2 pounds boneless pork shoulder, cut into 1-inch cubes

1/2 pound pork liver, cut into 1-inch cubes

2 celery stalks, chopped

1 small onion, chopped

6 garlic cloves, coarsely chopped

3 medium jalapeños, stemmed, seeded, and chopped

1 medium poblano chile, stemmed, seeded, and chopped

4 tablespoons kosher salt

2 tablespoons freshly ground black pepper

1 tablespoon freshly ground white pepper

2 teaspoons cayenne pepper

1/2 teaspoon curing salt

1 teaspoon chili powder

7 cups cooked white rice

1 cup chopped parsley

1 cup chopped scallions (green and white parts)

3 cups panko

Vegetable oil, for frying

The term "boudin" in the Acadiana cultural region of Louisiana is commonly understood to refer only to boudin blanc and not to other variants. Boudin blanc is the staple boudin of this region and is the one most widely consumed. Also popular is seafood boudin consisting of crab, shrimp, and rice.

Cajun boudin is available most readily in southern Louisiana, particularly in the Lafayette, Lake Charles, and smaller, lesser known areas like Ville Platte (the north point of the "Cajun Triangle" where it tends to be a daily staple), though it may be found nearly anywhere in "Cajun Country", including eastern Texas. There are restaurants devoted to the speciality, though boudin is also sold from rice cookers in convenience stores along Interstate 10. Since boudin freezes well, it is shipped to specialty stores outside the region. Boudin is fast approaching the status of the stars of Cajun cuisine (e.g., dirty rice, étouffée, gumbo, and jambalaya) and has fanatic devotees who travel across Louisiana comparing the numerous homemade varieties.

Nutrition Facts

Serving Size 4 peices

Amount Per Serving

Calories from Fat 80Calories 210

% Daily Values\*

Total Fat 9g 14%

Saturated Fat 3g 15%

Cholesterol 70mg 23%

Sodium 480mg 20%

Total Carbohydrate 19g 6%

Dietary Fiber 0g 0%

Sugars 0g

Protein 15g