas and simmered them slowly with rich, smoky pieces of leftover holiday ham, transforming simple ingredients into a heartwarming dish that's full of soul.

Every spoonful is a blend of home-cooked goodness and memories, perfect for gathering around the table with loved ones. These butter beans are not just a meal; they're a celebration of family, tradition, and the simple joys of life.



Ingredients:

- 1 lb. Camellia Green Baby Lima Beans
- Leftover ham with bone
- 3 tbsp oil, plus more for sautéing
- 3 tbsp flour
- 2 medium onions, diced
- 1 green bell pepper, diced
- 2 stalks celery, diced
- 5 cloves garlic, minced
- 2 quarts chicken stock
- Boudreaux's Fire and Smoke Seasoning
- Boudreaux's Low and Slow Simmer Seasoning

Directions

- Rinse and clean the beans. If time allows, soak them overnight; this step is optional.
- Trim any excess fat from the ham bone and dice up the leftover meat. Keep both the bone and meat reserved.
- In a heavy-bottomed pot, lightly coat the bottom with olive oil. Brown the ham until it develops a good crust on all sides. Remove the ham from the pot and deglaze the bottom with a bit of water, reserving this liquid along with the ham.
- In the same pot, add 3 tbsp of oil and heat. Whisk in the flour to make a roux, ensuring all lumps are removed. Cook until the roux reaches a dark peanut butter color.
- Add the "trinity" (onions, bell pepper, and celery) to the roux and cook until the vegetables are soft. Add the minced garlic and cook for an additional 5 minutes.
- Stir in the drained beans, chicken stock, ham bone, and Boudreaux's seasonings. Cover and simmer on low heat for 2 hours.
- After 2 hours, remove the ham bone. Let it cool, then pull off any remaining meat. Discard the bone and return the meat to the pot.
- Continue to simmer the beans for another hour or until the beans are soft and the gravy has thickened. Season to taste with additional Boudreaux's seasonings.
- Serve the butter beans over rice with your favorite side meat.
- Enjoy this heartwarming dish that brings the comfort of Southern cooking right to your table.

Chef's Thoughts: Lets have a evening outside

Let's spend the evening outside. As Cajuns, our central gathering place is outside, whether in the backyard, out at the camp, or at some festival or gathering. We hang out, congregate, and most importantly, cook outside. There's something uniquely satisfying about preparing and enjoying meals in the open air. The laughter of friends and family, the sizzle of food on the grill, and the cool evening breeze create a perfect backdrop for making memories. Cooking outside is more than a tradition for us; it's a way of life that brings us closer together and connects us to our roots.



CRAB CAKES

You know what makes the best crab cakes??? When there's more lump crab meat than cake! That's exactly how I make these pan seared crab cakes served with a zesty remoulade sauce. Utilizing both lump and claw meat to pack in that rich flavor and minimally bound with fillers, these crab cakes are guaranteed to please!!



Directions

- Small dice onion and bell pepper. Mince garlic and thinly slice green onions.
- Sauté in butter, onion and pepper until clear. Add in garlic and green onion and cook 5 more minutes.
- Make sauce by blending garlic with lemon juice. After, add in remaining wet ingredients and blend. Add green onions and parsley and blend again.
- Place all crab meat in shallow bowl and pick through to remove any shells.
- Add cooked vegetables to a bowl and mix with mayo, hot sauce and dry seasonings. Mix mixture well to minimize mixing once added to meat.
- Layer crab in a thin layer and sprinkle on Panko. Spread on seasoned mixture and gently fold to incorporate evenly. Be careful not to break up meat and only mix to combined.
- Form cakes or patties out of mixture. Remember we didn't add a lot of binder on purpose, so these won't hold like a hamburger. Work quick and place them in the fridge to form up.
- When ready to cook, preheat pan with butter until hot and butter is frothy.
- Pass cakes in Panko and gently pat in to form a light coating.
- Sauté until golden on both sides. Be careful when flipping and plating because they will want to break up.
- Enjoy!!!

Ingredients:

Cakes

- 1 lb. lump crab meat
- 8 oz claw meat
- 1 med onion small diced
- 1 red bell pepper
- 3 green onions
- 3 cloves garlic
- 3 tbs Panko plus more for coating
- 3/4 cp mayo
- 2 tsp hot sauce
- Tony's Cajun seasoning
- Dried parsley
- 3 tbs butter

Remoulade

- 2 cloves garlic
- 2 tsp paprika
- 2 tsp creole mustard
- 2 tsp Worcestershire
- Salt and pepper
- 1 tbs minced parsley
- 2 tsp green onion or chives
- 1 cp mayo
- 1/2 lemon

ANDOUILLE & BOUDIN DIP

January 21, 2023 | Appetizers & Hors D'oeuvres

Here's the ultimate andouille and boudin dip. Perfect for your playoff watch parties and tailgates!



Ingredients:

- 1/2 stick andouille
- 2 sticks boudin
- 1/2 cup Blue Plate mayonnaise
- 1/2 cup sour cream
- 8oz cream cheese softened
- 1/2 block cheddar cheese
- 1/2 block pepperjack
- 2 strips bacon
- Creole seasoning
- Green onions
- Diced jalapeños



Directions

- Fry 2 strips bacon crispy and set aside. Crush into bits.
- Remove casing from andouille and crumble up. Give a rough chop if too large.
- Fry andouille in bacon grease until well browned.
- Remove boudin from casing and add to pan with andouille. Cook until browned and remove from heat.
- Mix cream cheese, half of the shredded cheese, sour cream and mayo. Season with creole seasoning.
- Spread mixture over top of meat mixture. Top with remaining shredded cheese, green onions, bacon bits and green onions.
- Bake at 425 convection until browned and bubbly.
- Serve warm with your favorite party dippers.

CRAB AND ANDOUILLE DIP

Creamy and rich, this CRAB AND ANDOUILLE DIP will be the perfect center piece of your appetizer spread. Perfect for an elegant gathering and versatile enough for a game day celebration. Everyone will be asking for this recipe!!!!



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
- Creole seasoning
- Pinch nutmeg

8 oz lump crabmeat

2 cups fresh grated Parmesan

French bread

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.
- Add picked crabmeat to a greased oven-safe pan or skillet.
- Cover in sauce and top with Parmesan. I added some paprika and parsley for color.
- Bake at 400 until melted and bubbly. Set broiler on high and cook till cheese is browned.
- Slice French bread and toast in oven.
- Serve with toasted French bread.



SHRIMP MOLD

Spicy Shrimp Mold is another Southern gathering staple and always a hit! Louisiana gulf shrimp shine through this creamy and tomatoey base.



