

It's Crawfish! (not crayfish)

A guide to Louisiana cooking



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Cooking Tips

Dry Volume Measurements		Liquid Volume Measurements		Best Cajun/Creole Condiment Brands	
MEASURE	EQUIVALENT	MEASURE	EQUIVALENT	PRODUCT	BRAND
1/16 teaspoon	dash	8 fluid ounces	1 cup	seasoning mix	Tony Chacherie's
1/8 teaspoon	a pinch	1 pint	2 cups	hot sauce	Tabasco
3 teaspoons	1 tablespoon	1 quart	2 pints	crawfish/crab boil	Zatarain's
1/8 cup	2 tablespoons	1 gallon	4 quarts	injection seasoning	Cajun Injector
1/4 cup	4 tablespoons				
1/3 cup	5 tablespoons plus 1 teaspoon				
1/2 cup	8 tablespoons				
3/4 cup	12 tablespoons				
1 cup	16 tablespoons				
1 Pound	16 ounces				

Recipe Sites/Food Blogs

- [**Cajun Mama Cooking**](#)
- [**Cajun Delights**](#)
- [**RouxBDoo's**](#)
- [**Real Cajun Recipes**](#)
- [**Real Cajun Cooking**](#)
- [**Nola Cuisine**](#)



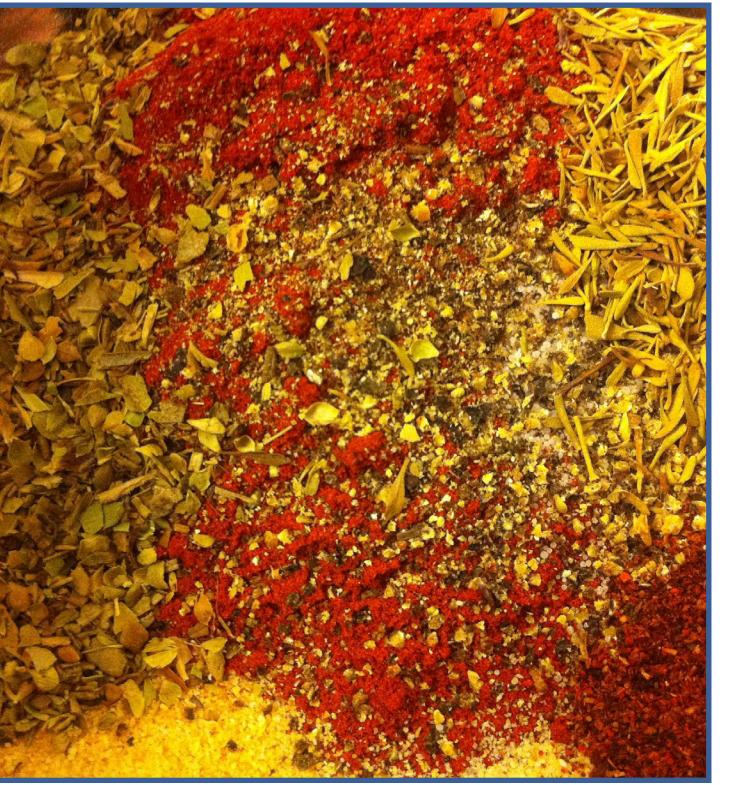
Cajun Mirepoix (Holy Trinity)

INGREDIENTS

- equal proportions of chopped celery, green bell pepper, and onion

USES

The Holy Trinity of Cajun and Creole cooking consists of onions, celery and green bell peppers. The amount of onions is not as much as the classic French Mirepoix, which uses carrots instead of bell pepper. In Cajun preparations typically it is an equal portion of each ingredient in a 1:1:1 ratio. The Cajun Holy Trinity can be found in recipes for most gumbos, etouffees, jambalaya's, sauce piquants, shrimp stews, crab soup, oyster artichoke soup, red beans and rice, and the list goes on.



