

**TAYLOR
POLK
OBAMA
HOOVER
WASHINGTON
JEFFERSON
COOLIDGE**

Just ta' name a few!...

**By White House Master Chef
Marti Mongiello**



When I perfected how to make Cajun and Creole food from Chef Paul Prudhomme and others in New Orleans, I worked in the White House Military Office doing American State Dinners and other events at the White House. As the Executive Chef to the President of the United States and first family at the Camp David Resort & Conference Center, I got to roll out fun items on buffets that everyone might enjoy and routinely jazzed my famous Sunday Brunch banquets and more!

As a Presidential historian and food byways expert, I readily agree with the fact that Thomas Jefferson was a sure-fire foodie for French cuisine, so it's no surprise that he enjoyed Gumbo with its base of a roux. I never knew so many Presidents loved Gumbo or that Hoover went down to Louisiana to a fave restaurant of his! "President Hoover used to go down to Opelousas, Louisiana, to eat gumbo at a small restaurant he particularly liked. The exact recipe was sent to the White House to GET IT RIGHT BUDDY, every time! (The Presidents' Cookbook, Poppy Cannon and Patricia Brooks [Funk & Wagnalls:New York] 1968 (p. 423)



President Obama was threatened with being slapped and struck across his brash face by the famed New Orleans Chef of Dooky Chase's Restaurant, Ms. Leah Chase for reaching to put hot sauce in his Gumbo! This criminal act caused great concern amongst my friends on the Presidential Protective Detail that day in New Orleans as even mentioning online, or out loud, that you will do bodily harm to a President is a felony. No matter how you make yours, with ham, chicken, fish, sausage, crawdads, rabbit, squirrel, or seafood - they are all good tasting!!!

**THE HOLY TRINITY: CELERY,
ONIONS, GREEN PEPPER**

**OKRA BROUGHT TO AMERICA BY THE
SLAVES HEIDDEN IN THE BRAIDS OF
THEIR HAIR AND PLANTED**

**GUMBO FILE OR FILE POWDER:
MADE GROUND FROM SASSAFRAS
LEAVES AS A SECRET INGREDIENT
OF THE CHOCTAW INDIANS**

FRENCH ROUX: THICKENER

**ITALIANS, FRENCH, INDIANS, SPANISH
SPICES, AFRICANS, GERMAN SAUSAGE,
ACADIANS = NEW ORLEANS COOKING**

For about 40 servings in a wonderful heavy-bottomed stew pot:

- 2 cups all-purpose flour (more or less may be needed pending saturative effect)
- 1 ½ cups bacon drippings from 3 pounds of Real Wood Smoked Bacon (put cooked, chopped bacon into the Gumbo later) with 1/2 stick of Salted Butter in a heavy-bottomed small pot
- 2 cups coarsely chopped celery, 2 large onion, coarsely chopped, 2 large green bell pepper, coarsely chopped = THE HOLY TRINITY (very famous in Louisiana speak and cookery)
- 4 cloves garlic, minced, sliced, 6 quarts water with 12 cubes beef bouillon, or 6 quarts of beef bullion from bought, hand-made, paste made with water, or dried bullion powder (each to his own favorite), 2 tablespoons white sugar, salt to taste, 4 tablespoons hot pepper sauce (such as Tabasco), or to taste, 1 teaspoon Paul Prudhomme's Cajun seasoning blend (such as Tony Chachere's), or to taste, 8 bay leaves, 1 teaspoon dried thyme leaves, 2 (28 ounce) can stewed tomatoes, 2 fresh tomatoes rough chopped, 1 (29 ounce) can tomato sauce by Contadina, 8 teaspoons of Zatarain's file powder, divided, 4 tablespoons bacon drippings
- 4 (10 ounce) packages frozen cut okra, thawed, or a large bowl of Fresh Okra (I like fresh), 4 tablespoons distilled white vinegar, 2 pounds lump Phillips Crab Claw Crabmeat, 3 pounds uncooked medium (size 21-25) shrimp, peeled and deveined, 2 pounds andouille sausage sliced and sizzled on that dirty, greasy bacon griddle (when done doing bacon)
- 4 tablespoons Worcestershire sauce for seasoning with Four-color Ground Pepper to taste.

Make roux by melting butter and bacon grease - then add flour while stirring with whisk. Set aside to blend into Gumbo later - we will thicken it later. Then, bronze in some bacon grease and olive oil the onion, green pepper, and celery and throw in all the chopped okra to bronze it as well. Once tender and bronzed/browned pour in your stock, garlic, sugar, salt, pepper, hot sauce, cajun blend, bay leaves, thyme, tomatoes, and sauce. Bring to excellent heat and then throw in the sausage, chopped bacon, crab, shrimp, and sausage. Finish to taste with File' powder, pepper, and Worsetchire sauce. Serve with long-grain American or Basmati Rice and a huge whack of bread.

