



BY MICHAEL SYLVESTER

# CAJUN COOKIN'

*w/ Chef Luck*

AUTHENTIC CAJUN DISHES





# TABLE OF CONTENTS

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## 01 JAMBALAYA

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Jambalaya is a savory rice dish that typically includes meat or seafood, vegetables, and spices.

## 03 CHICKEN & SAUSAGE GUMBO

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Chicken and Sausage Gumbo is a hearty stew made with a chicken and andouille sausage, the “holy trinity” veggies, and Cajun seasonings.

## 05 BANANAS FOSTER

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Bananas Foster is a dessert made from bananas and vanilla ice cream, with a sauce made from butter, brown sugar, cinnamon, dark rum, and banana liqueur.

## 07 CAJUN CHICKEN, RICE AND GRAVY

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Cajun Chicken, Rice and Gravy is a rich gravy stew with chicken placed on a bed of rice

## 02 SHRIMP CREOLE

---

Shrimp creole is a Louisiana dish of shrimp in a spicy tomato sauce with onions, celery, and bell peppers.

## 04 CRAWFISH ÉTOUFFÉE

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Crawfish etouffee a very thick stew, seasoned to perfection and chock full of delicious, plump crawfish (or shrimp) served over rice.

## 06 CAJUN “DIRTY” RICE

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“Cajun rice,” is a rice dish made with the “Holy Trinity” of onions, bell peppers, and celery, ground meat and chicken giblets, and Creole seasonings

## 08 CAJUN CRAB CAKES

---

Shrimp creole is a Louisiana dish of shrimp in a spicy tomato sauce with onions, celery, and bell peppers.

# TABLE OF CONTENTS

(CONT'D)

09

BLACKENED CATFISH

catfish fillets are coated with a flavorful blend of Cajun spices and cooked at high heat, resulting in a crispy, smoky, and flavorful crust.

10

CAJUN POTATO SALAD

potato salad, infused with Cajun flavors, including "Cajun trinity" (onions, bell peppers, and celery).

11

BOUDIN

a spicy Cajun sausage containing rice, meat and the trinity vegetables to make a rice dressing encased

12

CAJUN OKRA AND TOMATOES

“Cajun rice,” is a rice dish made with the “Holy Trinity” of onions, bell peppers, and celery, ground meat and chicken giblets, and Creole seasonings

13

FRIED GREEN TOMATOES

unripe, green tomatoes are sliced, coated in a batter (often including cornmeal), and then deep-fried,

14

CAJUN POTATO CHIPS

potato chips seasoned with a blend of spices that includes cayenne, paprika, garlic, and onion powder.

15

CHICKEN FRICASSEE

chicken browned in butter and stewed in a creamy white sauce, with mushrooms and herbs

16

BAKED MACARONI AND CHEESE

a pasta casserole made with macaroni, cheese, and a buttery, crunchy topping.

# TABLE OF CONTENTS

(CONT'D)

17

STUFFED BELL PEPPERS

a dish made by filling hollowed bell peppers with a variety of ingredients and then cooking.

18

CAJUN SAUSAGE AND SHRIMP PASTA

Cajun-seasoned shrimp, seared and tossed with Andouille sausage and fettuccine in a simple sauce, topped with green onion.

19

CAJUN CORNBREAD

cornbread made with buttermilk, creamed corn, Cajun seasoning, and pickled jalapeños.

20

CAJUN SEAFOOD BOIL

a family style meal where a variety of seafood and vegetables are boiled in seasoned broth.

21

CAJUN GRILLED CHICKEN

savory, spicy marinated chicken breasts infused with the heat of Cajun spices.

22

CAJUN VEGGIE STIR-FRY

vegetables, stir-fried in a pan with a generous amount of Cajun spices

23

CAJUN HOT SAUCE WINGS

chicken wings coated with Cajun seasoning and covered in hot sauce.

24

BOURBON PECAN PIE

pecan pie made with brown butter and a splash of bourbon, for a more complex flavored pecan pie.

25

BEARA’S BEIGNETS

a square, deep-fried dough pastry, often dusted with powdered sugar as a popular sweet treat.



## P O U R Q U O I C A J U N F O O D ? (WHY)

*With its rich blend of spices and hearty ingredients, each dish tells a story of tradition and culture. From the spicy kick of jambalaya to the comforting warmth of gumbo, Cajun cuisine offers a delightful explosion of taste that excites the senses. The use of fresh ingredients like bell peppers, onions, and celery—often referred to as the "holy trinity" of Cajun cooking—ensures that every bite is as vibrant as it is delicious. Whether you're savoring a plate of crawfish étouffée or indulging in a beignet for dessert, Cajun food brings people together, celebrating the joy of good company and great flavors. The culinary journey doesn't end with the main courses; it extends to the sweet and satisfying world of Cajun desserts. Beignets, those fluffy, powdered sugar-dusted pastries, are a favorite among many, offering a melt-in-your-mouth experience that pairs perfectly with a cup of rich coffee. And let's not forget the pralines, those buttery, nutty confections that are a testament to the region's love for sweets.*