Basic Creole Seasoning

INGREDIENTS

- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons sweet paprika powder
- 1½ teaspoons dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon cayenne pepper
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper

USES

Use this mix when a recipe calls for cajun or creole seasoning (in place of brands such as Tony Chacherie's or Zatarain's).

Crawfish Pie

INGREDIENTS

- ½ cup salted butter
- 1 large onion, diced (about 1 1/2 cups)
- ½ bell pepper, seeded and diced (about 1/2 cup)
- 4 cloves garlic, minced
- 1 (10.75-ounce) can cream of mushroom soup
- 1 (5-ounce) can evaporated milk
- 1 teaspoon salt
- ¾ teaspoon ground black pepper
- ½ teaspoon crushed red pepper
- 3 tablespoons cornstarch mixed with ¼ cup cold water
- 2 pounds crawfish tail meat
- ½ cup chopped green onion
- 2 tablespoons chopped parsley
- 1 (14.1-ounce) package Pillsbury Ready-Made Pie Crust (2 crusts)

INSTRUCTIONS

Preheat oven to 400°.

In a large skillet, melt butter over medium heat; add onion, bell pepper, and garlic; cook until softened. Add soup, evaporated milk, salt, and peppers. Add cornstarch mixture. Reduce heat to low, and cook until thickened, about 5 minutes. Fold in crawfish, green onion, and parsley; cook 5 minutes.

Place bottom crust in a deep-dish pie plate, and bake, using pie weights, until lightly browned, 7 to 10 minutes. Fill with crawfish mixture, and place top crust on pie. Bake until browned, 25 to 30 minutes.



Seafood Gumbo



INGREDIENTS

- 1 cup vegetable oil
- 1 cup all-purpose flour
- 1 1/2 cups chopped onion
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 1 cup chopped celery
- 3 tablespoons minced garlic
- 3 cups chopped okra
- 1 1/2 cups beer, such as Abita Amber
- 6 cups seafood stock
- 2 tablespoons file powder
- 2 bay leaves
- 2 teaspoons Cajun seasoning
- 1 (8-ounce) container crab claw meat, picked free of shells
- 3 teaspoons Worcestershire sauce
- 2 tablespoons kosher salt
- 1 1/2 teaspoons cayenne pepper
- 1 pound medium fresh shrimp, peeled and deveined
- 1 pound red snapper fillets, chopped
- 2 (8-ounce) containers shucked oysters
- 1 (8-ounce) container jumbo lump crabmeat, picked free of shells
- 1/4 cup chopped fresh parsley
- Hot cooked rice
- Garnish: chopped green onion

INSTRUCTIONS

In an 8-quart stockpot, heat oil over medium heat for about 5 minutes; add flour, and stir together to form a roux. Cook, stirring often, until roux is the color of peanut butter, about 20 minutes.

Add onion, bell pepper, celery, garlic, and okra. Cook vegetables, stirring often, for 5 minutes.

Add beer, stock, file powder, bay leaves, Cajun seasoning, crab claw meat, Worcestershire, salt, and cayenne.

Bring mixture to a boil; reduce heat to medium, and simmer for about 1 hour.

Add shrimp, fish, oysters, and lump crabmeat to mixture. Cook for 8 to 10 minutes or until seafood is cooked through; add parsley.

Serve with rice, and garnish with green onion, if desired.

TIP

Plan on giving the roux your undivided attention from start to finish. An unattended roux can burn in a second.



