



# Cajun Cooking

*Saladmaster*<sup>®</sup>

## SHRIMP CREOLE

- 1 Onion, cut on cone #2
- 2 Green Bell Peppers, cut on cone #2
- 3 Garlic Cloves, cut on cone #1
- 1 (14 oz) Can Diced Tomatoes
- 2 (14oz) Cans Tomato Sauce
- 4 Tbsp Worcestershire Sauce
- 2 lbs. Shrimp, peeled
- 1/2 tsp Cayenne Pepper
- Tony Chachere's Cajun Seasoning to Taste
- 1 Cup Rice
- 1 ½ Cups Water

1. Add onion, bell pepper and garlic to 11" large skillet. Cook veggies over medium heat and cover until tender.
2. Add remaining ingredients to the pan (except the shrimp) and stir well. Cover and cook over medium heat until the vapo-valve clicks.
3. Reduce heat to low and cook for 25 minutes until the rice is cooked. In last 5 minutes, add shrimp to avoid overcooking. Shrimp are done when they turn pink.

## OKRA & TOMATOES

- 24 oz can diced tomatoes
- 24 oz frozen okra
- 4-5 cloves garlic, Cone #1

1. Add all ingredients to saucepan and turn to medium heat. Once vapo-valve clicks, reduce heat to low and cook for 5-7 minutes.

## POTLICHER GREENS

- 1 bunch Collard/Turnip greens, trimmed
- 4 Carrots, Cone #2
- 1 Onion, Cone #2

1. Place onions and carrots in bottom of large stockpot. Turn to medium heat and saute covered for 10 minutes or until translucent and aromatic.
2. Add greens and desired amount of water (1/4 cup at minimum, for potlicker add 2-3 cups). Keep at medium heat until vapo-valve clicks, reduce to low and cook for 10 minutes.

## YELLOW GRITS WITH SMOKED GOUDA

- 2 cup yellow grits
- 6 cups water or broth
- 1 cup cheese

1. Add water to 3 quart saucepan, bring to boil.
2. Slowly whisk grits in water, cover and cook on medium-low heat for 20 minutes.
3. With 5 minutes remaining, fold in shredded cheese. Serve hot!

## **KING CAKE**

2 (8-ounce) cans reduced-fat crescent rolls  
4 ounces reduced-fat cream cheese  
2 tablespoons confectioners' sugar  
1 teaspoon vanilla extract  
2 tablespoons butter  
1/3 cup light brown sugar  
1 tablespoon ground cinnamon  
Mardi Gras Icing

1. Preheat oven to 350 degrees.
2. Separate crescent rolls at perforations, into 16 slices. Place slices around in circle with points in the center. About halfway down from points, press seams together.
3. In mixing bowl, beat cream cheese, confectioners' sugar and vanilla until creamy. Spread on dough in center where seams have been pressed together.
4. In another small bowl, combine butter, brown sugar, and cinnamon with fork until crumbly. Sprinkle over cream cheese. Fold dough points over filling and then fold bottom of triangle over points forming a circular roll like a king cake.
5. Bake for 20-25 minutes or until golden brown. Cool slightly and drizzle with colored icing.