

A Historical Compilation of New Orleans Cookbooks

June Alomari



Ingredients



For the Shrimp Dressing:

2 pounds small, fresh shrimp, peeled and deveined

¼ pound (½ cup) butter

2 medium yellow onions, finely chopped

1 small bell pepper, finely chopped

3 garlic cloves, minced

2 teaspoons salt

1 teaspoon ground red pepper

1 teaspoon ground black pepper

½ teaspoon ground white pepper

1 cup chopped green onion

½ cup finely chopped parsley

For the Croquettes:

1 tablespoon salt

2 teaspoons ground red pepper

1 teaspoon ground black pepper

1 teaspoon ground white pepper

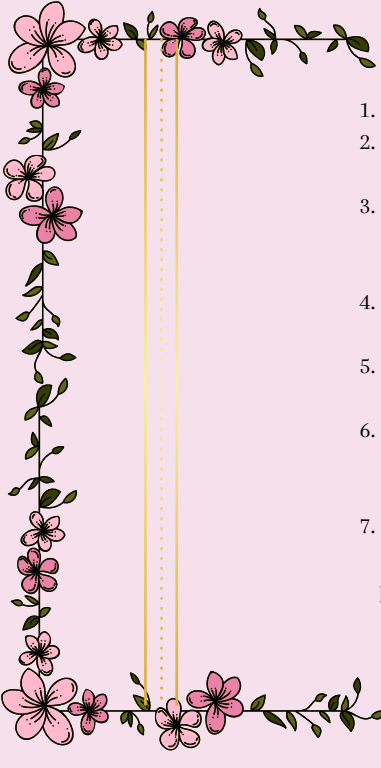
2 cups milk

3 eggs

3 cups corn flour

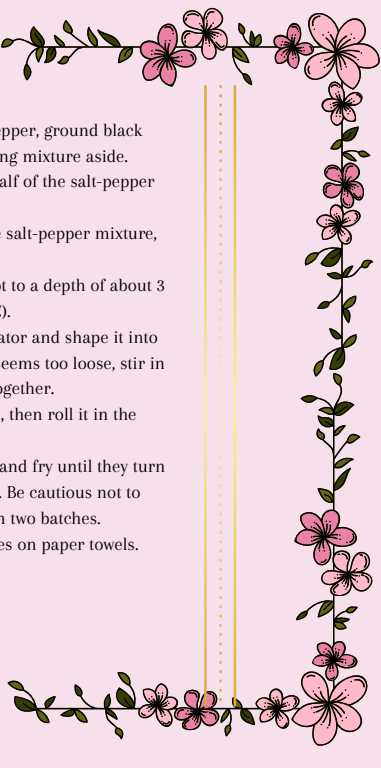
Vegetable oil for deep-frying

Shrimp Croquettes (Adapted from Alex Patout's Patout's Cajun Home Cooking)



Preparing the Shrimp Dressing:

1. Roughly chop the shrimp and set them aside.
2. In a medium saucepan, melt the butter over medium heat.
3. Add the finely chopped onions, bell pepper, and minced garlic. Sauté for 20-25 minutes, or until the vegetables are very soft.
4. Stir in the salt, ground red pepper, ground black pepper, and ground white pepper.
5. Add the chopped shrimp and sauté just until they turn pink, which should take about 5-7 minutes.
6. Remove the mixture from heat and gently fold in the green onions, parsley, and fresh bread crumbs.
7. Transfer the dressing to a large shallow pan and refrigerate it for at least 2 hours to chill. You can prepare this shrimp dressing in advance and store it in the refrigerator for a day or two.



Preparing the Croquettes:

1. In a small bowl, mix together the salt, ground red pepper, ground black pepper, and ground white pepper. Set this seasoning mixture aside.
2. In a medium bowl, beat together the milk, eggs, and half of the salt-pepper mixture.
3. Combine the corn flour with the remaining half of the salt-pepper mixture, placing it in a large shallow pan.
4. Pour vegetable oil into a deep-fryer or a large, heavy pot to a depth of about 3 inches. Heat the oil to 350°F (175°C).
5. Remove the chilled shrimp dressing from the refrigerator and shape it into balls approximately 1 inch in diameter. If the mixture seems too loose, stir in additional bread crumbs until it holds together.
6. Dip each shrimp ball into the milk and egg mixture, then roll it in the seasoned corn flour mixture.
7. Carefully place the coated shrimp balls into the hot oil and fry until they turn golden brown, which should take about 3-4 minutes. Be cautious not to overcrowd the pot; you may need to fry them in two batches.
8. Once fried to perfection, drain the shrimp croquettes on paper towels.