Crawfish Boil

INGREDIENTS

- 36 ounces Zatarain's Crawfish, Shrimp and Crab Boil
- 40 ounces liquid Zatarain's Concentrated Shrimp and Crab Boil
- 4 lbs powdered Zatarain's Crawfish, Shrimp and Crab Boil
- 18 ounces table salt
- .36 ounces bay leaves
- 1.75 ounces cayenne pepper
- 7 large onions quartered
- 12 lemons
- 6 heads of garlic cut in half horizontally
- 2 large bags of celery with leaves cut into thirds
- 5 pounds smoked sausage
- 9 lbs small red potatoes (left in the mesh bag if possible)
- 48 ounces of fresh mushrooms
- 2 sacks of live crawfish (60-65 lbs)
- Desired amount of frozen corn on the cob (usually 2 pieces per person)



INSTRUCTIONS

Prep ingredients: wash celery and cut into thirds, rinse potatoes and mushrooms, cut sausage into bite size pieces, cut garlic and lemons in half horizontally, and quarter onions.

Rinse crawfish several times until the water runs clear.

Fill 120 quart stock pot about 60% of the way with cold, fresh water and turn on burner.

Add all Zatarain's products, salt, cayenne and bay leaves.

Squeeze lemons into the pot and add the halved lemons as well.

Add onions, celery and garlic to pot and bring to a boil.

Add potatoes and cook for approximately 5-7 minutes.

Add sausage and mushrooms and cook another 2 minutes.

Add crawfish and bring pot back to a boil.

Add corn.

Once the pot begins to boil turn off the heat and soak up to 30 minutes tasting in 5 minute intervals for desired amount of spice.

Remove from the pot onto a large table covered with newspaper and enjoy!

Étouffée

INGREDIENTS

- 2 sticks butter
- 2 medium onions chopped
- 1/2 cup green onions scallions chopped
- 1/4 cup parsley minced
- 1/2 cup flour
- 4 stalks celery chopped
- 2 cloves garlic minced
- 1 -14 ounce can diced tomatoes
- 1 can chicken broth
- salt, cayenne, and black pepper to taste
- 1 pound crawfish or shrimp peeled and deveined

INSTRUCTIONS

Saute' onions, garlic, and celery in butter until soft.

Add flour, tomatoes, chicken broth, salt, peppers, and parsley, then simmer for 20 minutes in heavy iron pot.

Add crawfish or shrimp and simmer until it is cooked about 10 minutes or until it is pink.

If gravy is too thick, add a little hot water or chicken broth.

Serve over rice and Tabasco sauce on the side. Recipe can easily be doubled to feed a crowd.





Jambalaya

INGREDIENTS

- 2 tablespoons butter
- 1 pound chicken breast, cut into bite-sized pieces
- ½ pound andouille sausage, sliced in ¼ inch slices
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1 green bell pepper, diced
- 1 stalk celery, diced
- 1 cup white long grain rice
- 1 (14.5 ounce) can diced tomatoes
- 2 tablespoons Creole seasoning (see recipe below)
- 1-2 teaspoons hot sauce
- 1 teaspoon Worcestershire sauce
- 2 cups chicken broth
- 2 bay leaves
- ¾ teaspoon salt
- ½ pound medium raw shrimp, deveined (optional: tails removed)
- 4 green onions, thinly sliced

For the Creole Seasoning:

- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons sweet paprika powder
- 1½ teaspoons dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon cayenne pepper
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper

INSTRUCTIONS

Place the chicken in a bowl with 1 tablespoon of the Creole seasoning. Set aside.

Heat the butter in a large skillet over medium-high heat and brown the chicken on all sides. Add the andouille sausage and cook for another 3 minutes or so until the sausage begins to brown.

Add the onion, garlic, celery, and bell pepper and cook for 3-4 minutes. Add the rice, diced tomatoes, remaining tablespoon of Creole seasoning, hot sauce, Worcestershire sauce, salt and pepper and stir to combine. Add the chicken broth and bay leaves.

Bring it to a boil, reduce the heat to medium-low, cover and simmer for 15 minutes, giving it one stir around the halfway point. Add the shrimp, cover, and simmer for another 10 minutes or until the rice is tender.

Serve sprinkled with some sliced green onions.

TIP

Jambalaya is best cooked in a cast iron pot. Cast Iron is preferred because it distributes the heat evenly, and holds the heat after cooking.



