

Louisiana Favorites

with Rev. Alicia Besser

Moody Methodist Church

Boudin Balls

Boudin is a sausage made up of cooked rice, ground pork, onions, green peppers, and seasonings. And it is awesome. That pretty much covers the basics.

Boudin is a Cajun version of peasant food. Back in the day, Cajun families held what they called a boucherie. It's a communal pig slaughter. Where these days, your family might gather around the dinner table for a holiday meal, these guys gathered around the table to butcher a pig. Because there was no modern refrigeration, much of the meat was processed into items that could be cured. The rice was added to stretch the meat further.

Luckily, boucheries are no longer a requirement for boudin. I won't even allow my husband to hold a crawfish boil in my backyard. I'm sure as heck not about to agree to a communal pig slaughtering. I found the boudin required for my boudin balls at my local grocery store.

If you don't live close to Louisiana, it's probably unlikely you will find boudin in your neck of the woods. This recipe for homemade boudin (<http://www.lets-make-sausage.com/how-to-make-boudin.html>) seems to be the standard (no pig slaughtering required). You can also purchase boudin online at cajungrocer.com (not an affiliate link).

Recipe from cookingbride.com

Ingredients

For the boudin balls:

- 1 pound homemade or store bought boudin sausage

- 4 large eggs divided, lightly beaten

- ½ teaspoon salt

- ¼ teaspoon hot sauce

- ¼ teaspoon cayenne pepper

- 1 ½ cups panko bread crumbs or more, if needed

- Vegetable oil for deep-frying

Instructions

For the boudin balls:

If using store bought boudin, remove sausage from the casings. Discard the casings. Break the sausage up into smaller chunks.

Add two lightly beaten large eggs. Mix the sausage and eggs together.

Form the boudin into 1 ½ inch balls (a little smaller than a golf ball).

In a shallow bowl, combine the remaining two eggs, salt, cayenne, and hot sauce.

Spread the bread crumbs evenly in a separate bowl,

Pour enough oil into a large skillet, deep enough to immerse the balls halfway. Heat oil over medium high heat until it begins to shimmer.

Working in batches, roll balls in the egg mixture, followed by the bread crumbs. Make sure to coat them evenly.

Place the balls in the hot oil a few at a time. Fry until they are golden brown on all sides, about 3-5 minutes. Drain on paper towels.

Serve warm.

Sauce

1 cup sour cream or crema

2 tablespoons spicy mustard

1 teaspoon lemon juice

1 teaspoon Creole seasoning (or use Cajun seasoning)

1 teaspoon garlic powder

Pinch of kosher salt (and black pepper, if desired)

Or ketchup

Classic Shrimp Creole

Adapted from delish.com recipe by Lena Abraham

Similar to Shrimp Étouffée, but with a tomato based sauce, this saucy Shrimp Creole will transport you to the balcony-lined streets of New Orleans. Note that this dish has kick—if you're not a fan of spice, reduce the cayenne to 1/4 - 1/2 teaspoon. As for shrimp, we prefer tail-on (more flavor 😊) but without tails is OK too

Yields: 6 servings

Prep Time: 0 hours 15 mins

Total Time: 0 hours 50 mins

Ingredients

- 3 tbsp butter
- 1 small onion, chopped
- 1 green bell pepper, chopped
- 2 ribs celery, chopped
- Kosher salt
- Freshly ground black pepper
- 4 cloves garlic, minced
- 1 tbsp paprika
- 2 tsp dried thyme
- 2 tsp dried oregano
- 1 tsp Tony Charere's Creole Seasoning (or similar)
- 1 tsp cayenne (see note above)
- 1 1/2 c low-sodium chicken broth
- 2 bay leaves
- 1 (15-oz.) can whole tomatoes, crushed
- 2 green onions, thinly sliced, plus more for garnish
- 2 tsp. Worcestershire sauce
- 1 bag frozen cut okra (12-16oz, not breaded)
- 1 cup dry white wine
- Juice of 1/2 lemon
- 1 tbsp vegetable oil
- 1 1/2 lb shrimp, peeled and deveined
- Cooked white rice, for serving

Directions

In a large skillet over medium heat, melt butter. Add onion, pepper, and celery and cook until soft, 5 minutes. Season with salt and pepper. Add garlic, paprika, thyme, oregano, and cayenne and cook until fragrant, 1 to 2 minutes more. Add chicken broth and bay leaf and bring to a boil. Lower to a simmer and cook until reduced by about 1/4, 6 to 8 minutes.

Add tomatoes and cook until reduced by half, about 10 minutes. Add green onions, Worcestershire sauce and okra and cook until thickened, about 10 minutes more. Stir in lemon juice and wine and cook 2-3 minutes. Add shrimp and cook until done, 2-3 minutes depending on size. Taste test to adjust salt and pepper. Garnish with green onions and serve with rice.

Brennan's Banana's Foster

Adapted from finecooking.com

Created at Brennan's restaurant in New Orleans in 1951, this classic dessert was named after loyal customer Richard Foster. Firm, ripe bananas are sautéed in a rum-infused caramel sauce, then flambéed in front of diners and spooned over vanilla ice cream. For extra pyrotechnics, throw a pinch of cinnamon onto the sauce as it flames.

Ingredients

1 stick of salted butter

1 cup lightly packed dark brown sugar

1/2 tsp. ground cinnamon

Pinch of salt

1/4 cup banana liqueur (optional)

4 firm-ripe bananas, peeled, halved lengthwise, then halved crosswise

1/4 cup amber rum, such as Old New Orleans or Goslings (use ½ cup of rum if you did not use the banana liqueur)

1 pint vanilla ice cream

Preparation

In a 12-inch skillet, melt the butter over medium heat. Stir in the brown sugar and cinnamon and cook until moist, about 1 minute. Add the banana liqueur and cook, stirring continuously, until the grainy texture disappears and the mixture rolls off the spoon in a steady stream, 1 to 2 minutes. Put the banana quarters rounded side down in the pan. Cook until the bananas begin to soften, 2 to 3 minutes.

Turn the bananas onto their flat sides. Remove the pan from the heat and pour in the rum. Set the pan over high heat and carefully ignite the rum with a long match or grill lighter. Gently shake the pan until the flame subsides. Remove from the heat.

Place a generous scoop of ice cream in 6 to 8 individual heatproof dessert bowls. Arrange 2 to 3 pieces of sautéed banana around each scoop of ice cream. Spoon on the sauce and serve immediately.