Ingredients:

- 1 lb. shrimp
- 1/4 yellow onion
- 3 stalks celery
- 1/2 bunch green onions
- 1 can tomato soup
- 1 cp Blue Plate mayo
- 1 8 oz block cream cheese, softened
- Lil' Bit Better Creole Seasoning
- 1 tsp hot sauce
- 1 tsp Worcestershire
- 2 packs unflavored gelatin
- 1/2 cp cold water



Directions

- Peel, devein and clean shrimp. Boil for 3 minutes in seasoned water.
- Add onion and celery to a food processor and mince finely. Add shrimp and coarse chop.
- Add tomato soup and cream cheese to a pot and melt over medium heat. Once melted, season.
- Mix gelatin and cold water. Add mixture to soup and whisk together until smooth.
- Add in hot sauce and Worcestershire. Add in shrimp and onion mixture and combine well.
- Add in thinly sliced green onion.
- Remove from heat and mix in Blue Plate mayonnaise.
- Spray a Jell-O mold with nonstick spray and ladle in mixture. Allow to cool before covering and placing in fridge overnight.
- Remove from mold and serve with crackers.

CRAWFISH PASTA

Indulging in this creamy mushroom and crawfish pasta is like a dream come true! With shiitake and baby portobello mushrooms to give that umami flavor and loads of crawfish tails, this pasta creation is nothing short of amazing!



Ingredients:

- 1 stick butter
- 2 tbsp flour
- 1/2 onion
- 1/2 red bell pepper
- 4 cloves garlic
- 1/2 bunch green onions
- 1/2 pack shiitake mushrooms
- 1/2 pack baby portobello mushrooms
- 1 can Rotel
- 1 tbsp tomato paste
- 1/4 white wine or sherry
- 1 pt cream
- 1 lb. crawfish
- 1 lb. pasta
- Parmesan



Directions

- Cook pasta in salted boiling water until al dente.
- Melt butter and cook onions and peppers until soft.
- Add in garlic, green onions and mushrooms. Cook until softened.
- Add flour to make a light roux.
- Add tomato paste, Rotel, wine and cream.
- Cook until sauce thickens and season to taste.
- Mix in crawfish tails with fat.
- Toss in pasta and coat.
- Serve with fresh grated Parmesan.

CAJUN CHICKEN PASTA

Experience the bold flavors of the bayou with my Cajun Chicken Pasta! This dish combines perfectly blackened chicken, spicy andouille sausage, and a creamy sauce to create a mouthwatering meal that's sure to become a favorite. Dive into this Cajun culinary adventure!



Ingredients:

- 2 butterflied chicken breasts
- Boudreaux's Lil Bit Better Blackening seasoning
- 1/2 pack cooked fettuccine
- Light oil
- 2 oz diced andouille sausage
- 2 tbsp butter
- 2 tbsp diced onion
- 2 tbsp diced bell pepper
- 1 tbsp minced garlic
- Handful of sliced mushrooms
- Diced tomatoes
- 1/4 cup white wine
- 1/2 cup heavy cream
- 4 sliced green onions
- Grated Parmesan



Directions

- Butterfly the chicken breasts. Lightly oil each side and generously season with Boudreaux's Lil Bit Better Blackening seasoning.
- Heat a cast iron skillet over high heat until very hot. Place the chicken in the pan and allow to form a complete crust before flipping. Flip and repeat on the other side.
- In a separate pan, heat some oil. Once hot, add diced andouille sausage and cook until crispy.
- Add butter, onion, and bell pepper. Cook until soft and fragrant.
- Add garlic and cook for 3 minutes. Add green onions, mushrooms, and diced tomatoes. Cook until mushrooms soften.
- Deglaze the pan with white wine and reduce by half.
- Add heavy cream and reduce until thickened.
- Grate in some fresh Parmesan.
- Toss in the cooked fettuccine and coat well with the sauce.
- Plate the pasta and top with sliced chicken. Garnish with more Parmesan, green onions, and serve with toasted bread.

BLACKENED FISH WITH BEURRE BLANC

A classic New Orleans favorite, blackened fish topped with a classic French favorite the Beurre Blanc. I elevate this simply by adding some beautiful Louisiana lump crab meat. This simple and elegant dish truly highlights the beauty of Louisiana seafood.



Directions

- Make blackening seasoning. I like to use a mortar and pestle to break down the chili flakes and Italian herbs to a finer grind. This is optional. Blend remaining ingredients.
- Dry fish well and coat in a light layer of oil or melted butter. Heavily coat with seasoning.
- Heat a sauté pan until really hot and add a high smoke point oil. Add in 1 tbsp of butter. Once butter is foaming and slightly browned place fish belly side down. Let cook until it's 3/4 of way cooked and the belly side has a blackish color. Flip and cook skin side. Remove from pan.
- Lower heat and add 1 tbsp butter. Add 1 tsp shallot, garlic and green onion. Cook until soft, add crabmeat and season with blackening seasoning. Top fish with mixture.
- In a fresh pan add in 1 minced shallot, white wine and white wine vinegar. Reduce until thick syrup almost completely.
- Add in heavy cream and bring to simmer. Add salt and pepper to taste.
- Remove from heat and slowly whisk in cubed butter until emulsified and desired consistency is reached. Spoon over fish

Ingredients:

Blackening seasoning

- 1 tbsp smoked paprika
- 1/2 tbsp paprika
- 3/4 tbsp salt
- 1/2 tbsp Italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp red pepper flakes
- 1/2 tsp black pepper
- 1/2 tsp cayenne
- 1/2 tsp sugar

Beurre Blanc

- 1 shallot minced
- 1/2 cup dry white wine
- 1/4 cup white wine vinegar
- 1/3 cup heavy cream
- 2 sticks butter, cubed and cold
- Salt
- Pepper (white is traditional but I use black)
- Fish of choice
- 6 oz lump crabmeat picked of shells
- Butter
- Oil
- 1 tsp minced shallots
- 2 cloves garlic minced
- 2 green onions thinly sliced



U.S CATFISH AND GRITS

Elevate your seafood experience with our Sautéed U.S Farm-Raised Catfish served over Sweet Roasted Corn Grits! ☐ But wait, there's more! We're taking it to the next level with a luscious Crawfish Cream Sauce that's simply irresistible. It's the perfect blend of Southern comfort and gourmet flair, all in one plate.



Directions

- Prepare the Corn: Shuck and clean the corn. Lightly oil and season, then roast at 425°F until golden brown. Once cooled, cut the kernels off the cob.
- Make the Grits: Melt butter in a saucepan. Sauté the onion until soft, then add garlic and cook until softened. Add chicken stock and heavy cream. Season and bring to a simmer. Add the roasted corn kernels and simmer for 5 minutes. Stir in the grits and cook until tender. Adjust seasoning, remove from heat, and mix in cream cheese and Parmesan. Set aside.
- Prepare the Crawfish Cream Sauce: Melt butter in a pan. Sauté onions and red bell pepper until soft. Add garlic and cook until softened. Stir in flour to form a roux and cook for 5 minutes. Add tomato paste and brown for 4-5 minutes. Deglaze with white wine (if using), then add heavy cream and seasoning. Cook until thickened. Add crawfish tails and cook for another 3 minutes. Remove from heat and stir in green onions.
- Sauté the Catfish: Dry the catfish fillets with a paper towel and season both sides lightly. Melt a small amount of butter and add oil to a hot pan. Place fillets two at a time, belly side down, and cook until a nice crust forms. Flip and cook to your desired doneness.
- Assemble and Serve: Plate with a layer of corn grits at the bottom, place the sautéed catfish on top, and finish with a generous spoonful of crawfish cream sauce. Garnish with sautéed lemon and parsley.

