

What is the difference between Creole and Cajun cooking? Simply put, the Creoles were a well to do people and their cuisine and chefs were from Spain and France. They used classical French technique along with local foods and created Creole cooking.

The Cajuns, who immigrated from Acadia (known as Acadians) were survivors and learned to live off the resources of the land. They did not have the same high quality ingredients as the Creoles, but created great “one pot dishes”, such as Jambalaya. Their foods were strictly prepared with local ingredients from the swamps, bayous, lakes, rivers and woods, generally in a single cast iron pot. Louisiana now had two distinctive cuisines, one that paralleled aristocracy from Europe with its rich courses of high end ingredients and the other with its one pot meals consisting of wild game and local seafood.

JAMBALAYA***Yield: (9) 2 cup servings***

Boneless Chicken Breast	¾ lb	Bacon Grease	2 TBL
Shrimp, peeled & Deveined	½ lb	Chicken Stock	5 Cups
Smoked Sausage	½ lb	Black Pepper	1 tsp
Onion, Diced	1 Cup	Cayenne	1 tsp
Red or Green Pepper, Diced	1 Cup	Oregano	1 tsp
Garlic, Minced	1 TBL	Bay Leaf	1
Celery, Diced	¾ Cup	Paprika	1 TBL
Tomato Paste, 6 oz.	1 Can	White Rice, Raw	4 Cups
Diced Tomatoes, 28 oz.	1 Can	Sugar	2 TBL

Place boneless chicken in a medium saucepan with 5 cups of water or canned chicken broth. Simmer until chicken is cooked through. Reserve the stock and dice the chicken breast into ¼ inch cubes. (Chicken base or bouillon could be added to enhance the flavor)

Dice the smoked sausage into ¼ inch cubes. In a large saucepan, brown the smoked sausage in a small amount of bacon grease then add the onions, pepper, celery and garlic, continue to cook until the vegetables soften; add the oregano, Cayenne pepper and black pepper. Sauté for an additional minute and add the tomato paste. Cook the tomato paste for about two minutes on low heat (keep stirring during this process to avoid burning the tomato paste. This procedure, called pincé, means to lightly brown; it adds color and flavor.)

Add the diced chicken, chicken stock, diced tomatoes with juice, paprika and the bay leaf; scrape the bottom of the pan to richen the flavor (deglaze).

Let mixture simmer for approximately thirty minutes and add the rice. When the rice has absorbed half the liquid; add the shrimp. Continue to cook until the rice is tender. If necessary add water to reach a desired consistency. It should be slightly saucy, not too dry.