Dirty Rice

INGREDIENTS

- 3 slices of bacon, chopped
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/4 cup chopped celery
- 3 toes of garlic, chopped
- 2 tablespoons of chopped jalapenos
- 1 pound of mixed chicken livers & gizzards (or a combination of giblets), trimmed, rinsed and ground or finely chopped
- 1 pound of ground beef or pork
- 1-1/2 teaspoons of kosher salt, or to taste
- 1/4 to 1/2 teaspoons of freshly cracked black pepper, or to taste
- 1 teaspoon of Creole or Cajun seasoning or to taste
- 4 cups of leftover cooked rice
- 1/4 cup chopped green onion

TIP

- Save time by using the seasoning blend (typically onion, bell pepper and celery) available fresh in the produce section.



INSTRUCTIONS

Saute the bacon pieces in a cast iron pot until cooked but not crisp. Remove the bacon and set aside. In the bacon drippings, add the onion, bell pepper and celery, cooking until softened, about 5 minutes. Add the garlic and jalapeno and cook for another minute or so. Add all of the ground meats and cook until lightly browned and cooked through. Do not drain. Add the salt, pepper, Cajun seasoning and return the bacon to the pot; reduce heat to medium low, cover and let simmer for about 20 minutes, stirring occasionally. Add a small amount of water only if needed to prevent sticking.

Add the rice and green onion, stir together, cover and reduce heat to a medium low simmer. Heat through, stirring occasionally. Taste and adjust seasonings. May also be kept covered on very low heat and allowed to continue to steam until needed.

Variation: You can eliminate the gizzards and add in additional beef or pork, or a combination of the two. Substitute pork sausage (seasoned raw pork) for part of the ground beef. Make it Creole Dirty Rice by adding 2 cans of drained Rotel diced tomatoes and 1 (8 ounce) tomato sauce.

Crab Cakes

INGREDIENTS

- 2 tablespoons unsalted butter
- 1.5 tablespoons finely chopped green onion
- 1.5 tablespoons finely chopped bell pepper
- 1.5 tablespoons finely chopped celery
- 1 pound lump crab meat
- 2/3 cup fresh bread crumbs
- 2 tablespoons finely chopped fresh herbs
- 2 eggs, beaten
- 2 tablespoons lemon juice
- salt and black pepper to taste
- cornmeal
- olive oil



INSTRUCTIONS

Combine all ingredients except the pecans in a heavy saucepan. First, make the sauce by combining the yogurt, hot pepper, bell pepper, and mustard. Add your Tony's in 1/2 teaspoon increments to taste, whisking to combine after each addition. Refrigerate while cooking the crab cakes.

Melt the butter over medium high heat. Add the onions, celery, and bell pepper, then stir once to coat the vegetables in melted butter.

Cook for 1-2 minutes to soften the vegetables, then remove from heat and set aside to cool.

Beat the chopped herbs and lemon juice into the eggs. Add the crab meat, the bread crumbs, and the reserved onion-chile-butter mixture. Mix to combine all ingredients.

Taste a bit of the mixture and adjust seasoning, if necessary.

Form the mixture into 6 or more

large crab cakes, measuring with 1/2 cup measuring.

Heat a generous layer (1/4 - 1/2 inch thick) of olive oil in a pan large enough to easily fit all 4 crab cakes over medium-high heat.

Gently coat each crab cake in cornmeal. When the oil is rippling hot, carefully add the crab cakes to the pan. Cook until golden brown, about 3-4 minutes per side.





Cochon de Lait

INGREDIENTS

- 25 to 100 pound young pig
- injecting marinade (see recipe below)
- cajun seasoning mix (homemade, Chachere's or Zatarain's)
- several heads of garlic
- cooking shed
- lots of wood

For the marinade:

- 6 oz liquid garlic
- 6 oz liquid onion
- 3 oz liquid crab boil
- 6 oz Worcestershire sauce
- 6 oz Tabasco sauce
- 6 tbsp cajun seasoning

INSTRUCTIONS

Obtain a 25 to 100 pound young pig. The pig needs to be butchered by scraping and not skinning. The skin needs to be on the pig so the meat does not dry out.