Ingredients:

For the Sautéed Catfish:

- 4 U.S. Farm-Raised Catfish Fillets
- 1 Lemon
- Blackening Seasoning
- Oil for cooking

For the Sweet Roasted Corn Grits:

- 4 Ears of Corn
- 1/2 Stick of Butter
- 1 Onion, diced
- 3 Cloves Garlic, minced
- 3 Cups Chicken Broth
- 1 1/2 Cups Heavy Cream
- 1 Cup Yellow Corn Grits
- 1/2 Block Cream Cheese
- 1/4 Cup Parmesan Cheese
- Seasoning of Choice

For the Crawfish Cream Sauce:

- 1/2 Stick of Butter
- 1 Onion, diced
- 1 Red Bell Pepper, diced
- 4 Cloves Garlic, minced
- 1 Tbsp Flour
- 1 Tbsp Tomato Paste
- 1 Cup White Wine (optional)
- 1/2 Quart Heavy Cream
- 1 lb. Crawfish Tails with Fat
- 1/8 Cup Green Onion, sliced
- Seasoning of Choice

NEW ORLEANS BBQ SHRIMP

Get ready to embark on a flavor journey to the vibrant streets of New Orleans with mouthwatering New Orleans Style BBQ Shrimp. This iconic dish captures the essence of Creole cuisine and will transport your taste buds to the heart of the Big Easy. Succulent shrimp, bathed in a rich and buttery sauce infused with a symphony of aromatic spices, creates a flavor explosion that will leave you craving more. The combination of zesty lemon, fragrant garlic, and a touch of heat from cayenne pepper delivers a harmonious balance that is distinctly New Orleans. Served with a crusty baguette, this New Orleans Style BBQ Shrimp is a culinary delight that will satisfy both your appetite and your desire for a taste of the South. Get ready to savor the flavors of New Orleans with every succulent bite. *Laissez les bons temps rouler!*



Ingredients:

- 5 lbs. large Gulf shrimp, cleaned with shells on
- 1 large onion, diced
- 1 bell pepper, diced
- 4 stalks celery, diced
- 6 cloves garlic, minced
- 5 bay leaves
- 2 bottles Worcestershire sauce
- 4 light-style lagers
- 2 whole lemons
- 1/2 bunch green onions
- 1 tbsp minced parsley
- 1 tsp each of minced thyme, oregano, and rosemary
- 2 sticks butter
- Light olive oil
- Boudreaux's Lil Bit Better Creole seasoning
- Boudreaux's Low and Slow Simmer
- Freshly crushed black pepper

Directions

- Clean and devein the shrimp, leaving the shells on.
- In a pot, heat oil and sauté the onion, bell pepper, and celery until soft. Add minced garlic and cook until fragrant. Stir in the bay leaves.
- Pour in Worcestershire sauce and beer. Season with Boudreaux's Lil Bit Better Creole seasoning, Boudreaux's Low and Slow Simmer, and freshly crushed black pepper.
- Cut the lemons in half, remove the seeds, and add them to the pot.
- Simmer the mixture until it is reduced by half.
- Add the shrimp to the pot and cook until they turn pink. Stir in the green onions.
- Turn off the heat and add the remaining minced herbs.
- Stir in the butter until it melts and emulsifies with the sauce.
- Garnish with minced parsley and serve with crusty bread for dipping!



SEAFOOD STUFFED MIRLITON

Stuffed Mirliton is a classic holiday dish. This odd pear-shaped squash is mild in flavor which makes it a perfect canvas to impart wonderful tastes such as delicate Louisiana seafood.



Ingredients:

- 6 mirliton
- 1 lb. shrimp, peeled and deveined
- 1 lb. crawfish
- 1 lb. crab meat
- 1/3 can cream of mushroom
- 1/3 can cream of celery
- 1/2 cup white wine
- 4 oz panko breadcrumbs (plus more for topping)
- Lil' Bit Better Creole Seasoning
- 1 onion
- 1 bell pepper
- 3 cloves garlic
- Fresh Parmesan cheese



Directions

- Prep mirliton by cutting in half and removing seed and inner white vein. Remove any unsightly edges. I recommend wearing gloves for this step.
- Boil mirliton until tender and drain.
- Once cooled, scoop out flesh being careful to leave outsides intact. Press out as much water as possible from reserved flesh.
- Sauté vegetables until soft and add in flesh from mirliton. Cook on high heat to evaporate water.
- Add in soups and wine. Cook until condensed slightly.
- Add in seafood and cook until shrimp turn pink. Season to taste.
- Add in breadcrumbs then fold in crab meat. Remove from heat. Recheck for seasoning.
- Generously scoop mixture into reserved shells. Top with Panko and fresh grated Parmesan cheese.
- Bake at 425 until golden brown. You can also use the broil setting to brown the tops.

CAJUN RICE DRESSING

The holidays would not be complete without the Rice Dressing (Dirty Rice)! Browned meat and seasoning give tons of flavor to rice cooked in all of those flavors!



Ingredients:

- 1-1/2 lb. ground pork
- 1-1/2 lb. ground beef
- 2 onions
- 4 stalks celery
- 1 green bell pepper
- 5 cloves garlic
- 1/2 bunch green onions
- 1 container of Savoie's rice dressing mix
- 1 stick butter
- 2 tbsp flour
- 10 cp beef broth
- 3 cups rice
- 1 tbsp Worcestershire
- 2 tbsp beef base
- Lil' Bit Better Creole Seasoning
- Low & Slow Simmer Seasoning

Directions

- Brown meat in large pot with a little oil.
- Add in trinity and cook until soft. Add in garlic and green onions.
- Add in butter and once melted, stir in flour.
- Add in rice dressing mix and 10 cups beef stock. Bring up to simmer. Season.
- Add Worcestershire and beef base.
- Add in rice and bring up to simmer. Reduce heat to really low and cover. Cook 30 minutes stirring very few minutes to prevent sticking. Uncover and cook another 10 minutes to evaporate liquid and allow rice to soften. I like my dressing a little wet. If you want a drier consistency reduce stock by 1 cup.



FRIED SEAFOOD WITH BACKYARD TARTAR SAUCE

Can't get no mo' Cajun than this. DUCK, ANDOUILLE AND OYSTER GUMBO!!! Perfect balance of Louisiana wild game and seafood mixed together perfectly in one of our favorite dishes. GUMBO!!! Don't be discouraged if you don't have access to wild duck a store-bought duck would do amazing in this!!



Directions

- Prep seafood. I like to remove as much water as possible especially from fish by using paper towels.
- Mix all ingredients of marinade and place in seafood. Let marinate at least an hour.
- Make sauce by making a paste from the garlic. Add in 1 juiced lemon and stir. This will help take the bite off from the raw garlic.
- Grate in the carrot. Mix remaining ingredients. Place in fridge while seafood is frying.
- Mix ingredients for dry mixture.
- Heat oil to 350 minimum.
- Using "wet hand, dry hand" method, batter seafood and fry until seafood floats and is nice and golden.
- Hide the crab for yourself and serve the rest with that amazing backyard tartar sauce.
- Accept all the love you'll get!

