Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins
- 1 pound peeled and deveined shrimp
- 8 ounces Andouille sausage links

Produce
- 2 medium yellow onions
- 2 celery ribs
- 1 green bell pepper
- 1 red bell pepper
- 1 head garlic
- 1 bunch green onions
- 1 bunch parsley

Dairy
- 4 tablespoons unsalted butter

Pantry Items
- All-purpose flour
- 1 bay leaf
- Dried thyme
- Paprika
- Dried oregano
- Cayenne pepper
- Kosher or sea salt
- Freshly ground black pepper
- Long grain rice
- Vegetable oil

Dry/Canned Goods
- 2 cups seafood stock
- 1 cup chicken broth
- 2, 15-ounce cans red kidney beans
- Tomato paste
Equipment Needed

Below is a list of tools you’ll need to make the recipes in this packet.

Cutlery
- Chef’s knife
- Cutting board

Hand Tools/Gadgets
- Measuring cups and spoons
- Liquid measuring cups
- Mixing bowls (various sizes)
- Wisk
- Wooden spoon
- Tongs

Cookware
- Large Dutch oven
- Medium Dutch oven or saucepan with a lid

Tabletop
- Serving bowls
Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

All Recipes
1. Wash and dry all the produce.
2. Cook 2 cups of long-grain rice 30 minutes before class or according to package directions.

History of New Orleans Cuisine

New Orleans is a melting pot of various cultures, including Spanish, Italian, French and Portuguese, just to name just a few. The merging and blending of people from these different countries and cultures created a truly unique cuisine that has gained an international reputation.

The food landscape of New Orleans and southern Louisiana is largely defined by two culinary styles, namely Cajun and Creole. The Cajuns came to the area as exiles from Arcadia in northeast Canada. After settling in the swampy area west of New Orleans, they adapted their traditional recipes to take advantage of the local food products available to them. They developed dishes featuring local produce, fish and shellfish, as well as local spices such as cayenne pepper.

Other settlers to the area included natives of France, Spain, Germany and the Caribbean, all of whom influenced the development of Creole cuisine. Dishes featuring beans, rice, roux-based soups and sauces, and slow-cooked dishes are hallmarks of Creole cooking. Several soups and stews were thickened with okra, also known as “gumbo.” Native Americans introduced the settlers to other local vegetables and spices, including bay leaf and sassafras. Elements of Cajun and Creole cuisines ultimately blended together to give us many of the dishes for which New Orleans became famous, such as gumbo, sauce picante, red beans and rice, and jambalaya.

New Orleans is also known for its expansive restaurant culture, ranging from inexpensive neighborhood spots to elegant fine dining. Small local restaurants serve excellent versions of items like red beans and rice, fried seafood, and “po-boy” sandwiches. The grand restaurants of New Orleans, including Galatoire’s, Antoine’s and Arnaud’s are dining institutions, many of which have been operating for decades.
SHRIMP ÉTOUFFÉE

Yield: 4 servings

The definition of étouffée is “smothered”. This is a Louisianan cooking technique used to create a delicious sauce with spices, chocolate-colored roux, shrimp and seafood stock.

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4 tablespoons unsalted butter
4 tablespoons unbleached all-purpose flour
1 medium yellow onion, chopped into 1/4-inch dice
2 celery ribs, chopped into 1/4-inch dice
1 green bell pepper, cored, seeded and, chopped into 1/4-inch dice
1 tablespoon finely chopped garlic
1 bay leaf
1 1/2 teaspoons dried thyme
1/2 teaspoon paprika
1 teaspoon dried oregano
1/4 teaspoon cayenne pepper
Kosher salt and freshly ground black pepper
2 cups low-sodium seafood stock
1 pound peeled and deveined shrimp
Long-grain white rice for serving
1/4 cup chopped green onions

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1. **To prepare the roux:** Place a large heavy-bottom Dutch oven on the stove and heat over medium heat. Add the butter and when melted, whisk in the flour, mixing well to ensure there are no lumps. Stirring occasionally with a wooden spoon and monitoring the heat to ensure the mixture doesn’t burn, cook until the roux turns the color of chocolate, 15 to 20 minutes.

2. **To the Dutch oven:** Add the onion, celery and bell pepper and cook until tender, 8 to 10 minutes. Add the chopped garlic and sauté until fragrant. Add the bay leaf, thyme, paprika, oregano, and cayenne pepper and stir to combine, lightly season mixture with salt and pepper.

3. **To cook the shrimps:** Add the seafood stock to the mixture and increase the heat to bring the mixture to a simmer until thickened, about 10 minutes. Add the shrimp and simmer until the shrimp are just cooked through, about 5 minutes. Taste and adjust seasoning with salt and pepper.

4. **To serve:** Place a scoop of rice in warmed serving bowls. Ladle the étouffée around the rice and garnish with the green onions, serve immediately.

**Recipe variations:**
- This recipe can be made ahead of time by simmering the sauce. When you’d like to eat it, bring the sauce to a simmer, then add the shrimp and finish the recipe.
RED BEANS, RICE AND ANDOUILLE SAUSAGE

**Yield:** 4 to 6 servings as a side dish

This is a traditional recipe of Louisiana. It’s a fabulous accompaniment to a variety of dishes but is also fabulous as a meal in and of itself.

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2 tablespoons vegetable oil
8 ounces Andouille sausage links
1 cup finely diced yellow onion
1 small red bell pepper, cored, seeded and finely chopped
4 cloves garlic, minced
2 bay leaves
2 tablespoons tomato paste
1 teaspoon dried thyme
1 tablespoon hot paprika
1 cup low-sodium chicken broth
Kosher salt and fresh ground pepper
2 (15-ounce) cans red kidney beans, drained and rinsed
2 tablespoons chopped fresh parsley leaves
2 cups cooked long-grain white rice

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1. **To prepare the sausage:** Place a medium Dutch oven or stockpot on the stove over medium-high heat and add oil. When the oil is shimmering, add the sausage links and cook until golden brown on all sides, about 5 minutes. Using tongs, transfer sausages to a cutting board. Allow sausages to cool slightly before cutting in half lengthwise and then crosswise into 1/4-inch slices.

2. In the same pan you cooked the sausage and without draining the fat, add the onion and red pepper and sauté until tender, 6 to 8 minutes. Add the garlic and cook until fragrant, about 1 minute. Stir in bay leaves, tomato paste, thyme, paprika, chicken broth and a pinch of salt. Add beans and sausage and increase heat to bring the mixture to a simmer. Cover and cook for five minutes. Remove bay leaves and taste and adjust seasoning with salt and pepper.

3. **To serve:** Serve immediately, over cooked long-grain white rice and top with parsley, if desired.

**Recipe variations:**
- Andouille sausage is traditional; however, any smoked sausage can be substituted for this recipe.