Prepare a sturdy frame to spread and skewer the pig. You will have to partially split the backbone of the rib cage from the body cavity side in order to spread the pig flat. The pig needs to be supported for its full

length, or else it may fall apart when it gets tender.

The pig needs to be injected

with a marinade, stuffed with

garlic, and coated on all sides

with a seasoning mix.

About a quart of marinade is

injected into all parts of the pig.

Use an injector needle that has

holes on the side.

Peel the cloves of garlic.

Cut cloves in half lengthwise.

Moisten and coat the cloves in

cajun seasoning mix. With a

slender, sharp knife, cut small

slits in the skin and into the meat.

Insert a 1/2 clove garlic in each

slit. Insert garlic into all parts of

the pig.

Coat all surfaces with a good

cajun seasoning mix.

Allow the pig to marinade

in a cooler or on ice at least

overnight, and longer if possible.

Make a cooking shed out of tin.

The shed needs to be about 4-6

feet wide, about 6 feet tall, and

6-8 feet deep. You can build the

three sides and top as panels,

so the shed can be quickly

assembled and disassembled. A

rotisserie needs to be mounted

above an opening at the front of

the shed, and above the tin so it

is out of the heat. You can use a small electric rotisserie like those available for gas barbecue pits. The pig needs to be hung from a rotisserie so it constantly turns at a slow speed. This method requires a lot of logs because the fire has to burn for a half day or more, so be prepared.

Start the fire in the back of the shed. Let the fire burn until you have good coals to keep the logs burning. Hang the pig and start the rotisserie.

Keep enough wood on the fire so it is hot enough that you can stand or hold your hand by the pig for only 5 or 10 seconds.

Flip the pig and hang it from the other side every couple of hours so the pig will cook evenly.

Cook the pig until the skin is golden brown, starts cracking, and the meat starts drawing away from the bones. This can be anywhere from 6 to 12 hours, depending on how hot you kept the fire and the size of the pig.

Insert a meat thermometer into the hind quarter to check the internal temperature is between 155 and 170 degrees fahrenheit before removing from heat.

Slice and serve.

Red Beans



INGREDIENTS

- 1 pound dried red beans, rinsed
- 1/3 cup diced pancetta
- 1 large yellow onion, diced
- 3 celery stalks, chopped
- 1 green or red bell pepper, diced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- pinch cayenne pepper
- 3 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 2 teaspoons fresh thyme chopped
- 1/2 pound cooked smoked sausage
- about 10 cups chicken stock
- 2 bay leaves
- 6 cups cooked white rice
- chopped green onions, garnish

INSTRUCTIONS

Place clean dried beans in a medium pot and cover with room temperature water. Allow to soak overnight before making the beans.

In a large soup pot over medium heat, cook pancetta until very well crisp, about 6 minutes. Add the onions, celery, and bell pepper and cook until vegetables are very well done, about 8 minutes. Add salt, pepper, and cayenne and stir to combine.

Stir in the garlic, parsley, thyme, and sliced sausage. Increase heat to medium-high and cook until the sausage is well browned, about 5 minutes. Stir frequently.

Add the softened beans to the pot, the stock, and bay leaves. Reduce heat to low and allow to simmer for about 2 hours, uncovered, until the beans are well softened. Taste and season with more salt or pepper.

Serve beans with white rice and green onions.

