

Cajun and Creole Inspired Menu

Appetizers

Fried Green Tomatoes with Remoulade Sauce
Cajun Crab Cakes

Main Courses

Cajun-Style Turkey
Shrimp Creole
Shrimp Jambalaya
Crawfish Étouffée
Vegetarian Gumbo
Blackened Catfish

Side Dishes

Cajun Corn Maque Choux
Red Beans and Rice
Collard Greens with Smoked Turkey
Cheesy Grits
Cajun Stuffing

Desserts

Bananas Foster
New Orleans Flavored Beignets
Peach Beignets with Peach Glaze
Praline Bread Pudding

Appetizers

Fried Green Tomatoes with Remoulade Sauce

Total Cook Time: 30 minutes

4 green tomatoes, sliced
1 cup buttermilk
1 cup cornmeal

1/2 cup flour
1 tsp Cajun seasoning
Oil for frying

Remoulade Sauce:

1/2 C mayonnaise
2 T Dijon mustard
1 T lemon juice
1 T hot sauce

1 T spiced blood orange tea
1 T parsley, chopped
Salt and pepper to taste

Prepare the Tomatoes: Soak the tomato slices in buttermilk for 10 minutes.

Coat the Tomatoes: Mix cornmeal, flour, and Cajun seasoning. Dredge the tomatoes in the mixture.

Fry the Tomatoes: Heat oil in a skillet and fry the tomatoes until golden brown. Drain on paper towels.

Make the Sauce: Combine all sauce ingredients in a bowl and mix well.

Cajun Crab Cakes

Total Cook Time: 25 minutes

1 lb lump crab meat
1/2 cup breadcrumbs
1/4 cup mayonnaise
1 egg, beaten
1 tbsp Dijon mustard
1 tbsp Worcestershire sauce

1 tsp hot sauce
1/4 cup green onions, chopped
1/4 cup red bell pepper, chopped
1 tsp Cajun seasoning
Oil for frying

Mix the Ingredients: In a bowl, combine crab meat, breadcrumbs, mayonnaise, egg, mustard, Worcestershire sauce, hot sauce, green onions, red bell pepper, and Cajun seasoning.

Form the Cakes: Shape the mixture into patties.

Fry the Cakes: Heat oil in a skillet and fry the crab cakes until golden brown on both sides. Drain on paper towels.

Main Courses

Cajun-Style Turkey

with Dry Pu-erh Coffee Tea Rub

1 12-15 lb turkey, thawed	1 T dried basil
1/2 C unsalted butter, room temperature	1 T cayenne pepper
2 T paprika	2 t lemon juice, freshly squeezed
2 T onion powder	1 T dry Pu-erh coffee tea, finely ground
2 T garlic powder	3 C chicken broth
2 T dried thyme	Salt and pepper to taste
1 T dried oregano	

Prepare Turkey: Remove the giblets and pat the turkey dry with paper towels.

Make the Rub: In a small bowl, combine butter, paprika, onion powder, garlic powder, thyme, oregano, basil, cayenne pepper, lemon juice, and dry Pu-erh coffee tea. Mix until smooth.

Rub Turkey: Gently loosen the skin over the turkey breast with your hands, being careful not to tear it. Rub 3 tablespoons of the mixture under the skin. Rub the remaining mixture all over the turkey.

Roast Turkey: Place the turkey, breast side up, in a roasting pan. Pour the chicken broth into the bottom of the pan. Roast at 425°F for 30 minutes, then reduce the temperature to 325°F and continue cooking for 2 to 2 1/2 hours, or until a meat thermometer reads 160°F in the thickest part of the thigh. Baste with pan drippings every 30 minutes.

Rest and Serve: Remove the turkey from the oven, tent with aluminum foil, and let it rest for 30 minutes before carving.

Shrimp Creole

TOTAL COOK TIME: 30 minutes

1 lb shrimp, peeled and deveined
1 onion, chopped
1 green bell pepper, chopped
2 celery stalks, chopped
3 cloves garlic, minced
1 can (14.5 oz) diced tomatoes
1/2 C tomato sauce
1/2 C chicken broth

1 T Worcestershire sauce
1 † Crystal Hot Sauce
1 † paprika
1/2 † thyme
1/2 † oregano
1 T Thai Yellow Curry tea
Salt and pepper to taste
Cooked rice for serving

SAUTÉ THE VEGETABLES: In a large skillet, sauté onion, bell pepper, celery, and garlic until tender.