*Cajun cuisine isn't just about the food—it's about the experience. It's about gathering around a table with friends and family, sharing stories, laughter, and the simple pleasure of a meal made with love and care. It's an invitation to explore a culture that values tradition yet is unafraid to innovate and embrace new flavors. So, the next time you find yourself with a plate of Cajun cuisine, remember that you're not just eating a meal; you're partaking in a vibrant, living history that continues to evolve and delight with each passing generation.*

*Michael "Chef Luck" Sylvester*





# JAMBALAYA

*a savory dish of meat, vegetables, rice,*

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

## INGREDIENTS

- 1 lb andouille sausage, sliced
- 1 lb boneless chicken thighs, diced
- 1 cup shrimp, peeled and deveined
- 1 bell pepper, diced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup long-grain rice
- 4 cups chicken stock
- 1 can (14.5 oz) diced tomatoes
- 2 tablespoons Cajun seasoning
- 1 cup green onions, chopped
- Salt and pepper to taste

## DIRECTIONS

1. In a large Dutch oven or cast iron skillet, heat a tablespoon of oil over medium heat. Add the sausage and chicken, sautéing until browned.
2. Add the bell pepper, onion, and garlic; cook until softened (about 5 minutes).
3. Stir in the Cajun seasoning, diced tomatoes, and rice, mixing well.
4. Pour in the chicken stock and bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes.
5. Add shrimp, fluff the rice with a fork, and let it sit covered for another 5 minutes. Adjust seasoning and serve garnished with green onions.





# SHRIMP CREOLE

*cooked shrimp in a diced tomatoes and “holy trinity”, red pepper mix over rice.*

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

## INGREDIENTS

- 1 lb large shrimp, peeled and deveined
- 1 onion, chopped
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 can (14.5 oz) diced tomatoes
- 1 cup tomato sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoons Cajun seasoning
- Salt and pepper to taste
- 2 green onions, chopped, for garnish
- Cooked white rice

## DIRECTIONS

1. In a skillet, heat oil over medium heat. Sauté onion, bell pepper, and garlic until softened.
2. Add the diced tomatoes, tomato sauce, Worcestershire sauce, and Cajun seasoning. Simmer for 15 minutes.
3. Add in shrimp and cook until pink (about 5 minutes). Adjust seasoning if needed.
4. Serve over cooked white rice, garnished with green onions.





# CHICKEN & SAUSAGE GUMBO

*a dark stew made with a roux base, “holy trinity” veggies, chicken and andouille sausage.*