Ingredients:

2 cups yellow mustard

2 tbsp hot sauce

2 lemons, juiced

1/2 beer

Lil' Bit Better Creole Seasoning

Seafood

- Oysters
- Shrimp peeled, deveined and butterflied
- Softshell crabs, cleaned
- Catfish

Backyard Tartar Sauce

- 1 cup Blue Plate mayo
- 1 Tsp creole mustard
- 3 cloves garlic
- 1 lemon
- 2 tbsp grated carrot
- 1 tbsp jalapeño juice
- 2 tbsp minced jalapeños
- Salt
- Peppers
- 1 tbsp minced parsley

Dry Batter

- 1/2 Zatarain's fish fry
- 1/2 flour
- Creole seasoning

Cooking oil



Chef's Thoughts: Fish Fry

A fish fry is more than just a meal; it's an event that brings people together in the best way possible. In our Cajun culture, a fish fry is a loose term that often encompasses an all-out seafood fry. Whether it's fish, shrimp, oysters, or soft-shell crab, it's all on the line. These gatherings are typically held in backyards, camps, or community events, creating a festive atmosphere filled with the tantalizing aroma of seafood sizzling in hot oil. There's nothing quite like the sight and smell of fresh seafood, golden and crisp, ready to be enjoyed with friends and family. A fish fry is a celebration of good food, good times, and great company. It's a reminder of the simple joys of life and the importance of sharing those moments with the people we care about.



BLACKENED FISH WITH CORN MAQUE CHOUX

Blackened Snapper with Corn Maque Choux (pronounced mock-shoe) - a vegetable side dish containing corn, onions, peppers and tomatoes. This is my BACKYARD version served with roasted garlic mash and fresh gulf fish!!!!



Ingredients:

- 2-4 pieces of fresh gulf fish of choice
- Lil' Bit Better Blackening Seasoning
- 3 tbsp melted butter
- Maque Choux
 - 6 whole ears of fresh corn
 - 1 onion
 - 1 red bell pepper
 - 4 cloves garlic
 - 3 green onions
 - Parsley
 - Lil' Bit Better Creole Seasoning
 - 3 tbsp butter
 - 1 can Rotel
 - 1 can creamed corn
 - 3 tbsp heavy cream
- Mashed potatoes



Directions

- Small dice onions and peppers. Mince garlic. Thinly cut green onion. Chop parsley. Remove corn from cobb
- Sauté onion and pepper in butter until soft. Add garlic and green onion and cook 3 min. Add in Rotel and cream corn. Add fresh corn and heavy cream. Simmer 25- 30 min.
- Add in parsley and season to taste.
- Melt butter and coat on fish both sides. Heavily coat with blackening seasoning.
- Get large sauté pan really hot. Add in light oil and butter until almost smoke point.
- Place fish belly side down and cook until we'll charred almost black. Flip and repeat.
- I served with garlic roasted mashed potatoes, but you can serve with what you like best!!!

SEAFOOD STUFFED PEPPERS

Here they are... beautiful Louisiana seafood stuffed peppers topped with that Beurre Blanc, y'all!



Ingredients:

- 5 bell peppers
- 2 lb. shrimp
- 8 oz crab
- 1/2 cp white wine
- 1/2 cp panko plus topping
- Parmesan
- 1/2 can cream of shrimp soup
- 1/2 can cream of mushroom soup
- boiling seasonings
- 1 onion
- 4 cloves garlic
- 1/2 lemon
- 3 tbsp parsley
- 1/2 bunch green onions
- Italian seasoning
- Cajun seasoning
- 1 tbsp butter



Directions

- Boil the shrimp. Let cool and peel. Rough chop.
- Prep peppers by halving and removing seeds and membrane. Scald in boiling water for 3-5 minutes depending on how you like your peppers' final texture.
- Sauté onions until soft. Add in garlic and season with Cajun seasoning and Italian herbs. Deglaze with wine and reduce slightly. Add in juice from one lemon and 1 tbsp butter.
- Add in cream of shrimp and cream of mushroom.
- Stir in green onions and parsley. Add shrimp, crab and breadcrumbs and fold mixture to combine. Do not overmix and break up crabmeat.
- Stuff mixture into pre-cooked peppers and top with grated Parmesan and panko.
- Bake at 400 for 10 minutes then broil until browned on top.
- I topped with Beurre Blanc sauce but that's optional!!!

After the new year is when the party starts / Chefs thoughts mardi gras

It's after the New Year, and while most of the country is winding down from the holiday season, here in the South, we're just getting started with our favorite time of the year—Carnival, or Mardi Gras. The celebration kicks off with Kings' Night, marking the beginning of the Carnival season, a time filled with vibrant parades, joyous festivities, and a rich tapestry of culinary traditions.

The Tradition of Mardi Gras

Mardi Gras, or Fat Tuesday, is the day before Ash Wednesday and the beginning of Lent. The Carnival season, however, starts weeks before, on January 6th, known as Epiphany or Kings' Night. This night commemorates the visit of the three wise men to baby Jesus and is celebrated with the first King Cake of the season. King Cakes are sweet, colorful pastries often filled with cinnamon or cream cheese and adorned with purple, green, and gold sugar—the colors of Mardi Gras symbolizing justice, faith, and power.

As the season progresses, the celebrations grow more elaborate, leading up to the grand finale on Mardi Gras day. The streets come alive with parades featuring floats, marching bands, and masked revelers tossing beads and trinkets to the crowds. It's a time of revelry and indulgence before the solemn period of Lent.

A Culinary Celebration

Mardi Gras ushers in a whole new food season of exciting dishes that reflect the spirit of the celebration. From classic King Cakes to rich, flavorful gumbos, and everything in between, this season is a feast for the senses. But nestled right in the middle of all this festive chaos is another of our beloved traditions—crawfish season!



The Joy of Crawfish Season

Crawfish season is a time of year we eagerly anticipate. As the waters warm, crawfish become plentiful, and we gather to enjoy crawfish boils, a quintessential Southern tradition. These gatherings are all about community and sharing, with tables piled high with spicy, seasoned crawfish, corn, potatoes, and other accompaniments. The joy of peeling and eating crawfish, with the seasoning staining your fingers and the laughter of friends and family all around, is an experience like no other.

So, while others may be packing away their holiday decorations and settling in for a long winter, we're just getting started with our most cherished celebrations. Carnival season and crawfish season bring warmth, flavor, and excitement to our lives, reminding us of the unique and vibrant culture that defines the South.

Happy cooking and laissez les bon temps rouler (let the good times roll),



MARDI GRAS BEAN DIP

Celebrate Mardi Gras in style with this spicy and savory Red Bean Dip! Made with creamy Camellia red kidney beans, aromatic spices, smoky Tasso and a touch of heat, this dip is the perfect addition to any Fat Tuesday party spread. Serve with crunchy tortilla chips or crusty bread for a flavor fiesta that'll have your taste buds dancing the night away!