ADD THE TOMATOES: Stir in diced tomatoes, tomato sauce, chicken broth, Worcestershire sauce, Crystal Hot Sauce, paprika, thyme, oregano, Thai Yellow Curry tea, salt, and pepper. Simmer for 20 minutes.

COOK THE SHRIMP: Add shrimp and cook until pink, about 5 minutes.

SERVE: Serve over cooked rice.

Shrimp Jambalaya

Total Cook Time: 45 minutes

1 lb shrimp, peeled and deveined
1/2 lb andouille sausage, sliced
1 onion, chopped
1 green bell pepper, chopped
2 celery stalks, chopped
3 cloves garlic, minced
1 can (14.5 oz) diced tomatoes

1 C long-grain rice
2 C chicken broth
1 † paprika
1/2 † thyme
1/2 † oregano
1 T Pineapple Upside-Down Cake tea
Salt and pepper to taste

Sauté the Sausage and Vegetables: In a large pot, sauté sausage, onion, bell pepper, celery, and garlic until tender.

Add the Rice and Tomatoes: Stir in rice, diced tomatoes, chicken broth, paprika, thyme, oregano, Pineapple Upside-Down Cake tea, salt, and pepper. Bring to a boil.

Simmer: Reduce heat, cover, and simmer for 20 minutes.

Cook the Shrimp: Add shrimp and cook until pink, about 5 minutes.

Serve: Serve hot and enjoy your flavorful Shrimp Jambalaya!

Crawfish Étouffée

TOTAL COOK TIME: 35 minutes

1 lb crawfish tails	1/2 C tomato sauce
1/4 C butter	1 † Crystal hot sauce
1/4 C flour	1 † paprika
1 onion, chopped	1/2 † thyme
1 green bell pepper, chopped	1/2 † oregano
2 celery stalks, chopped	1 T Lemongrass-Ginger-Orange tea
3 cloves garlic, minced	Salt and pepper to taste
2 C chicken broth	Cooked rice for serving

MAKE THE ROUX: In a large skillet, melt butter and stir in flour. Cook, stirring constantly, until the roux is a light brown color.

SAUTÉ THE VEGETABLES: Add onion, bell pepper, celery, and garlic to the roux. Cook until tender.

ADD THE BROTH AND SAUCE: Stir in chicken broth, tomato sauce, hot sauce, paprika, thyme, oregano, Lemongrass-Ginger-Orange tea, salt, and pepper. Simmer for 20 minutes.

COOK THE CRAWFISH: Add crawfish tails and cook until heated through, about 5 minutes.

SERVE: Serve over cooked rice.

Vegetarian Gumbo

TOTAL COOK TIME: 45 minutes

1/4 C vegetable oil	1 can (15 oz) kidney beans, drained and rinsed
1/4 C flour	1 † paprika
1 onion, chopped	1/2 † thyme
1 green bell pepper, chopped	1/2 † oregano
2 celery stalks, chopped	1 T Fujian Rain oolong tea
3 cloves garlic, minced	Salt and pepper to taste
1 can (14.5 oz) diced tomatoes	Cooked rice for serving
4 C vegetable broth	
1 C okra, sliced	

MAKE THE ROUX: In a large pot, heat vegetable oil and stir in flour. Cook, stirring constantly, until the roux is a light brown color.

SAUTÉ THE VEGETABLES: Add onion, bell pepper, celery, and garlic to the roux. Cook until tender.

ADD THE BROTH AND TOMATOES: Stir in vegetable broth, diced tomatoes, okra, kidney beans, paprika, thyme, oregano, Fujian Rain oolong tea, salt, and pepper. Simmer for 30 minutes.

SERVE: Serve over cooked rice.

Blackened Catfish

TOTAL COOK TIME: 15 minutes

4 catfish fillets
2 T Cajun seasoning
2 T butter, melted

1 T Spiced Green tea
Lemon wedges for serving

SEASON THE FISH: Rub catfish fillets with Cajun seasoning and Spiced Green tea.