SERVINGS: 6-8

PREPPING TIME: 20 MIN

COOKING TIME: 90 MIN

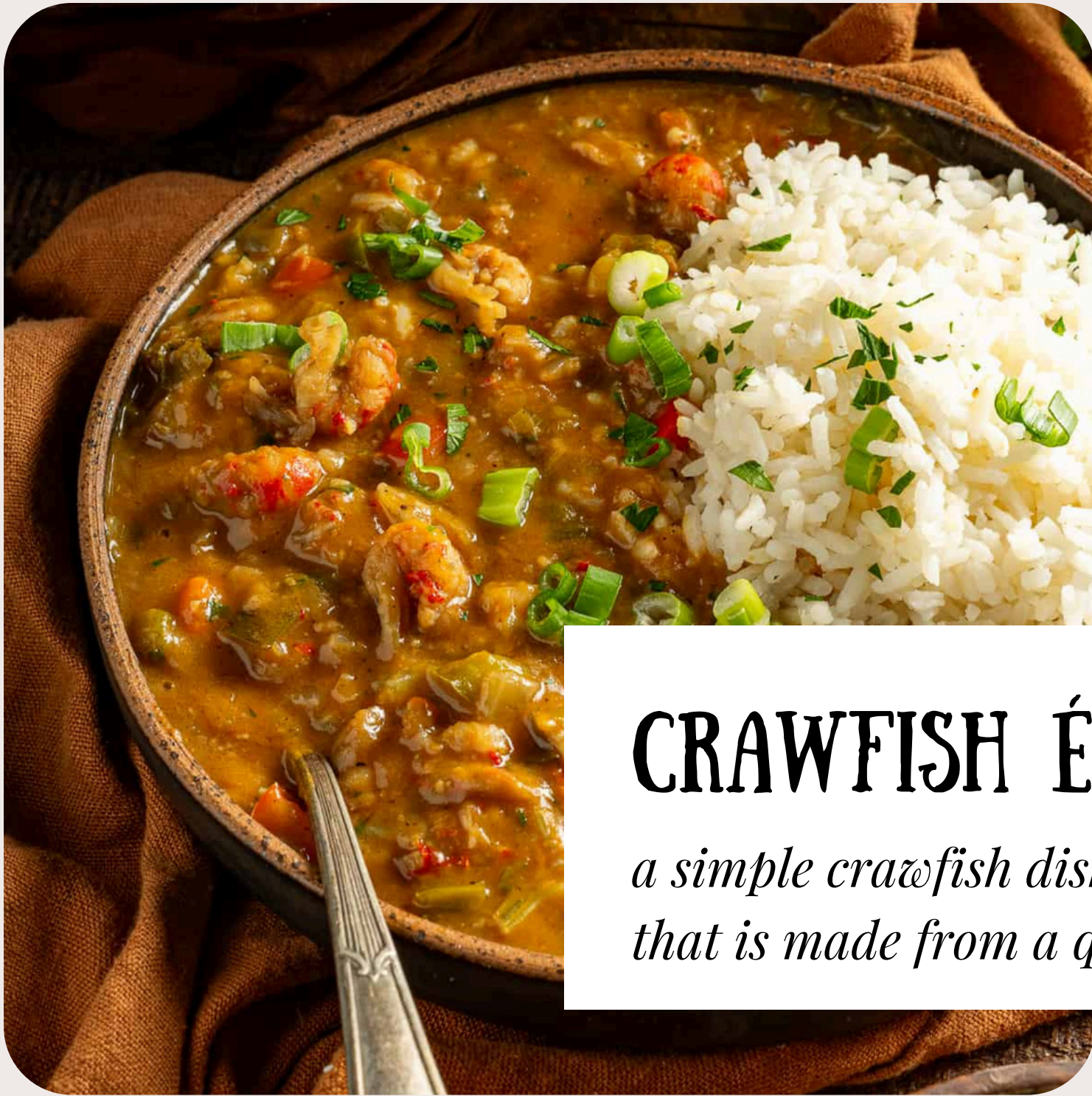
## INGREDIENTS

- 1/2 cup vegetable oil
- 1/2 cup flour
- 1 onion, chopped
- 1 bell pepper, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 1 lb andouille sausage, sliced
- 1 lb chicken, diced
- 1 lb okra, sliced
- 6 cups chicken stock
- 2 tablespoons Cajun seasoning
- 2 bay leaves
- Salt and pepper to taste
- Cooked white rice, for serving
- Chopped parsley and green onions for garnish

## DIRECTIONS

1. Make a roux by combining the vegetable oil and flour in a large pot over medium heat. Stir constantly until the roux turns a dark brown color (about 20-30 minutes).
2. Add the onion, bell pepper, celery, and garlic; sauté until translucent.
3. Mix in the sausage, chicken, okra, chicken stock, Cajun seasoning, and bay leaves. Bring to a boil.
4. Reduce the heat and let it simmer for 1 hour, stirring occasionally. Remove bay leaves before serving.
5. Serve over rice and garnish with parsley and green onions.





# CRAWFISH ÉTOUFFÉE

*a simple crawfish dish in a rich and flavorful gravy that is made from a quick roux.*

SERVINGS: 4-6

PREPPING TIME: 10 MIN

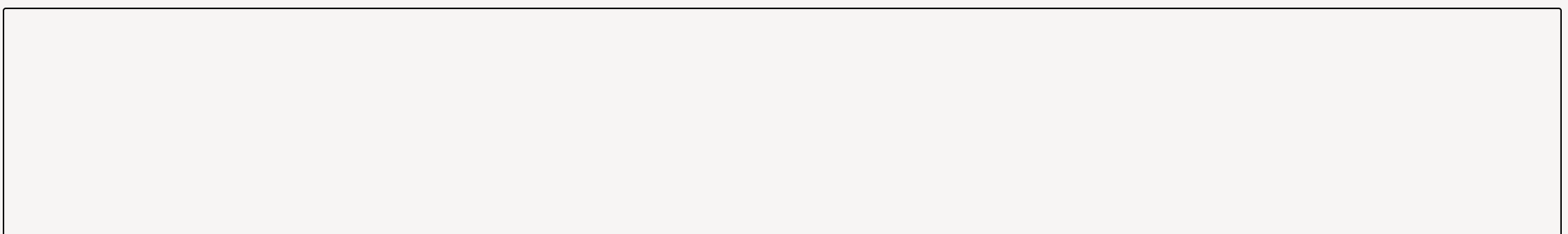
COOKING TIME: 30 MIN

## INGREDIENTS

- 1/2 cup butter
- 1/2 cup flour
- 1 onion, chopped
- 1 bell pepper, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 3 cups crawfish tails
- 4 cups seafood stock
- 2 tablespoons Cajun seasoning
- 2 green onions, chopped
- Hot sauce to taste
- Cooked white rice, for serving

## DIRECTIONS

1. In a skillet, melt butter over medium heat. Gradually whisk in flour to create a roux, cooking until golden brown.
2. Add onion, bell pepper, celery, and garlic. Sauté until softened.
3. Mix in crawfish tails, seafood stock, Cajun seasoning, and hot sauce. Simmer for 20 minutes.
4. Serve over cooked rice, garnished with green onions.