Ingredients:

- 1 lb. camellia red kidney beans
- 1 onion
- 2 pieces tasso
- 4 cloves garlic
- 4 cups stock
- Boudreaux's Backyard Lil' Bit Better Creole Seasoning
- 1/2 block softened cream cheese
- 1/2 cup sour cream
- 4 strips bacon
- 2 cups shredded cheddar
- Jalapeños



Directions

- Wash and sort beans. Place in pressure cooker with seasoning, onion, garlic, tasso and stock. Set to 60 minutes and cook.
- Fry bacon in a large cast iron, reserving fat. Strain cooked beans and re-fry in the bacon fat. Mash and stir until consistency of refried beans is achieved.
- In a separate bowl mix beans, cream cheese, sour cream and season to taste. Top with cheddar and jalapeños. Bake until bubbly and melted.
- Serve with tortillas or warm crusty bread.

BOUDIN KING CAKE

You can make an amazing BOUDIN KING CAKE right at home, and I'll show you how! Stuffed with boudin, cream cheese and jalapeños, this will make the perfect parade-day appetizer. I topped mine with hot honey, bacon, green onions and those Zapp's Voodoo chips for that crunchy flair.



Ingredients:

- 1 loaf Ready-Dough
- 2 sticks boudin
- 1/2 block cream cheese
- Jalapeños
- Hot honey, regular honey, or pepper jelly
- 4 strips bacon
- 1/2 bunch green onions
- 3/4 cup crushed potato chips



Directions

- Defrost dough overnight.
- Flour counter and roll dough into a flat oval shape.
- Remove boudin from casing and place a single layer on edge of dough. Roll dough over itself.
- Add strips of cream cheese and jalapeños and roll over again.
- Add in another thin layer of boudin and finish rolling. Fit ends into each other to form a circular cake.
- Place in oven at 350.
- Fry bacon super crispy. Slice green onions and crush chips.
- After 20 minutes, remove cake and brush with bacon drippings and place back into the oven for 10 minutes.
- Remove from oven and glaze with honey or pepper jelly. Top with bacon bits, green onions and chips. Place back in oven for 10 minutes
- Serve with a beer and a smile!

CRAWFISH CREAM CHEESE KING CAKE

Everybody's doing these amazing homemade twisted king cakes. Here's Boudreaux's twist!!! CRAWFISH CREAM CHEESE KING CAKE. This savory version incorporates the south's favorite seafood with our favorite cheese wrapped up in puff pastry. I topped this off with andouille crumbs, pepper cheese and crumbled Zapp's Cajun Crawtators potato chips!!!



Directions

- Prep all vegetables by small dicing and mincing garlic
- Let cream cheese and puff pastry come to room temperature.
- Sauté onions and pepper in butter and oil. Cook down. Like down, down on low heat till onions are clear and peppers are soft. Add garlic and green onions and cook a few more minutes.
- Add tomato paste and slightly brown. Deglaze with sherry and cook till mostly evaporated. Toss in crawfish and season to taste. Let mixture cool.
- Roll out puff pastry and join 2 sheets with egg wash. Slice longways into thirds.
- Place cream cheese in a piping bag or like I did a Ziplock and cut a hole in a corner. Run a 3/4 "line of cream cheese length wise down each 3 sections of pastry.
- Add a line of crawfish mixture on side of cream cheese.
- Apply egg wash on all sides of pastry and roll mixture into middle making sure to seal each section. Braid the 3 sections together and form into a circle. Place this on a greased baking sheet. Apply remaining egg wash to top.
- Bake at 400 for 20 min.
- Small dice andouille and fry in a pan until all sides are brown and crispy. Crush up bag of Zapp's. Melt pepper jelly in microwave.
- Remove from oven. Glaze with jelly. Sprinkle with andouille crumbs and chip crumbs.
- Bake another 10 min until golden. Let sit 20-30 minutes before serving. Enjoy!!

Ingredients:

- 1 pack puff pastry
- 1 lb. crawfish tails
- 1/2 stick andouille
- 1 bag Zapp's Crawtators
- 2 packs cream cheese
- pepper jelly of choice
- 3 tbsp butter
- 1 tbsp oil
- 2 eggs
- 1 onion
- 1 red bell pepper
- 3 cloves garlic
- 1/2 bunch green onions
- 1 tbsp tomato paste
- 1/2 cp sherry or dry white wine

LOUISIANA SHRIMP BOIL

Shrimping season just opened so what better way to kick it off than with a Louisiana shrimp boil?!!! Large shrimp cooked and seasoned to perfection with all the fixings and family fun!!!



Ingredients:

- 25 lbs. large head-on shrimp
- 4 onions
- 4 heads of garlic
- 6 lemons
- 3 oranges
- 1 bag dry LA crab boil
- 1 bag LA garlic booster
- 1/2 small bottle LA liquid boil
- 1/2 bottle Crystal hot sauce
- 1 bag red potatoes
- 1 bag frozen corn
- 1 package sausage



Directions

- I filled my 120 qt. pot halfway past the first row of holes with water (less than I would use for 1 sack of crawfish).
- Add dry seasoning, liquid boil, hot sauce.
- Add onions, garlic and citrus. Light and boil for 4 minutes then add in potatoes. Boil until fork tender.
- Add shrimp and when water comes to a simmer turn off heat.
- Add in corn and sausage.
- Stir shrimp every few minutes watching for shell separation. This will be a visual cue more than a timing thing. Once majority of shells have separated remove shrimp from water and serve.

BOILED CRAWFISH

It's crawfish season down in South Louisiana. I know everyone has their own top-secret recipes, tricks and secrets but here's how Boudreaux's Backyard does a CRAWFISH BOIL. They're spicy, salty, zesty, hot and best of all they peel with ease. For the add ins you can be as creative as you like ... I've put everything I can imagine into that hot spicy water from pineapple, cauliflower, asparagus and brussels sprouts to boiled eggs and artichokes. If you think go ahead and try it!!!! Happy boiling guys!!! Let me know in the comments how you make yours your own!!!



Directions

- First thing first you need to clean your crawfish. I go through at least 3-4 water change outs while picking dead crawfish, grass and left-over bait. Hopefully the shop you got them from has pre-cleaned them as this makes it much easier.
- Once I get the water completely clear I let the crawfish sit in the clean water for at least an hour so any remaining sediment will loosen up and sink to the bottom.
- Prep your seasoning vegetables by cutting onions in half. I cut the cloves of garlic in half close to the base so that the 2 pieces remain in tact. Roll all the citrus and halve them. Chop celery in 2.
- Light pot filled with just enough water to cover your crawfish. Add in all dry and liquid seasonings. Add in onions, garlic, celery, juiced citrus and bring to boil.
- Once boiling add potatoes until almost fork tender.
- Drain crawfish from cleaning water and add them into pot at a rolling boil. Crank heat up high and place lid on pot. Once returned to a rolling boil I went 2.5 minutes before killing the fire. The length of the boil can be determined by size of the crawfish. I go a little longer the bigger they are.
- Once fire is off you can add remaining add ins to soak in the seasoned liquid.
- Soak times also fluctuate. At 15 mins I start tasting and looking. I'm concerned more with how they're peeling at this point. This batch soaked for about 17 minutes before I pulled them. Once they sink, they've absorbed as much liquid as they can and is also a good indicator of doneness.
- Pour on a table with guests and get to sucking heads and pinching tails!!
- C'est si bon!!!!

