

SHOW 392

**SANDWICHES A LA NOUVELLE ORLEANS
NEW ORLEANS POOR BOYS
SAUCE TARTARE AND SAUCE MAYONNAISE
TARTAR SAUCE AND MAYONNAISE
SALADE DES HARICOTS BLANCS
WHITE NAVY BEAN SALAD**

On show 310, in volume III, we did what turned out to be one of our most popular shows, New Orleans Po-boys. We prepared sandwiches which reflect one of the institutions of New Orleans cuisine. The classic roast beef and gravy and oyster loaf were demonstrated along with an Italian Creole creation, the muffuletta with olive salad. However, these are not the only po-boys that are consumed in the Crescent City. The variety is only limited by the available Creole ingredients. Today we present a few of these variations. Everything from fried seafood, sausage, meat preparations and, yes, even hog's head cheese.

Some of the traditional accompaniments to these unique sandwiches are Creole potato salad, (Vol. III, pg. 5), red bean and onion salad, (Vol. I, pg. 67), okra salad (Vol. I, pg. 66) or cole slaw. Today we present another delicious salad with a Creole flair, white navy bean salad, which combines white navy beans, salami and green onions in a vinaigrette dressing.

SAUCE TARTARE

4 small Dill pickles, chopped
¼ cup Parsley, chopped
1 tbs Capers, chopped
1 clove Garlic, chopped
1 tbs Lemon juice
1 cup Mayonnaise

- Blend together the pickles, parsley capers, garlic and lemon juice.
- Fold in the mayonnaise.
- Chill for one hour.

SAUCE MAYONNAISE

3 Egg yolks
2 tbs Lemon juice
1 tbs Dijon mustard
½ tsp Salt
⅛ tsp White pepper
¾ cup Olive oil

- Blend together the egg yolks, lemon juice, mustard, salt and pepper.
- Wisk in slowly the olive oil.
- When all the oil has been absorbed by the egg yolks and sauce has thickened, wisk vigorously for a few seconds.

TARTAR SAUCE**MAYONNAISE****SANDWICHES A LA NOUVELLE ORLEANS****NEW ORLEANS POOR BOYS**

1 large French baguette*
Butter
Mayonnaise
Tartar sauce
Ketchup
Creole brown mustard
Shredded lettuce
Sliced tomatoes
Salt and pepper
One of the following:
Fried shrimp
Fried soft shell crab
Fried trout filet
Italian sausage
Smoked sausage
Fried breaded veal cutlet
Sliced meat loaf
Meat balls and gravy
Slices of hog's head cheese

- Cut the French baguette in half lengthwise.
- Butter one side of the bread.
- Spread mayonnaise, tartar sauce, mustard or ketchup on the other half.
- Cover mayonnaise side with lettuce and tomato slices.
- Salt and pepper.
- Place one of the items listed in the ingredients on the buttered half.
- Cover with the mayonnaise half.
- Cut into four equal parts.
- Makes four nine inch sandwiches.

*French Baguette—a long thin loaf of French bread about thirty-six inches long and about two inches in diameter.

SALADE DES HARICOTS BLANCS**WHITE NAVY BEAN SALAD**

3 cups White navy beans, cooked
6 Green onions, sliced
¼ lb Salami, cut in small pieces
¼ cup Red wine vinegar
1 tsp Dry mustard
Salt and pepper
½ cup Olive oil

- Blend together the beans, green onions, and salami.
- Blend together the vinegar, mustard, salt and pepper.
- Wisk in the olive oil.
- Pour the vinaigrette over the bean mixture and blend well.
- Serve on lettuce leaves.