# BANANAS FOSTER

*bananas and vanilla ice cream, in a butter sauce with brown sugar, cinnamon, dark rum, and banana liqueur.*

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- 1/4 cup butter
- 1 cup brown sugar
- 1/2 teaspoon cinnamon
- 4 ripe bananas, sliced
- 1/4 cup dark rum
- Vanilla ice cream for serving

## DIRECTIONS

1. In a skillet, melt butter over medium heat and mix in brown sugar and cinnamon until smooth.
2. Add sliced bananas and cook for about 2-3 minutes, stirring gently.
3. Carefully pour in the rum and ignite with a long lighter. Let the flames subside as the alcohol cooks off.
4. Serve the warm bananas over scoops of vanilla ice cream.





## DIRTY RICE

*“Cajun rice,” is a rice dish with the “Holy Trinity” veggies, ground meat and chicken, and Cajun seasonings*

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 30-35 MIN

### INGREDIENTS

- 1 lb ground beef or pork
- 1 onion, chopped
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 cup long-grain rice
- 2 cups chicken stock
- 2 teaspoons Cajun seasoning
- 2 green onions, chopped
- Salt and pepper to taste

### DIRECTIONS

1. In a skillet, cook ground meat over medium heat. Drain excess fat.
2. Add onion, bell pepper, and garlic; cook until softened.
3. Stir in rice, chicken stock, and Cajun seasoning. Bring to a boil, then reduce heat.
4. Cover and simmer for 20-25 minutes until rice is cooked. Fluff with a fork and garnish with green onions before serving.





# CAJUN CHICKEN, RICE & GRAVY

*a cajun chicken stew in a rich gravy placed over a bed of rice*

SERVINGS: 6-8

PREPPING TIME: 15 MIN

COOKING TIME: 60 MIN

## INGREDIENTS

- 1/2 cup vegetable oil
- 1/2 cup flour
- 1 lb smoked sausage, sliced
- 1 lb chicken thighs, diced
- 1 onion, chopped
- 1 bell pepper, diced
- 2 celery stalks, chopped
- 4 cups chicken stock
- 2 tablespoons Cajun seasoning
- 2 bay leaves
- Cooked white rice

## DIRECTIONS

1. Heat oil in a large pot and whisk in flour to create a roux. Cook until dark brown.
2. Add chicken, onion, bell pepper, and celery; sauté until the vegetables are soft.
3. Stir in Cajun seasoning, and bay leaves. Bring to a simmer and cook for 45 minutes.
4. Serve over rice.





# CAJUN CRAB CAKES

*lump crab meat, breadcrumbs, eggs, a condiment (mustard, mayonnaise or both) and spices.*

SERVINGS: 4-6      PREPPING TIME: 45 MIN    COOKING TIME: 8-10 MIN

## INGREDIENTS

- 1 lb lump crab meat
- 1/2 cup breadcrumbs
- 1/4 cup mayonnaise
- 1 small onion, finely chopped
- 1 bell pepper, finely chopped
- 1 tablespoon Dijon mustard
- 1 teaspoon Cajun seasoning
- 2 eggs, beaten
- Oil for frying

## DIRECTIONS

1. In a large bowl, mix crab meat, breadcrumbs, mayonnaise, onion, bell pepper, mustard, Cajun seasoning, and beaten eggs until well combined.
2. Form the mixture into patties and refrigerate for 30 minutes.
3. Heat oil in a skillet over medium heat; fry the patties until golden brown on both sides (about 4-5 minutes per side).
4. Serve hot with lemon wedges.





# BLACKENED CATFISH

*catfish that's coated in a spice blend and pan-fried until it has a crispy, smoky crust.*