Ingredients:

- 6 lbs. Louisiana crawfish boil powder
- 5 oz Louisiana liquid crab boil
- 6 oz crystal hot sauce
- 13 oz granulated garlic
- 13 oz granulated onion
- 1 bag onions
- 6 large heads garlic
- 6 lemons
- 4 oranges
- 2 bunches celery

Add ins

- Smoked sausage
- Hot dogs for them kids
- Small red potatoes
- Corn
- Mushrooms
- Anything you can imagine

CRAWFISH MAC & CHEESE

Crawfish Mac and Cheese!!! ... don't owe me nothing!!! This here may be the best twist on the original classic you've ever had. Utilizing shells to grab all of that cheesy goodness, smoked tasso gives it that extra flavor and BAM!!! Crawfish for that down south love!!! Get some of this in ya life!!!



Ingredients:

- 1 lb. crawfish tails w/ fat
- 6 oz Tasso
- 1 pt. heavy cream
- 1 lb. Velveeta
- 1 lb. medium shells
- 1 bag shredded cheddar
- 1 bag shredded Colby jack
- 2 tbsp butter
- 1/2 cup panko
- Lil' Bit Better Creole Seasoning
- Black pepper



Directions

- Boil shells in salted water until almost soft.
- Brown dices Tasso in butter until crispy on all sides.
- Add crawfish with fat and heavy cream. Season.
- Add Velveeta and cook until melted. Remove heat and stir in shredded Colby jack.
- Add in shells and stir.
- Preheat oven to 450.
- Place mixture into a greased baking dish. Top with cheddar cheese and panko. Sprinkle with parsley flakes.
- Bake for 8 minutes then set oven to broil. Remove once breadcrumbs are browned.

CRAWFISH COMPOUND BUTTER

A twist on the traditional finishing compound butters out there. This CRAWFISH BUTTER incorporates the seasoned onions and garlic left over from the boil and the delicious fat that gives crawfish that amazing flavor. Blended with tail meat for some texture. I'll show you some amazing things we can do with this stuff!!!



- 2 sticks softened butter
- Handful of crawfish tails
- Reserved crawfish fat
- Boiled garlic (I used about 2 heads.)
- Boiled onion (I used about half an onion.)



Directions

- Clean and devein crawfish, reserving as much fat as possible.
- Chop the inner parts of the crawfish boiled onion. Remove garlic cloves from 2 heads.
- Blend onions and garlic first until smooth in a food processor. Add a handful of tails and reserved fat. Blend until smooth and consistent.
- Add softened butter and blend.
- Spread onto Saran Wrap and roll into a tight roll. Place in refrigerator until firm.
- Follow for ideas to incorporate with!

CRAWFISH CRUSTED REDFISH

Crawfish Crusted Red Snapper!!! This is one of my absolute favorite fishes and what better to bring it up a level than top it with Louisiana crawfish tails and that crawfish butter we made!!!



Ingredients:

- 1 lg piece red snapper
- Crawfish butter
- 4oz chopped crawfish tails
- Blackening seasoning
- 1/2 cp panko breadcrumbs



Directions

- Season heavily the flesh side of the fish (if the skin is on, if not -season both sides)
- Add oil to a hot sauté pan and preheat broiler.
- Add fish flesh side down and sauté until golden brown. Flip.
- Add crawfish tails, crawfish butter and panko.
- Broil for a few minutes to a crust forms and fish is golden and crispy.
- Top with green onions or make a sauce.

CHEESY CRAWFISH GARLIC BREAD

CHEESY CRAWFISH GARLIC BREAD!!!! This rich and cheesy snack is the perfect thing for any backyard party. Delicious LA crawfish tails cooked down in onions, sweet peppers, garlic and spices and placed on top of buttery crusty French loaf topped with that awesome Crawfish butter and loads of cheese. You'll be a backyard star when you pull this out!!!



Ingredients:

- 1-1/2 lbs. LA crawfish tails
- 1 large onion
- 1 lg bell red pepper
- 1 bunch green onion
- 6 cloves garlic
- 1 cp crawfish butter
- 1 block Havarti
- 1 block cheddar
- 1 block mozzarella
- Paprika and parsley for garnish
- 1 large loaf of bread
- 2 tbsp butter



Directions

- Small dice onion and pepper. Mince garlic and thinly slice green onion.
- Heat butter on med low heat and cook onions and pepper until soft, really soft.
- Add green onion, garlic and crawfish tails and season with creole seasoning.
- Cook till any liquid evaporates.
- Split loaf of bread and spread on crawfish butter
- Evenly coat both sides with crawfish mixture.
- Top with grated cheese and garnish with paprika and parsley flakes.
- Bake at 350 for 15 min.
- Broil another 3-5 minutes, checking closely not to burn.
- Enjoy!

Chefs thoughts / Cajun and creole staples

In this chapter, we dive into some of the essential dishes that define Cajun cuisine. These staples are the backbone of our culinary heritage, reflecting the rich history and vibrant culture of Louisiana. From the hearty and comforting to the bold and spicy, each dish tells a story of tradition, community, and the joy of cooking. Whether it's a classic jambalaya, a festive crawfish boil, or a comforting plate of smothered greens, these recipes showcase the versatility and richness of Cajun cooking. As you prepare these dishes, you'll experience the warmth and hospitality of Cajun culture, bringing a taste of Louisiana to your table.



JAMBALAYA

In South Louisiana you rarely see a party that's missing a big ole pot of jambalaya. It's a common staple and one of our most cherished rice dishes. This flavor-packed dish gets its unique flavors from browning down a variety of proteins and seasonings in a black iron pot and utilizing all those drippings and flavors to cook the rice so that each grain absorbs that beautiful, bold Cajun flavor.



Directions

- Prep meat by trimming off fat and cutting into bite sized pieces. Slice bacon and sausage. Keep each separate. Liberally season pork and chicken with creole seasoning.
- Prep trinity by medium dicing onion, peppers and celery. Mince garlic.
- In a large black iron pot add olive oil and brown sausage. Remove once browned.
- Add in chicken and remove once browned.
- Fry bacon pieces and remove once crispy. Leave drippings in pan.
- Add pork to fry in bacon grease. Brown well but you also want to cook pork a lot longer to help render fat.
- Once pork is cooked down add it trinity. Use evaporating liquid to scrape off all burnt bits on the bottom of the pot. Cook vegetables until really soft. Add in garlic.
- Add in about half a quart of chicken stock and cover pot. You want to get the pork to break down and get tender and also for most of this liquid to evaporate. The reason being, you want to evaporate the liquid is so that you can get an accurate rice to liquid measurement.