COOK THE FISH: Heat a cast-iron skillet over high heat. Brush fillets with melted butter and cook in the skillet until blackened and cooked through, about 3-4 minutes per side.

SERVE: Serve with lemon wedges.

Side Dishes

Cajun Corn Maque Choux

TOTAL COOK TIME: 20 minutes

4 ears of corn, kernels removed
1/2 cup bell pepper, chopped
1/2 cup onion, chopped
1/2 cup celery, chopped

2 cloves garlic, minced
1/4 cup butter
1/2 cup heavy cream
Salt and pepper to taste

SAUTÉ THE VEGETABLES: In a large skillet, melt butter and sauté bell pepper, onion, celery, and garlic until tender.

ADD THE CORN: Stir in corn kernels and cook for 5 minutes.

ADD THE CREAM: Add heavy cream, salt, and pepper. Cook until the cream is thickened, and the corn is tender.

Red Beans and Rice

TOTAL COOK TIME: 3 hours

1 lb dried red beans, soaked overnight
1 onion, chopped
1 green bell pepper, chopped
2 celery stalks, chopped
3 cloves garlic, minced
1 ham hock

1 tsp thyme
1 tsp oregano
1 tsp paprika
Salt and pepper to taste
Cooked rice for serving

COOK THE BEANS: In a large pot, combine soaked beans, onion, bell pepper, celery, garlic, ham hock, thyme, oregano, paprika, salt, and pepper. Cover with water and bring to a boil. Reduce heat and simmer for 2-3 hours until beans are tender.

SERVE: Serve over cooked rice.

Collard Greens with Smoked Turkey

TOTAL COOK TIME: 2 hours

1 lb collard greens, chopped
1 smoked turkey leg
1 onion, chopped
2 cloves garlic, minced

4 cups chicken broth
1 tsp hot sauce
Salt and pepper to taste

COOK THE GREENS: In a large pot, combine collard greens, smoked turkey leg, onion, garlic, chicken broth, hot sauce, salt, and pepper. Bring to a boil, then reduce heat and simmer for 1-2 hours until greens are tender.

Cheesy Grits

TOTAL COOK TIME: 25 minutes

1 cup grits
4 cups water
1 cup sharp cheddar cheese, shredded

1/4 cup butter
Salt and pepper to taste

COOK THE GRITS: In a large pot, bring water to a boil. Stir in grits and reduce heat to low. Cook, stirring frequently, until thickened, about 20 minutes.

ADD CHEESE AND BUTTER: Stir in cheddar cheese

Cajun Stuffing

with Andouille, Crawfish, and Spicy Apple Chai Tea

1/2 lb andouille sausage, sliced
1/2 lb crawfish tails
1 onion, chopped
2 celery stalks, chopped
1 green bell pepper, chopped
1 apple, chopped
3 cloves garlic, minced
1/2 C butter

1 T Spicy Apple Chai tea
4 C cornbread, cubed
1 C chicken broth
1 t paprika
1/2 t thyme
1/2 t oregano
Salt and pepper to taste

SAUTÉ THE SAUSAGE AND VEGETABLES: In a large skillet, melt butter over medium heat. Add andouille sausage, onion, celery, bell pepper, apple, and garlic. Cook until tender.

ADD THE CRAWFISH AND TEA: Stir in crawfish tails and Spicy Apple Chai tea. Cook for an additional 2-3 minutes.

COMBINE WITH CORNBREAD: In a large bowl, combine the sautéed mixture with cubed cornbread.

ADD BROTH AND SEASONINGS: Stir in chicken broth, paprika, thyme, oregano, salt, and pepper. Mix well.

BAKE THE STUFFING: Transfer the mixture to a greased baking dish. Bake at 350°F for 30-35 minutes, until the top is golden brown.

Desserts

New Orleans Beignets

TOTAL COOK TIME: 2 hours 5 minutes

1 C warm water (105° to 110°F)
2 † active yeast
1/3 C sugar + 1 T
2/3 C whole milk
1 large egg + 1 yolk
3 T melted unsalted butter
1 † sea salt

4 1/3 C all-purpose flour
1 T Chocolate Truffle tea
Neutral oil for frying
Powdered sugar for dusting
1 † ground chicory root (optional, for New Orleans flavor)

ACTIVATE THE YEAST: In a bowl, combine warm water, yeast, and 1 T sugar. Let sit for 7-10 minutes until foamy.

