



Cooking Demo: Jambalaya & Bananas Foster

If you plan to follow along at home, please give yourself 30-40 minutes to measure out all ingredients you are going to need. Do not combine ingredients. We find it helpful to have a set of printed recipes available during class. Set up your station, grab your apron and a couple of dish towels, and get ready to have a fun time!

Kitchen Equipment

Large Pot with Lid (Dutch Oven works well)

Pot for Stock

2 Solid Mixing Spoons

Set of Measuring Spoons

Set of Measuring Cups

Skillet



Makin' Groceries

Jambalaya

1 Cooked Chicken, cut up and deboned

1 ½ lbs. Smoked Sausage, cut into 1/8" discs

Trinity: (Next three items)

4 C. Onions, chopped

2 C. Celery, chopped

2 C. Green Pepper

3 Tbsp Garlic, chopped & 3 tbsp Sliced Dried Garlic*

4 C. Long Grain Converted Rice

5 C. Chicken or Vegetable Stock

3 Tbsp Joe's Stuff Seasoning or Creole Seasoning

2 C. Green Onions or Tomatoes, chopped

***If you cannot find Sliced Dried Garlic, omit it from the recipe.**

Bananas Foster

½ C Butter

1 C Dark Brown Sugar

2 Bananas

2 oz (4 Tbsp) Banana Liqueur

4 oz (1/2 C) Dark Rum

Ground Cinnamon

Vanilla Ice Cream



Jambalaya

Ingredients

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| 1 Cooked Chicken, cut up and deboned | 3 Tbsp Garlic, chopped & 3 tbsp Sliced Dried Garlic* |
| 1 ½ lbs. Smoked Sausage, cut into 1/8" discs | |
| <u>Trinity: (Next three items)</u> | 4 C. Long Grain Converted Rice |
| 4 C. Onions, chopped | 5 C. Chicken or Vegetable Stock |
| 2 C. Celery, chopped | 3 Tbsp Joe's Stuff Seasoning or Creole Seasoning |
| 2 C. Green Pepper | 2 C. Green Onions or Tomatoes, chopped |

Procedure:

1. Brown Sausage in pot allowing sausage to stick slightly to the bottom of the pot.
2. Add 1/3 of the Trinity mixture (Onions, Celery, and Green Pepper) and saute until soft. The liquid from the Trinity will help deglaze the pot. Add another 1/3 of the Trinity mixture, Garlic, and Joe's Stuff or Creole Seasoning and saute about 10 minutes.
3. Add Stock and bring to boil. Add rice and return to boil. Add Cooked Chicken and bring back to boil. Add remaining 1/3 of the Trinity mixture (Onions, Celery, and Green Pepper) on top and cover. Let rest for 25 minutes. Remove the cover and quickly turn rice from top to bottom completely. Add green onions and chopped tomatoes if desired.

For Seafood Jambalaya, add cooked seafood when rice is turned.

Makes 12-15 Servings

Notes: 1 C. Long Grain Rice will feed 3 people

4 Keys: 1 C. Rice to 1 C. of Onion, ½ C Celery and ½ C. Green Pepper

1 C. Raw Rice to 1 ¼ C. Liquid

Over season to compensate for the rice

Cook for total of 25 minutes, turning completely after 10 minutes

If using Kitchen Bouquet for brown Jambalaya add 1 to 2 Tbsp. For red Jambalaya add ¼ C. Paprika and you may want to use ½ Stock and ½ Tomato Juice or V-8 for your liquid.

*If you cannot find Sliced Dried Garlic, omit it from the recipe.



Bananas Foster

Ingredients

½ C Butter
1 C Dark Brown Sugar
2 Bananas
2 oz (4 Tbsp) Banana Liqueur
4 oz (1/2 C) Dark Rum
Ground Cinnamon
Ice Cream

Procedure:

1. In a skillet melt butter and add brown sugar to form a creamy paste. Let this mixture caramelize over medium heat for approximately 5 minutes.
2. Stir in the banana liqueur, bananas, and rum.
3. Heat and ignite. Agitate to keep flame burning, add a few pinches of voodoo magic (cinnamon) to the flame.
4. Let flame go out and serve over ice cream.
5. Serve and Enjoy!

Makes 4 Servings