Ingredients:

- 4 small onions
- 4 stalks celery
- 2 bell peppers
- 8 cloves garlic
- 1 bunch green onions
- 1/2 bunch minced parsley
- 2 lbs. cubed pork
- 2 lbs. chicken thighs
- 2 lbs. smoked sausage
- 1/2 pack bacon
- 1/2 cup Worcestershire
- 1/4 bottle Crystal hot sauce
- 1 can V-8
- 2 quarts chicken stock
- 2 tbsp or less browning sauce
- 1 5.5 oz. can Rotel
- 2 lbs. long grain rice
- Creole seasoning
- Salt to taste



- Once the liquid is just about gone add in the smoke sausage and 1 can of Rotel. Let that cook a few minutes.
- Get the liquid ready. You're aiming to have $\frac{3}{4}$ of a quart of liquid for every pound of rice so we're going for 1-1/2 quarts. Add in Worcestershire, hot sauce, V8, splash of browning sauce and use chicken stock to get you to 1-1/2 quarts total liquid.
- Add in chicken and bacon bits and all drippings.
- Add in our measured liquid. Season with creole seasoning and salt. Taste. You want this to be overly seasoned with spice and salt because the rice will absorb a lot of the seasoning.
- Bring mixture to a boil.
- Add in green onions and parsley. Bring mixture to boil and add in 2 pounds long grain rice.
- With a flat spoon, gently move around the rice not stirring too hard to break it up. Just enough to keep the rice from settling on the bottom to burn.
- Once the liquid is almost fully gone put the cover on, lower the heat and allow to cook for 15 minutes. No checking!
- After 15 remove the lid and give the rice a roll around the pot. This isn't a stir; you want to get big portions and just kind of flip the rice over itself. Careful if the bottom feels stuck DO NOT SCRAPE OR DISTURB IT. Just stir on top of it.
- Place cover on at very low heat and let cook another 20 minutes. After that, roll rice once more. Turn off heat and cover. Let sit 20 more minutes before last flip and serve!
- C'est bon!



SMOTHERED OKRA

Get ready to indulge in the ultimate Southern comfort dish—Smothered Okra with Smoked Sausage and Shrimp! Imagine tender okra simmered to perfection, mingling with smoky sausage and succulent shrimp in a rich, flavorful sauce. It's the kind of dish that warms your soul and leaves you craving for more.



Ingredients:

- 1 lb. okra sliced
- 1 lb. smoked sausage
- 1 lb. shrimp
- 1 large onion
- 1 large bell pepper
- 4 cloves garlic
- 1 can stewed tomatoes
- 1 can Rotel
- 1/2 qt chicken stock
- water as needed
- 1-2 tbs white vinegar
- Boudreaux's Lil' Bit Better Creole Seasoning
- Boudreaux's Low & Slow Simmer Seasoning
- oil



Directions

- Heat saucepan or pot on medium heat and line with oil. Brown cubes sausage. Remove from heat and reserve.
- Cook okra over high heat, stirring constantly. After 10 minutes add in vinegar and continue cooking on high heat. Cook until all slime has cooked out, about 20 - 25 minutes.
- Add in diced onion and bell pepper. Cook until soft and add garlic.
- Add in tomato and chicken stock. Deglaze bottom of pot. Season.
- Cook about 1 hour to 1-1/2 hours until desired consistency is achieved. Add water as needed and taste for seasoning.
- Add shrimp and cook just until pink. About 10-12 minutes and remove from heat.
- Serve over white rice.

SMOTHERED EGGPLANT

Elevate your Smothered Eggplant with a Cajun twist! In this recipe, I use Cajun fresh sausage to infuse a burst of bold and spicy flavors into this classic Mediterranean dish. The rich, smoky notes of the sausage will harmonize with the creamy eggplant and tomato sauce, creating a fusion of tastes that's utterly irresistible. Join me for a culinary adventure that combines Mediterranean and Cajun influences to deliver a mouthwatering meal that's both comforting and exciting. Perfect for impressing guests or satisfying your own cravings.



Ingredients:

- 6 lbs. of 1/2" cubed Boston butt
- Reserved bones and fat cap from butts
- 1 lb. pork liver, cubed
- Boudreaux's Lil' Bit Better Creole seasoning
- Black pepper
- 2 heads of garlic, minced
- 2 large onions, diced
- 2 bell peppers, diced
- 1 bunch celery, diced
- 2 bunches green onions, sliced (whites separated from tops)
- 1 bunch parsley, minced
- 3 quarts chicken stock
- Water as needed
- Sausage casings, cleaned and rinsed
- 2-3 cups cooked white rice



Directions

- Rough chop vegetables. Coat lightly with olive and roast at 400 for about an hour or till golden brown.
- Remove sausage from casing leaving it big chunks. Brown on medium-high heat in olive oil. Remove from pot and drain.
- Deglaze pan with chicken stock. Add in sausage and tomatoes. Add seasoning to taste.
- Once vegetables are cooked add in to the pot. Cover and reduce heat. Simmer for 1-1/2 to 2 hours.

SMOTHERED GREENS

Smothered greens, the ultimate soul-warming comfort food. Each bite, a heartfelt embrace. My recipe, a symphony of flavors, will have you feeling truly blessed.



Ingredients:

- 2 large bunches of greens of your choice
- 1 large onion, diced
- 5 cloves garlic
- 6 smoked turkey necks
- 2 pieces of salted pork
- 1 ham shank
- 1 quart chicken stock
- 2 cups water
- Boudreaux's Lil' Bit Better Creole Seasoning
- Light olive oil



Directions

- Start by browning the salted meat on all sides in a drizzle of light olive oil.
- Add in the diced onions and cook until they become soft and translucent. Then, introduce the garlic and continue to cook for an additional 3 minutes, using a spoon to scrape up any delicious browned bits from the bottom of the pot.
- Pour in the chicken stock and water, giving it a gentle seasoning.
- Add the smoked turkey necks and ham shank to the pot and allow them to simmer until all the meats turn tender. This will take approximately 2.5 to 3 hours.
- While the meats simmer, prepare the greens by removing the stalks and chopping them up. Thoroughly wash them to remove any lingering dirt.
- Once the meats are tender, remove them from the liquid and carefully debone them. Discard all bones, fat, and any unwanted bits.
- Return the deboned meat to the pot and season everything to taste with Boudreaux's Lil Bit Better Creole Seasoning.
- Add the prepared greens to the pot and continue to cook until they turn tender, which should take approximately 30 more minutes.

Savor the heartwarming goodness of these super meaty greens with their incredible pot liquor. It's comfort food at its finest.

SMOKED BOUDIN

Indulge in Louisiana's favorite breakfast: smoked boudin! This flavorful delicacy is packed with perfectly seasoned pork, fresh vegetables, and aromatic spices, all smoked to perfection. A true Southern treat that brings the heart of Louisiana right to your table. Don't miss out on this mouthwatering experience!