MIX THE DOUGH: Add remaining sugar, milk, eggs, melted butter, sea salt, and Chocolate Truffle tea. Mix well. Gradually add flour and mix until smooth.

LET THE DOUGH RISE: Cover the dough and let it rise for 1-2 hours until doubled in size.

PREPARE THE BEIGNETS: Roll out the dough on a floured surface to 1/2" thickness. Cut into squares.

FRY THE BEIGNETS: Heat oil to 350°F. Fry the dough squares until golden brown, about 1 1/2 to 2 minutes per side. Drain on paper towels.

DUST WITH SUGAR: Dust heavily with powdered sugar and serve warm.

Praline Bread Pudding

TOTAL COOK TIME: 1 hour 15 minutes

6 C day-old French bread, cubed
4 C milk
1 C sugar
4 eggs, beaten
2 † vanilla extract
1/2 † ground cinnamon

1/4 † ground nutmeg
1/2 C pecans, chopped
1/2 C brown sugar
1/4 C butter, melted
1 T Tiger Eye tea

PREHEAT OVEN: Preheat oven to 350°F.

PREPARE THE BREAD PUDDING: In a large bowl, combine bread cubes and milk. Let sit for 10 minutes. In another bowl, mix sugar, eggs, vanilla, cinnamon, nutmeg, and Tiger Eye tea. Add to bread mixture and stir well.

BAKE: Pour into a greased baking dish. Combine pecans, brown sugar, and melted butter. Sprinkle over the top. Bake for 45-50 minutes until set.

SERVE: Serve warm with a drizzle of caramel sauce if desired.

Bananas Foster

TOTAL COOK TIME: 15 minutes

4 ripe bananas, sliced
1/4 C butter
1/2 C brown sugar
1/4 C Myers's dark rum

1/2 t ground cinnamon
1 T Honeybush Banana Nut tea
Vanilla ice cream for serving

MELT THE BUTTER: In a large skillet, melt butter over medium heat.

COOK THE BANANAS: Add brown sugar and stir until dissolved. Add bananas and Honeybush Banana Nut tea, and cook until softened, about 2-3 minutes.

FLAMBÉ: Remove the skillet from heat and add rum. Carefully ignite with a long lighter. Let the flames subside.

ADD CINNAMON: Sprinkle with cinnamon and stir gently.

SERVE: Serve immediately over vanilla ice cream.

Peach Beignets with Peach Glaze

TOTAL COOK TIME: 2 hours 30 minutes

1 C warm water (105° to 110°F)
2 t active dry yeast
1/3 C sugar + 1 T
2/3 C whole milk
1 large egg + 1 yolk
3 T melted unsalted butter

1 t sea salt
4 1/3 C all-purpose flour
1 C finely chopped or pureed peaches
1 T Peach Pancake Delight tea
Neutral oil for frying

PEACH GLAZE:

1 C powdered sugar
2 T peach juice (from fresh peaches or
canned)
1 t lemon juice

ACTIVATE THE YEAST: In a bowl, combine warm water, yeast, and 1 T sugar. Let sit for 7-10 minutes until foamy.

MIX THE DOUGH: Add remaining sugar, milk, eggs, melted butter, sea salt, and Peach Pancake Delight tea. Mix well. Gradually add flour and mix until smooth. Fold in the chopped or pureed peaches.

LET THE DOUGH RISE: Cover the dough and let it rise for 1-2 hours until doubled in size.

PREPARE THE BEIGNETS: Roll out the dough on a floured surface to 1/2" thickness. Cut into squares.

FRY THE BEIGNETS: Heat oil to 350°F. Fry the dough squares until golden brown, about 1 1/2 to 2 minutes per side. Drain on paper towels.

MAKE THE GLAZE: In a bowl, whisk together powdered sugar, peach juice, and lemon juice until smooth.

GLAZE THE BEIGNETS: Drizzle the peach glaze over the warm beignets.

SERVE: Serve immediately, dusted with additional powdered sugar if desired.