SERVINGS: 2PREPPING TIME: 5 MINCOOKING TIME: 6-8 MIN

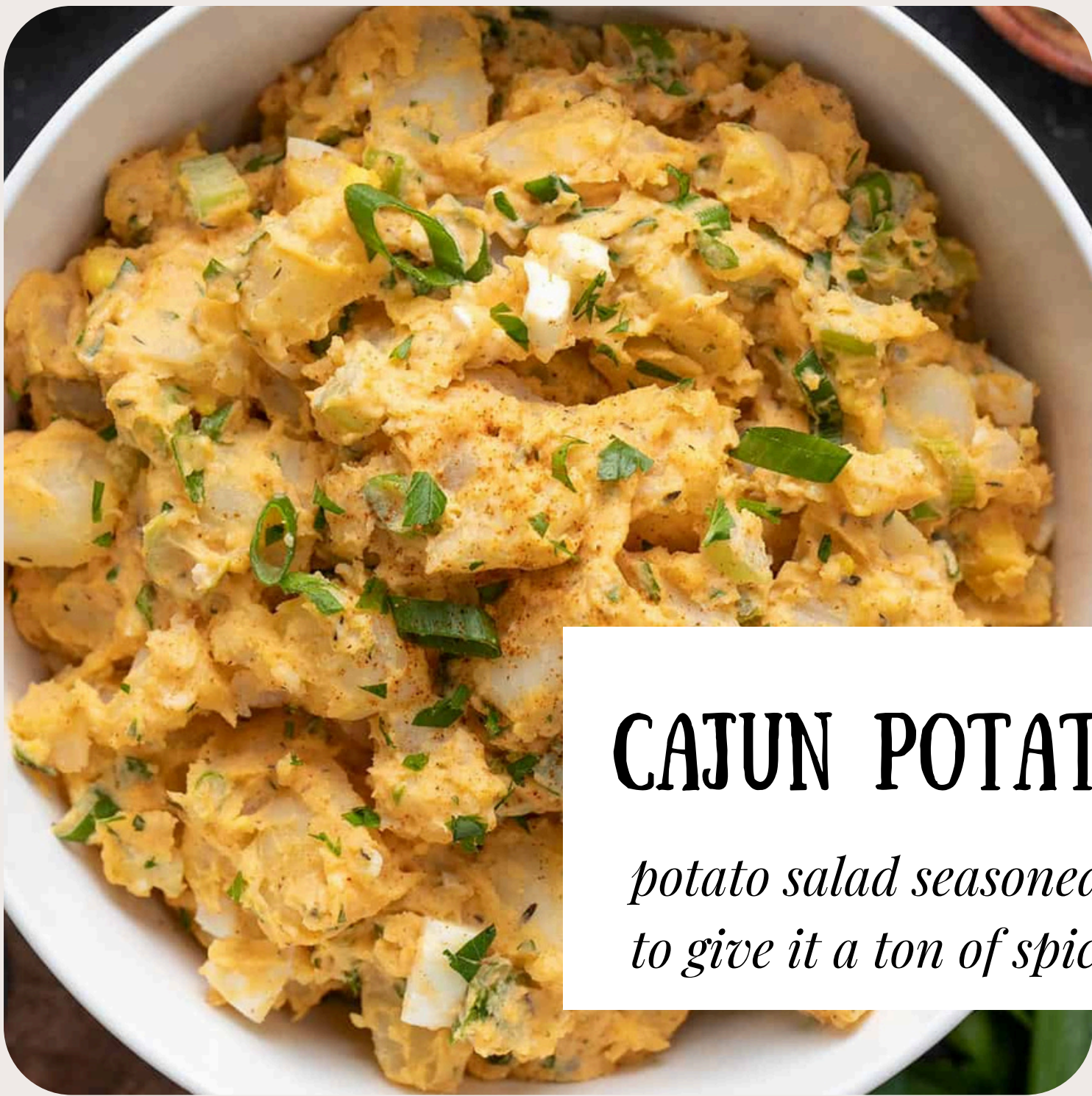
## INGREDIENTS

- 2 catfish fillets
- 2 tablespoons Cajun seasoning
- 2 tablespoons butter
- Lemon wedges for serving

## DIRECTIONS

1. Preheat a cast-iron skillet over high heat.
2. Pat the catfish fillets dry and coat both sides in Cajun seasoning.
3. Add butter to the skillet; once melted, place the fillets in the skillet.
4. Cook for 3-4 minutes on each side, until a dark crust forms.
5. Serve with lemon wedges.





# CAJUN POTATO SALAD

*potato salad seasoned with a Cajun seasoning blend to give it a ton of spicy, smoky, herb-filled flavor.*

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

- 4 large potatoes, peeled and diced
- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 1/4 cup diced pickles
- 1 tablespoon Dijon mustard
- 1/4 onion, finely chopped
- 1 tablespoon Cajun seasoning
- Salt and pepper to taste

## DIRECTIONS

1. Boil potatoes in salted water until tender, about 15 minutes. Drain and cool.
2. In a bowl, mix mayonnaise, sour cream, pickles, mustard, onion, Cajun seasoning, salt, and pepper.
3. Add cooled potatoes and mix gently until well coated.
4. Refrigerate for at least 1 hour before serving.





# BOUDIN

*sausage made from pork, rice, vegetables, and seasonings, and stuffed into a natural pork casing*

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

## INGREDIENTS

- 1 lb pork shoulder, cubed
- 1/2 cup rice, cooked
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/4 cup green onions, chopped
- 1 tablespoon Cajun seasoning
- Sausage casings (optional)

## DIRECTIONS

1. Boil pork shoulder until tender, then drain and cool slightly.
2. In a food processor, combine pork, cooked rice, onion, garlic, green onions, and Cajun seasoning. Process until well mixed.
3. If using casings, stuff them with the mixture. If not, form into patties.
4. Cook in a skillet over medium heat until browned on both sides.