Shrimp Croquettes (Adapted from Alex Patout's Patout's Cajun Home Cooking)



Ingredients

1 ripe banana, peeled

1 tablespoon butter


2 tablespoons brown sugar (preferably sugar house sugar)

Dash of cinnamon

1 ounce banana liqueur

100-proof white rum, just enough to ignite the flame

Bananas Foster (Adapted from the Acadian Plantation Country Cookbook by Anne Butler)



Preheat your oven to 325 degrees Fahrenheit (163 degrees Celsius).

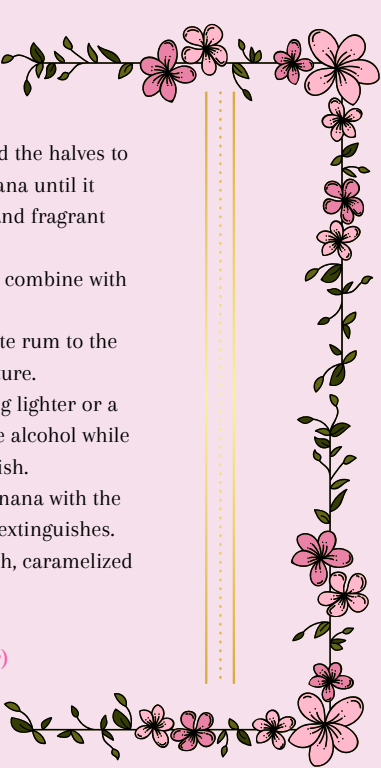
Place the peeled banana in the oven and bake it just until it becomes tender. This should take a few minutes; you want the banana to be heated through but not overcooked. Remove it from the oven when done.

In a pan, melt the butter over low heat.

Dissolve the brown sugar and a dash of cinnamon into the melted butter, creating a flavorful syrup.

Cut the banana in half lengthwise and add the halves to the pan with the syrup. Sauté the banana until it becomes tender, soaking in the sweet and fragrant syrup.

Instructions



Cut the banana in half lengthwise and add the halves to the pan with the syrup. Sauté the banana until it becomes tender, soaking in the sweet and fragrant syrup.

Pour in the banana liqueur, allowing it to combine with the syrup and banana.

Carefully add just enough 100-proof white rum to the pan to create a flammable mixture.

With caution, ignite the rum using a long lighter or a kitchen torch. The flames will burn off the alcohol while enhancing the flavors of the dish.

While the flames are active, baste the banana with the flaming sauce until the flame naturally extinguishes. Transfer the flambéed banana and the rich, caramelized sauce onto a serving dish.

Bananas Foster (Adapted from the Acadian Plantation Country Cookbook by Anne Butler)



Ingredients

1 ½ ounces bourbon

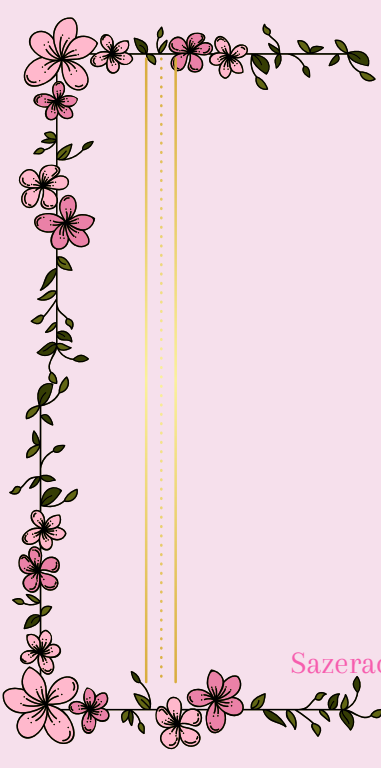
1 teaspoon sugar

4 to 5 dashes bitters

1 tablespoon Vermouth

1 lemon twist

Sazerac Cocktail (From "Commander's Cookbook" by Adelaide Martin and Jamie Shannon)



Instructions

Begin by filling an Old Fashioned glass with ice cubes to chill it while you prepare the cocktail.

In a separate mixing glass or cocktail shaker, combine the bourbon, sugar, and bitters.

Stir or shake the mixture well until the sugar is thoroughly dissolved and the ingredients are nicely blended.

Discard the ice from the chilled Old Fashioned glass, and add the tablespoon of vermouth.

Swirl the glass to coat its interior with the vermouth, then discard any excess.

Strain the bourbon, sugar, and bitters mixture into the prepared glass.

Gently twist the lemon peel over the drink to release its aromatic oils, and then drop it into the cocktail as a garnish.

Sazerac Cocktail (From "Commander's Cookbook" by Adelaide Martin and Jamie Shannon)

