

Tribute To Chef Paul Prudhomme

Cajun Dinner

Louisiana chef [Paul Prudhomme](#) just passed away Oct. 8, 2015 at 75. Most of the recipes for the dinner are from his famous book **Louisiana Kitchen**. Many believe he is the greatest practitioner of Cajun and Creole cooking.

The host couple (Couple #1) will supply the main course, bread, and wine.

Couple #2 will do the appetizer and the vegetable.

Couple #3 will do the bean and rice dish.

Couple #4 will do the dessert.

Couple # 1

Paul Prudhomme's Barbecued Shrimp

Notes: Makes 2 servings so 4X this recipe. We cooked one batch for 8 in a large heavy pan. Also, you will need to serve this with French bread to soak up the juice. Purchase (or bake) good quality French bread. Be sure to serve piping hot and stir the sauce frequently while serving, since it separates easily. To eat this dish, everyone peels his/her own shrimp at the table (most people use their fingers, although some insists on using a knife and fork!) and then stirs the shrimp in the sauce. You can also dip French bread in the sauce. Bibs anyone?

2 dozen medium-large raw shrimp with heads and shells included (about 1 pound)

Seasoning mix:

1 teaspoon cayenne pepper
1 teaspoon black pepper
1/2 teaspoon salt
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon dried thyme
1/2 teaspoon rosemary leaves, crushed
1/8 teaspoon oregano

1/4 pound (1 stick) butter, plus 5 tablespoons unsalted butter, in all

1 1/2 teaspoons minced garlic

1 teaspoon Worcestershire sauce

1/2 cup seafood stock (see below)

1/4 cup beer at room temperature. Mexican Lager seems like it would work with shrimp, but then I don't know what to do with the rest of the beer so I likely will pick an IPA or maybe New Belgium Trippel or New Belgium Abby.

1) Rinse the shrimp in cold water and drain well. Leave shells on. Then pinch off and discard the portion of the head from the eyes forward (including the eyes, but not the protruding long spine above the eyes). Leave as much as possible of the orange shrimp fat from the head attached to the body. Set aside.

2) In a small bowl, combine seasoning mix ingredients.

3) Combine one stick of the butter, the garlic, Worcestershire sauce and seasoning mix in a large skillet over high heat. When the butter is melted, add the shrimp.

4) Cook for 2 minutes, shaking the pan (do not stir), in a back and forth motion. Add the remaining 5 tablespoons butter and the stock, cook and shake pan for 2 more minutes. Add the beer and cook and shake the pan 1 minute longer. Remove from heat. All the while drinking the rest of the beer.

5) Serve immediately.

Seafood Stock: 1 1/2 to 2 pounds rinsed shrimp heads (pull the ones you just discarded out of the garbage quickly) and/or shells, or crawfish heads and/or shells, or crab shells (2 1/2 to 3 quarts), or rinsed fish carcasses (heads and gills removed), or any combination of these. (you can also substitute oyster liquor for all or part of seafood stock called for in a recipe.)

Note: If desired, you can first roast meat bones and vegetables at 350 deg until thoroughly browned. Then use them to make your basic stock. (When you brown the bones and vegetables, the natural sugar in both caramelizes on the surface, which gives the stock a fuller taste and adds color when it dissolves in the stock water.)

Always start with cold water – enough to cover the other stock ingredients. Place all ingredients in a stock pot or a large saucepan. Bring to a boil over high heat, then gently simmer at least 4 hours, preferably 8 (unless directed otherwise in a recipe), replenishing the water as needed to keep about 1 quart of liquid in the pan. The pot may be uncovered or set a lid on it askew. Strain, cool and refrigerate until ready to use. (Note: Remember that if you are short on time, using a stock simmered 20 to 30 minutes is far better than using just water in any recipe.)

OR

Maybe you can purchase some seafood stock at the store!

DON'T FORGET THE FRENCH BREAD!

Couple # 2

Parmesan/Bacon Puffs

1 loaf extra-thin white Pepperidge Farm bread
3/4 cup mayonnaise (not light mayo)
1 1/4 cups shredded Parmesan cheese
3/8 cup finely-chopped scallions
Bit of chopped onion
6-8 slices bacon, cooked until crisp

Mix the mayo, 3/4 cup of the Parmesan, and the rest of the ingredients together.

Cut 45 2" diameter rounds out of the bread, avoiding the crusts. Place rounds on an ungreased cookie sheet, broiling them on one side until toasted a golden brown. Remove rounds from the sheet and cool on a rack (this will keep the unbroiled sides from getting soggy while cooling).

Spread the mayo mixture on the unbroiled side of the bread rounds, sprinkling each round with some of the remaining 1/2 cup of parmesan. Freeze in single layers if desired, until ready to use.

When ready to use, place either frozen or unfrozen puffs on a cookie sheet and broil until bubbly and brown. Serve immediately.