# CAJUN OKRA AND TOMATOES

*a dish made with okra, tomatoes, onions, bell peppers, and seasonings.*

SERVINGS: 4-6

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

## INGREDIENTS

- 1 lb okra, sliced
- 1 can (14 oz) diced tomatoes
- 1 onion, chopped
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 tablespoon Cajun seasoning
- Salt to taste
- 2 tablespoons olive oil

## DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Sauté onion, bell pepper, and garlic until softened.
2. Add okra and cook for about 5 minutes until it begins to brown.
3. Stir in diced tomatoes, Cajun seasoning, and salt. Cook for 10-15 minutes, stirring occasionally.





# FRIED GREEN TOMATOES

*unripe, green tomatoes are sliced, coated in a batter (often including cornmeal), and then deep-fried,*

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 10-15 MIN

## INGREDIENTS

- 4-5 green tomatoes, sliced
- 1 cup cornmeal
- 1/2 cup buttermilk
- 1 teaspoon Cajun seasoning
- Oil for frying
- Salt and pepper to taste

## DIRECTIONS

1. Dip each tomato slice in buttermilk, then coat in a mixture of cornmeal, Cajun seasoning, salt, and pepper.
2. Heat oil in a skillet over medium heat. Fry the slices for 3-5 minutes per side until golden brown.
3. Drain on paper towels and serve warm.





# CAJUN POTATO CHIPS

*potato chips with a blend of spices that includes cayenne, paprika, garlic, and onion powder.*

SERVINGS: 4-6

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

## INGREDIENTS

- 4 large potatoes, thinly sliced
- 1 tablespoon Cajun seasoning
- Oil for frying
- Salt to taste

## DIRECTIONS

1. Soak potato slices in water for 30 minutes and drain.
2. Heat oil in a deep fryer or large pot to 350°F (175°C).
3. Fry potatoes in batches until golden brown and crisp, about 3-5 minutes.
4. Remove and drain on paper towels. Sprinkle with Cajun seasoning and salt before serving.





# CHICKEN FRICASSEE

*chicken brozned in butter,then stewed in a creamy white sauce, flavored with mushrooms and herbs*

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 50 MIN

## INGREDIENTS

- 1 whole chicken, cut into pieces
- 1/2 cup vegetable oil
- 1 onion, chopped
- 2 bell peppers, diced
- 3 cloves garlic, minced
- 4 cups chicken stock
- 2 tablespoons Cajun seasoning
- 1 bay leaf
- Cooked rice for serving

## DIRECTIONS

1. In a large pot, heat oil over medium heat. Brown the chicken pieces on all sides, then remove them.
2. Add the onion, bell peppers, and garlic; sauté until soft.
3. Return chicken to the pot, add chicken stock, Cajun seasoning, and bay leaf. Bring to a boil.
4. Reduce heat and simmer for 30-40 minutes until chicken is tender. Serve over rice.





# BAKED MACARONI AND CHEESE

*a pasta casserole made with macaroni, cheese, and a buttery, crunchy topping.*

SERVINGS: 4-6

PREPPING TIME: 10 MIN

COOKING TIME: 35 MIN

## INGREDIENTS

- 8 oz elbow macaroni
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- 2 cups shredded cheese (cheddar and pepper jack)
- 1/2 teaspoon Cajun seasoning
- Salt and pepper to taste
- 1/2 cup breadcrumbs

## DIRECTIONS

1. Cook macaroni according to package instructions; drain.
2. In a saucepan, melt butter and whisk in flour to create a roux. Slowly add milk, stirring until thickened.
3. Stir in the cheese, Cajun seasoning, salt, and pepper until cheese melts.
4. Combine the macaroni with the cheese sauce and pour into a baking dish. Top with breadcrumbs.
5. Bake at 350°F (175°C) for 25-30 minutes until bubbly and golden.





# STUFFED BELL PEPPERS

*a dish made by filling hollowed bell peppers with a variety of ingredients and then cooking.*

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 35 MIN

## INGREDIENTS

- 4 bell peppers, halved and seeded
- 1 lb ground meat (beef or turkey)
- 1 cup cooked rice
- 1 can (14.5 oz) diced tomatoes
- 1 tablespoon Cajun seasoning
- Salt and pepper to taste
- 1 cup shredded cheese

## DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. In a skillet, cook the ground meat until browned. Drain fat, then stir in cooked rice, tomatoes, Cajun seasoning, salt, and pepper.
3. Stuff each bell pepper half with the meat mixture and place in a baking dish. Top with cheese.
4. Bake for 30-35 minutes until the peppers are tender and cheese is bubbly.





