

LOUISIANA



ENTREE

JAMBALAYA

Jambalaya is not only the most famous Creole dish; it is one of the most famous of all American dishes. The word is believed to stem from the French for ham, jambon. It is also believed to be derived from the recipe's African roots and means (loosely) "rice with gifts". There are many variations, but ham or sausage is almost always present, as is shrimp. Chicken, oysters or crawfish are often added as well.



Recipe:

Ingredients:

1 cooked chicken, cut up and boned
1 ½ pounds sliced smoky sausage (or andouille)
¼ cup oil

Trinity:

4 cups chopped onions
2 cups chopped celery
2 cups green pepper

1 tablespoon chopped garlic
4 cups long grain rice
5 cups of stock
2 heaping teaspoons of Cajun seasoning
2 cups chopped green onions

Procedure:

Sauté the sausage in a heavy pot. Remove from pot.

Sauté (in vegetable oil) about half of the Trinity and garlic (the Pope) into the pot. Sauté until opaque.

Add the stock, seasoning, sausage, cooked chicken, and the rest of the Trinity to the pot and bring to a boil.

Add the rice, return to a boil.

Cover pot and reduce heat to simmer.

After 10 minutes of cooking, remove cover and turn rice from top to bottom completely.

Add green onions, cover, and continue to cook until rice is done. (approx. 10 minutes).

Give the Jambalaya a final stir and serve. Enjoy!

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