Ingredients:

- 6 lbs. of 1/2" cubed Boston butt
- Reserved bones and fat cap from butts
- 1 lb. pork liver, cubed
- Boudreaux's Lil' Bit Better Creole seasoning
- Black pepper
- 2 heads of garlic, minced
- 2 large onions, diced
- 2 bell peppers, diced
- 1 bunch celery, diced
- 2 bunches green onions, sliced (whites separated from tops)
- 1 bunch parsley, minced
- 3 quarts chicken stock
- Water as needed
- Sausage casings, cleaned and rinsed
- 2-3 cups cooked white rice

Directions

- Trim the Boston butt and dice the meat into 1/2" cubes, removing any large fat. Reserve the fat cap and bones.
- Season liberally with Boudreaux's Creole seasoning and let cure in the refrigerator overnight.
- In a large pot, add the meat, bones, fat cap, liver, garlic, trinity (onions, bell peppers, celery), and green onion bottoms. Cover with chicken stock. Re-season with Creole seasoning and add black pepper.
- Cook for 3-4 hours until the pork is tender.
- Separate the meat and vegetables from the liquid and reserve for later.
- Add the green onion tops and parsley to the meat mixture.
- Using a potato masher, break up the meat into fine shreds, ensuring all pieces of liver are fully smashed.
- Add in cooked white rice until the desired ratio is achieved. I prefer more meat than rice, but adjust to your preference.
- Taste and adjust the seasoning as needed.
- Add in all of the fat that separates in the liquid and about 2-3 cups of reserved liquid. Mix until the mixture is slightly wet but forms when pushed together.
- Clean and rinse the sausage casings and place them onto a stuffing machine.
- Stuff the boudin mixture into the casings and roll them up.
- Twist the links into 10-12" lengths, leaving 4 pieces together on each.
- Smoke at 225°F for 4-5 hours.

Glossary of Cajun and Creole Terms and Phrases

Alligator (AL-ih-gay-tor)

A common protein in Cajun cuisine, often served fried or in stews.

Andouille (ahn-DOO-ee)

A spicy, smoked sausage made from pork, commonly used in Cajun and Creole dishes like gumbo and jambalaya.

Béchamel (bay-shah-MEL)

A white sauce made from roux and milk, used in various Creole dishes.

Beignet (ben-YAY)

A deep-fried pastry covered in powdered sugar, popular in New Orleans.

Boudin (boo-DAN)

A type of sausage made from pork, rice, and spices, often served as a snack or appetizer.

Boucherie (boo-SHREE)

A traditional Cajun communal event where a pig is butchered and every part is used in various dishes.

Cajun (KAY-juhn)

A term used to describe the descendants of French-speaking Acadians deported from Canada to Louisiana, and their distinctive culture and cuisine.

Chaurice (sha-REESE)

A spicy Creole sausage, similar to andouille but generally less smoky.

Cher (sha)

A term of endearment in Cajun French, similar to "dear" or "darling."

Chicory (CHIK-uh-ree)

A root often roasted and ground to make coffee, especially in New Orleans.

Cochon de Lait (koh-SHOHN duh LAY)

A Cajun term for a suckling pig, often roasted for special occasions.

Courtbouillon (coo-bee-YON)

A rich, flavorful fish stew, often made with tomatoes, onions, and peppers.

Creole (KREE-ohl)

A term used to describe the descendants of the original French and Spanish settlers of Louisiana, and their distinctive culture and cuisine.

Dirty Rice (DUR-tee RYS)

A Cajun rice dish made with small pieces of meat, often chicken livers or gizzards, and seasoned with spices.

Doux-Doux (doo-DOO)

A term meaning sweet or candy, often used to describe sweet foods.

Étouffée (ay-too-FAY)

A dish where seafood, typically crawfish or shrimp, is smothered in a flavorful sauce made with a light roux and served over rice.

Fais do-do (fay DOH-doh)

A Cajun dance party, traditionally held in a home or dance hall.

Filé Powder (FEE-lay POW-der)

Ground sassafras leaves used as a seasoning and thickening agent in gumbo.

Fricassée (free-kah-SAY)

A method of cooking meat by browning it in butter and then stewing it with vegetables.

Grillades (GREE-ahds)

Thinly sliced beef or veal, typically served with grits.

Gumbo (GUM-boh)

A rich, hearty stew made with a dark roux, the "holy trinity" of onions, bell peppers, and celery, and a variety of meats or seafood.

Holy Trinity (HOH-lee TRIN-i-tee)

The base of many Cajun and Creole dishes, consisting of onions, bell peppers, and celery.

Jambalaya (jum-buh-LIE-uh)

A one-pot dish made with rice, vegetables, and a mix of meats or seafood, seasoned with Cajun spices.

King Cake (KING KAYK)

A sweet, colorful pastry traditionally served during Mardi Gras, often with a small plastic baby hidden inside.

Lagniappe (LAN-yap)

A little something extra, often given as a bonus or gift.

Laissez les bon temps rouler (LAY-say lay bohN tohn roo-LAY)

A popular Cajun phrase meaning "Let the good times roll."

Maque Choux (mock SHOO)

A traditional dish of corn, bell peppers, onions, and sometimes tomatoes, often cooked with bacon or sausage.

Mirliton (MEER-lih-tahn)

A type of squash, also known as chayote, commonly used in Cajun and Creole cooking.

Muffuletta (moo-foo-LET-uh)

A large, round sandwich filled with cured meats, cheese, and olive salad, originating from New Orleans.

Pain Perdu (pahN pehr-DOO)

Literally "lost bread," a dish similar to French toast, made with stale bread soaked in a sweet custard mixture and fried.

Pâté (pah-TAY)

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

Piquant (pee-KAHNT)

A term used to describe a dish that is spicy or has a sharp, tangy flavor.

Pirogue (PEE-rog)

A small, flat-bottomed boat used in the swamps and bayous of Louisiana.

Pistolettes (pees-toh-LET)

Small, stuffed rolls, often filled with seafood or meat and baked or fried.

Po' boy (POH-boy)

A traditional Louisiana sandwich made with French bread and filled with fried seafood or meats, often dressed with lettuce, tomatoes, pickles, and mayonnaise.

Praline (PRAH-leen)

A sweet confection made from sugar, cream, and pecans, often enjoyed as a dessert or snack.

Remoulade (reh-moo-LAHD)

A tangy sauce made with mayonnaise, mustard, and various seasonings, often served with seafood.

Rougarou (ROO-gah-roo)

A mythical Cajun creature, similar to a werewolf, said to roam the swamps.

Roux (ROO)

A mixture of flour and fat (usually oil or butter) cooked together and used as a thickening agent in many Cajun and Creole dishes.

Sazerac (SAH-zer-ak)

A classic New Orleans cocktail made with rye whiskey, absinthe, and bitters.

Shrimp Creole (SHRIMP kree-OHL)

A dish made with shrimp cooked in a tomato-based sauce with onions, peppers, and celery.

Smothered (SMUHTH-urd)

A cooking technique where ingredients are slowly cooked in their own juices, often with added liquid, until tender.

Tasso (TAH-soh)

A spicy, smoked pork used to flavor gumbos, jambalayas, and other dishes.

Tchoupitoulas (CHOO-puh-too-luhs)

A street in New Orleans, often used to describe a style of cooking or dish that is complex and flavorful.

Vieux Carré (VOO kah-RAY)

A classic New Orleans cocktail made with rye whiskey, cognac, sweet vermouth, and bitters.

West Bank (WEST bank)

The area on the west side of the Mississippi River in New Orleans, known for its unique culinary traditions.

Ya-Ka-Mein (yah-KAH-mehn)

A Creole soup made with beef, noodles, and hard-boiled eggs, often called "Old Sober" for its reputed hangover-curing properties.

Zydeco (ZAH-dih-koh)

A genre of music that originated in Louisiana, blending Cajun, Creole, blues, and R&B influences, often featuring the accordion and washboard.