# CAJUN SAUSAGE AND SHRIMP PASTA

*Cajun-seasoned shrimp, Andouille sausage and fettuccine in a simple sauce and topped with green onion.*

SERVINGS: 4-6

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

## INGREDIENTS

- 8 oz pasta (penne or fettuccine)
- 1 lb shrimp, peeled and deveined
- 1 lb smoked sausage, sliced
- 1 onion, chopped
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 cup heavy cream
- 2 tablespoons Cajun seasoning
- 2 tablespoons olive oil
- Salt and pepper to taste

## DIRECTIONS

1. Cook pasta according to package directions; drain.
2. In a skillet, heat olive oil over medium heat. Add sausage and cook until browned.
3. Add onion, bell pepper, and garlic; sauté until softened.
4. Stir in shrimp and cook until pink, then add heavy cream and Cajun seasoning. Simmer for 5-7 minutes.
5. Combine with cooked pasta, season with salt and pepper, and serve.





# CAJUN CORNBREAD

*a cornbread made with buttermilk, creamed corn, Cajun seasoning, and pickled jalapeños.*

SERVINGS: 8

PREPPING TIME: 10 MIN

COOKING TIME: 20-25 MIN

## INGREDIENTS

- 1 cup cornmeal
- 1/2 cup flour
- 1/4 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup buttermilk
- 1/4 cup oil
- 2 eggs
- 1 cup corn kernels (optional)

## DIRECTIONS

1. Preheat oven to 400°F (200°C) and grease a cast iron skillet.
2. In a bowl, mix cornmeal, flour, sugar, baking powder, and salt.
3. In another bowl, combine buttermilk, oil, and eggs. Add wet ingredients to dry and mix until just combined. Fold in corn if using.
4. Pour into the skillet and bake for 20-25 minutes or until golden brown.





# CAJUN SEAFOOD BOIL

*a family style meal where a variety of seafood and vegetables are boiled in seasoned broth.*

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

## INGREDIENTS

- 2 lbs shrimp, cleaned
- 1 lb crab legs
- 1 lb small red potatoes
- 4 ears of corn, cut in half
- 1/4 cup Cajun seasoning
- 4 cloves garlic, crushed
- 1 lemon, halved
- Water for boiling

## DIRECTIONS

1. In a large pot, bring water to a boil and add Cajun seasoning and garlic.
2. Add potatoes and cook for 10 minutes. Then, add corn and cook for an additional 5 minutes.
3. Add shrimp and crab legs; boil until shrimp are pink and crab is heated through (about 3-5 minutes).
4. Drain and serve on a large platter with lemon halves.





# CAJUN GRILLED CHICKEN

*a dish featuring savory, spicy marinated chicken breasts infused with the heat of Cajun spices.*

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 12-14 MIN

## INGREDIENTS

- 4 chicken breasts
- 2 tablespoons Cajun seasoning
- 2 tablespoons olive oil
- Salt and pepper to taste
- Lemon for garnish

## DIRECTIONS

1. Preheat the grill to medium-high heat.
2. Rub chicken breasts with olive oil, Cajun seasoning, salt, and pepper.
3. Grill for 6-7 minutes on each side until the internal temperature reaches 165°F (75°C).
4. Let rest for a few minutes before serving with lemon wedges.





# CAJUN VEGGIE STIR-FRY

*a variety of vegetables quickly stir-fried in a pan with a generous amount of Cajun spices*

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- 2 cups mixed bell peppers, sliced
- 1 cup zucchini, sliced
- 1 cup yellow squash, sliced
- 1 onion, sliced
- 2 cloves garlic, minced
- 2 tablespoons Cajun seasoning
- 2 tablespoons olive oil

## DIRECTIONS

1. In a skillet, heat olive oil over medium heat. Add garlic and cook until fragrant.
2. Add bell peppers, zucchini, yellow squash, and onion. Sauté for about 5-7 minutes until tender.
3. Stir in Cajun seasoning and cook for an additional 2 minutes. Serve warm.





# CAJUN HOT SAUCE WINGS

*chicken wings coated with Cajun seasoning and covered in a hot sauce.*

SERVINGS: 4-6

PREPPING TIME: 10 MIN

COOKING TIME: 35 MIN

## INGREDIENTS

- 2 lbs chicken wings
- 1/2 cup hot sauce
- 2 tablespoons Cajun seasoning
- 1/4 cup butter, melted

## DIRECTIONS

1. Preheat oven to 400°F (200°C) and line a baking sheet with foil.
2. In a bowl, mix hot sauce, Cajun seasoning, and melted butter.
3. Toss wings in the sauce mixture and place on the baking sheet in a single layer.
4. Bake for 30-35 minutes, flipping halfway, until crispy. Serve with additional sauce on the side.





