

Menu Du Jour

14 Jan 2004

Field Greens with Cajun Dressing
Chicken & Andouille Jambalaya
(Recipes serve two)

Field Greens with Cajun Dressing



Cajun Dressing

1/4 cup Creole mustard
1/4 cup clover honey
1/2 cup red wine vinegar
2 cloves garlic, minced
1 teaspoon Cajun spice
1 cup salad oil
Kosher salt and black pepper, to taste

In an electric blender, combine mustard, honey, vinegar, garlic, and Cajun spice; mix well. Gradually blend in oil. Season with salt and pepper to taste.

Menu Du Jour

Chicken and Andouille Jambalaya

Typically, jambalaya, the Cajun-Creole spicy version of paella, is made from leftovers that become a flavorful base for the rice. You could add any other leftovers such as ham, duck, beef, alligator, oysters, crawfish, or shrimp. Jambalaya made with chicken stock and tomatoes is the Creole-style “red” jambalaya while the Cajun-style “brown” jambalaya is made only with stock. If you prefer the Creole-style, add one (16-ounce) can of chopped tomatoes to this recipe. Serve with crusty bread to sop up any remaining sauce.

3 links Andouille sausage, skin removed and cut into rounds
1 large yellow onion, finely chopped
1 medium bell pepper, finely chopped
2 stalks celery, finely chopped
2 cloves garlic, finely chopped
1/2 cup diced carrots
2 teaspoons chopped fresh basil
1 tablespoon crushed red pepper flakes
1/2 teaspoon dried thyme
1 teaspoon cracked black pepper
5 tablespoons dark roux
3 cups chicken stock
2 tablespoons Louisiana-style hot sauce
1 tablespoon Worcestershire sauce
2 cups cooked chicken
1/2 cup chopped green onions
2 tablespoons chopped fresh parsley
Kosher salt and black pepper, to taste
1 cup uncooked white rice

Place a Dutch oven over medium heat add the sausage and brown. Remove sausage and drain on paper towels. Add the yellow onion, bell pepper, celery, garlic, and carrots. Cook for 10 minutes, stirring occasionally.

Add the basil, and crushed red pepper flakes; cook for a few minutes. Stir in the roux and cook until hot. Add the chicken stock, hot sauce, and Worcestershire sauce. Cook, stirring often, for 30 minutes.

Add the reserved sausage and chicken, cover and cook over low heat for 30 minutes. Add the green onions and parsley; mix well. Season to taste with salt and black pepper.

Meanwhile, cook the rice according to package directions.

When the rice is cooked, place a heaping serving-spoon size of rice into the middle of a large soup bowl, spoon Jambalaya around the rice. Garnish with finely chopped green onion tops and parsley and serve.

Menu Du Jour

Cajun Spice

This seasoning blend will keep stored in an airtight container about one month. It may also be used to season baked potatoes, vegetables, and a variety of meats.

5 tablespoons sweet paprika
¼ cup coarse kosher salt
¼ cup granulated garlic
2 tablespoons dried oregano
2 tablespoons dried thyme
2 tablespoons onion powder
2 tablespoons cracked black pepper
2 tablespoons ground cayenne pepper
2 tablespoons dried parsley

Combine ingredients in a medium mixing bowl.

Plate Presentation



Ladle jambalaya into large soup bowls; garnish with fresh parsley. Serve with side salad and crusty bread.