Maque Choux

INGREDIENTS

- 4 Tbsp unsalted butter
- 1/4 cup tasso, finely diced
- 3 ears of corn
- 1/2 cup onion, finely diced
- 1/4 cup celery, finely diced
- 1/2 cup green pepper, finely diced
- 1 Tbsp fresh thyme leaves
- 1/8 cup garlic, minced
- 1 cup tomato, diced
- 1/2 cup green onions, sliced
- salt, black pepper and cayenne to taste

INSTRUCTIONS

Cut the corn off the cobs using a very sharp knife. Reserve the corn milk.

Melt the butter in a two quart sauce pan, add the Tasso and cook on medium-high heat until slightly brown. Add the corn, onion, celery, bell pepper, Thyme and a healthy pinch of salt and reduce the heat to medium. Cook stirring often for about 15 minutes, or until the vegetables are tender.

Add garlic, tomatoes, corn milk and another pinch of salt. Cook for another 15 minutes, stirring occasionally.

Add green onions, salt, black pepper and cayenne to your taste.

TIP

The trick to cutting fresh corn is to cut about half way through the kernels, then go back and scrape the cobs with your knife to extract all of the corn milk into a bowl.

Beignets

INGREDIENTS

- 1 1/2 cups lukewarm water
- 1 cup all-purpose flour
- 1 envelope active dry yeast
- 2 eggs, slightly beaten
- 1 1/4 teaspoons salt
- 1 cup evaporated milk
- 7 cups bread flour
- 1/4 cup shortening
- Nonstick spray
- Oil, for deep-frying
- 3 cups confectioners' sugar

INSTRUCTIONS

Mix water, sugar, and yeast in a large bowl and let sit for 10 minutes.

In another bowl, beat the eggs, salt and evaporated milk together. Mix egg mixture to the yeast mixture. In a separate bowl, measure out the bread flour. Add 3 cups of the flour to the yeast mixture and stir to combine. Add the shortening and continue to stir while adding the remaining flour. Remove dough from the bowl, place onto a lightly floured surface and knead until smooth. Spray a large bowl with nonstick spray. Put dough into the bowl and cover with plastic wrap or a



towel. Let rise in a warm place for at least 2 hours.

Preheat oil in a deep-fryer to 350 degrees F.

Add the confectioners' sugar to a paper or plastic bag and set aside.

Roll the dough out to about 1/4-inch thickness and cut into

1-inch squares. Deep-fry, flipping constantly, until they become a golden color.

After beignets are fried, drain them for a few seconds on paper towels, and then toss them into the bag of confectioners' sugar. Hold bag closed and shake to coat evenly.



Pecan Pralines

INGREDIENTS

- 2 cups granulated sugar
- 1 cups half-and-half
- 1/3 stick butter
- 1/8 teaspoon baking soda
- 1 1/2 cups whole pecans

INSTRUCTIONS

Combine all ingredients except the pecans in a heavy saucepan. Over medium heat stir mixture until it comes to a boil. Turn heat down to medium-low and continue to stir. Spoon mixture up on sides of pan to melt any sugar that hasn't melted.

Cook until mixture reaches 238 to 241 degrees F on a candy thermometer or soft ball stage. Stir in the pecans. Remove from heat. Stir until the mixture begins to thicken and becomes creamy and cloudy. Drop onto parchment paper, buttered pan or buttered marble slab, using a spoon or ice cream scoop. Let cool.



Creole Cream Cheese

INGREDIENTS

- 2 gallons skim milk
- 1/2 quart buttermilk
- 1/2 rennet tablet (available at cheese specialty stores)
- half & half (optional)

INSTRUCTIONS

Combine skim milk, buttermilk, and the 1/2 rennet tablet in a stainless steel pot. Using a thermometer, bring the temperature of the milk to 80 degrees, stirring constantly and hold for five minutes. Remove from heat, cover tightly and allow to sit 3 hours. Drain off the whey (liquid remaining after the curds are formed) discarding this liquid. Pack the solids in 8-ounce portions topping with equal parts of half and half cream. Chill and serve with sugar or fruit. Creole cream cheese is excellent in ice creams and pastries.



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