# BOURBON PECAN PIE

*pecan pie made with brown butter and a splash of bourbon, for a more complex flavored pecan pie.*

SERVINGS: 8PREPPING TIME: 15 MINCOOKING TIME: 50-60 MIN

## INGREDIENTS

- 1 pie crust, store-bought or homemade
- 1 cup pecans, chopped
- 1 cup brown sugar
- 1/2 cup corn syrup
- 1/4 cup melted butter
- 1/4 cup bourbon
- 3 eggs, beaten
- 1 teaspoon vanilla extract
- Pinch of salt

## DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix brown sugar, corn syrup, melted butter, bourbon, eggs, vanilla, and salt until well combined.
3. Stir in pecans and pour the mixture into the pie crust.
4. Bake for 45-50 minutes until set. Let cool before slicing.





# BEARA’S BEIGNETS

*a square, deep-fried dough pastry, often dusted with powdered sugar as a popular sweet treat.*

SERVINGS: 8      PREPPING TIME: 90 MIN      COOKING TIME: 15-20 MIN

## INGREDIENTS

- 3 ½ cups all-purpose flour
- 1 packet (2 ¼ tsp) active dry yeast
- ½ cup warm water (110°F/43°C)
- ½ cup warm milk (110°F/43°C)
- ¼ cup granulated sugar
- 2 tbsp unsalted butter, melted
- ½ tsp salt
- ½ tsp vanilla extract (optional)
- Oil for frying
- Powdered sugar for dusting

## DIRECTIONS

1. Activate Yeast: Combine yeast and warm water in a small bowl; let stand until frothy, about 5-10 minutes.
2. Mix Dough: In a large bowl, combine flour, sugar, and salt. Add yeast mixture, warm milk, melted butter, and vanilla. Stir until a sticky dough forms.
3. Knead & Rise: Knead on a floured surface for 5-7 minutes until smooth. Place in a greased bowl, cover, and let rise until doubled, 1 to 1½ hours.
4. Cut Dough: Roll dough to ¼-inch thickness. Cut into 2-3 inch squares.
5. Fry: Heat oil to 350°F (175°C). Fry beignets in batches for 2-3 minutes, until golden brown.
6. Drain & Serve: Remove from oil, drain on paper towels, and dust with powdered sugar.
7. Enjoy!



# Conclusion

AS WE DRAW THE CURTAINS ON THIS CAJUN CULINARY JOURNEY, WE'VE TRAVERSED THE BUSTLING KITCHENS AND AROMATIC MARKETS OF LOUISIANA THROUGH A TAPESTRY OF FLAVORS, SPICES, AND AGE-OLD TECHNIQUES. EACH RECIPE WITHIN THIS COOKBOOK IS AN INVITATION TO A DANCE OF TASTE, WHERE THE SOUNDS OF SIZZLING POTS AND THE LAUGHTER OF LOVED ONES SET THE STAGE FOR UNFORGETTABLE GATHERINGS. WE'VE EXPLORED THE DEPTHS OF GUMBO, THE ZEST OF JAMBALAYA, AND THE SOUL-WARMING COMFORT OF CRAWFISH ETOUFFEE,

UNLOCKING THE SECRETS HELD WITHIN EVERY SPICE BLEND AND SIMMERING POT.

CAJUN CUISINE IS MORE THAN JUST FOOD; IT IS A VIBRANT EXPRESSION OF THE REGION'S HISTORY, TRADITION, AND COMMUNITY SPIRIT. IT'S A WAY OF LIFE THAT BRINGS PEOPLE TOGETHER, CREATING MOMENTS OF JOY AND CELEBRATION. AS YOU RECREATE THESE 25 AUTHENTIC RECIPES, MAY YOUR KITCHEN BECOME A HUB OF JOY, FILLED WITH THE TANTALIZING AROMAS AND SPIRITED ATMOSPHERE THAT MAKE CAJUN COOKING SO SPECIAL.

THANK YOU FOR JOINING US ON THIS FLAVORFUL EXPEDITION, FOR EMBRACING THE RICH CULTURE OF LOUISIANA, AND FOR WELCOMING THE BAYOU INTO YOUR HOME THROUGH THE LANGUAGE OF FOOD. WE ARE IMMENSELY GRATEFUL FOR YOUR ENGAGEMENT AND SUPPORT, AND WE HOPE THAT THESE RECIPES BECOME STAPLES IN YOUR OWN CULINARY REPERTOIRE.

WE ARE THRILLED TO ANNOUNCE THAT OUR JOURNEY DOESN'T END HERE. KEEP A LOOKOUT FOR THE UPCOMING VOLUMES OF THE "COOKIN' CAJUN W/ LUCK" SERIES, WHERE WE WILL DELVE EVEN DEEPER INTO THE WORLDS OF CREOLE DELIGHTS, THE FUSION OF SOUTHERN CUISINES, AND MUCH MORE. UNTIL THEN, KEEP YOUR POT STIRRING, YOUR SPICES FRESH, AND YOUR HEARTS OPEN TO THE EVER-INSPIRING ALLURE OF CAJUN COOKING. BON APPETIT, CHER!

*Sincerely,  
Chef Luck*