Zucchini-Yellow Squash Casserole

1 1/2 pounds small to medium yellow summer squash
2 teaspoons ground pepper
1 1/2 pounds small to medium zucchini
1 cup shredded Swiss cheese
1/2 cup sour cream (not lean or "light")
1 1/2 cups Panko breadcrumbs
1 cup shredded extra-sharp Cheddar cheese
4 tablespoons butter
1/4 teaspoon nutmeg

Slice yellow squash and zucchini 1/4-inch thick. Steam until just tender. Remove from heat and drain well. Allow to cool for 10 minutes. Place yellow squash and zucchini in a 3-quart casserole. Add sour cream, cheddar cheese, and nutmeg. Lightly toss. Add pepper and toss again. Sprinkle with shredded Swiss cheese. Top with bread crumbs and dot with butter. Bake at 375 degrees for 25-30 minutes.

Couple # 3

Rice Dish

Make rice for 8 (anything you like)

Red Beans

The rest of the page intentionally left blank



Red Beans

½ pound dry red kidney beans

Water to cover the beans

About 10 cups water, *in all*

3 pounds small ham hocks

1¼ cups finely chopped celery

1 cup finely chopped onions

1 cup finely chopped green bell peppers

3 bay leaves

1½ teaspoons Tabasco sauce

1 teaspoon white pepper

1 teaspoon dried thyme leaves

¾ teaspoon garlic powder

¾ teaspoon dried oregano leaves

½ teaspoon ground red pepper (preferably cayenne)

¼ teaspoon black pepper

Cover the beans with water 2 inches above the beans; soak overnight. Drain.

Place 8 cups of the water and remaining ingredients in a 5½-quart saucepan or large Dutch oven; stir well. Cover and bring to a boil over high heat. Remove cover, reduce heat, and simmer 1 hour, stirring occasionally. Raise heat and boil until meat falls off the bones, about 15 to 20 minutes, stirring occasionally. Remove the meat and bones from the pan; set meat aside and discard bones.

Add the drained beans and remaining 2 cups water to the pot. (You may not need to add this extra water; it depends on how much evaporation has taken place. Use your own best judgment.) Bring mixture to a boil; reduce heat to maintain a simmer, and cook until beans are tender and start breaking up, about 1 hour, stirring occasionally and scraping pan bottom fairly often. (If beans start to scorch, do not stir. Immediately remove from heat and change pots without scraping up any scorched beans into the mixture.) Add the ham and cook and stir 10 minutes more. Discard bay leaves and break up any large meat chunks. Cool and refrigerate until ready to use. Makes about 7 cups.

Couple # 4

New Orleans Bread Pudding

This page intentionally left blank



New Orleans Bread Pudding with Lemon Sauce and Chantilly Cream

Makes 8 servings

During the preparation of this dish, the milk-and-egg mixture is too sweet and all the elements are very strong because they will be absorbed by bland bread. After baking, the result is a magnificent pudding.

3 large eggs
1¼ cups sugar
1½ teaspoons vanilla extract
1¼ teaspoons ground nutmeg
1¼ teaspoons ground cinnamon
¼ cup unsalted butter, melted
2 cups milk
½ cup raisins
½ cup coarsely chopped pecans, dry roasted
5 cups very stale French or Italian bread cubes, with crusts on
Lemon Sauce
Chantilly Cream

In a large bowl of an electric mixer, beat the eggs on high speed until extremely frothy and bubbles are the size of pinheads, about 3 minutes (or with a metal whisk for about 6 minutes). Add the sugar, vanilla, nutmeg, cinnamon and butter and beat on high until well blended. Beat in the milk, then stir in the raisins and pecans.

Place the bread cubes in a greased loaf pan. Pour the egg mixture over them and, toss until the bread is soaked. Let sit until you see only a narrow bead of liquid around the pan's edges, about 45 minutes, patting the bread down into the liquid occasionally. Place in a preheated 350° oven. Immediately lower the heat to 300° and bake 40 minutes. Increase oven temperature to 425° and bake until pudding is well browned and puffy, about 15 to 20 minutes more.

To serve, put 1½ tablespoons warm lemon sauce in each dessert dish, then spoon in ½ cup hot bread pudding and top with ¼ cup Chantilly Cream.



Lemon Sauce

1 lemon, halved
½ cup water
¼ cup sugar
2 teaspoons cornstarch dissolved in ¼ cup water
1 teaspoon vanilla extract

Squeeze 2 tablespoons juice from the lemon halves and place juice in a 1-quart saucepan; add the lemon halves, water and sugar and bring to a boil. Stir in the dissolved cornstarch and vanilla. Cook 1 minute over high heat, stirring constantly. Strain, squeezing the sauce from the lemon rinds. Makes about ¾ cup. Serve warm.



Chantilly Cream

Makes about 2 cups

¾ cup heavy cream
1 teaspoon vanilla extract
1 teaspoon brandy
1 teaspoon Grand Marnier
¼ cup sugar
2 tablespoons dairy sour cream

Refrigerate a medium-size bowl and beaters until very cold. Combine cream, vanilla, brandy and Grand Marnier in the bowl and beat with electric mixer on medium speed 1 minute. Add the sugar and sour cream and beat on medium just until soft peaks form, about 3 minutes. *Do not overbeat.* (Overbeating will make the cream grainy, which is the first step leading to butter. Once grainy you can't return it to its former consistency, but if this ever happens, enjoy it on toast!)