

Gourmet Cooking, Volume 3, pg 4 and 5  
SHOW 248  
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While Creole and Cajun cuisines have a common base, they are distinctive styles of cuisine. Cajun with its roots in the country and the bayous of Louisiana is hardy and robust and is a product of the adaptation of the French Arcadians from Nova Scotia to their new home in southwest Louisiana. Creole, while it depends upon the same sources of ingredients and local environment, takes its characteristics from those French who emigrated to Louisiana from France in their efforts to adapt to those same set of circumstances. The result is similar with Creole Cuisine reflecting more finesse derived from the city (and therefore more economically advantaged living). Both cuisines were influenced by the American Indians (Choctaw) of the area, black Africans imported as slaves, and the Spanish who held power from time to time.

One of the best examples of both Creole and Cajun is the many varieties of a dish called Gumbo—a dish that can't make up its mind whether it is soup or a stew. On show 60 we prepared a classic OKRA SEAFOOD GUMBO (shrimp, crab, oysters and ham) (vol. I, page 79) which has been a family recipe for several generations. Other styles of Gumbo are SHRIMP AND CRAB FILE GUMBO (vol. I, page 80) and TURKEY OYSTER GUMBO (vol. I, page 81) which were prepared on previous shows. Today we present a gumbo which is more typical of the Cajun Style—CHICKEN AND SAUSAGE GUMBO.

Potato salad is one of the typical accompaniments to many gumbo's in Cajun country. In fact, they are known to add a large heaping spoon of potato salad to their bowl of gumbo when it is individually served. Don't laugh until you try it. It's darned good. However, added to the gumbo or not, the potato salad is an excellent side dish.

If you haven't had your fill on two (or three) helpings of gumbo try the Flamed Bananas. Bananas heated in butter and brown sugar and garnished with almonds and whipped cream gives our meal a festive flare. If you want to gild the lilly, put the bananas over vanilla ice cream. I would recommend, however, you refrain from second helpings of gumbo.

## GUMBO DE POULET ET SAUCISSE CHICKEN AND SAUSAGE GUMBO

1 large Onion, chopped  
1 large Bell pepper, chopped  
2 stalks Celery  
1 clove Garlic, chopped  
1/3 cup Parsley, chopped  
1/4 tsp Thyme  
1/4 tsp Sage  
1/4 tsp Basil  
1 lb Sausage, cut into small pieces  
1 large Hen, cut into serving pieces  
4 tbs Flour  
8 cups Water  
1 pt Oysters  
1 tbs File powder  
3 Green onions, chopped

- Saute onions, bell pepper, celery, garlic, and parsley.
- Add thyme, sage, and basil.
- Salt and pepper and set aside.
- Saute sausage until browned.
- Remove and set aside.
- Fry chicken pieces in drippings, adding a little oil if necessary.
- Remove and set aside.
- Pour off all but 4 tablespoons of fat.
- Brown flour in oil to make a dark roux.
- Add water slowly, stirring all the while.
- Return chicken to pot along with the vegetables and sausage.
- Simmer 1 hour until chicken is tender.
- Add oysters and their liquid.
- Simmer 10 minutes more.
- Remove from heat.
- Add file powder.
- Serve over rice.
- Garnish with chopped green onions.

## SLALDE DE POMME DE TERRE POTATO SALAD

3lbs Potatoes, peeled and cubed  
1 tbs Vinegar  
6 Hard cooked eggs  
6 Green onions, chopped  
2 stalks Celery, chopped  
Salt and pepper  
1 cup Mayonnaise  
1/2 cup Cream  
1 tbs Mustard  
1 tbs Vinegar

- Boil potatoes in salted water with vinegar added about 15 minutes until tender.
- Drain.
- In a large bowl add chopped egg, green onions, celery, salt, and pepper.
- Blend together the mayonnaise, cream, mustard, and vinegar.
- Add to the potato mixture.
- Blend in sweet pickle, if desired.

## BANANES FLAMBEES FLAMED BANANAS

8 Bananas, firm  
6 tbs Butter  
1/2 cup Brown sugar  
4 tbs Whole almonds, toasted  
4 tbs Rum

- Peel the bananas and cut in half lengthwise.
- Melt the butter in a chaffing dish or table worthy pan.
- Add the bananas in a single layer.
- Sprinkle with sugar and almonds.
- Cook bananas about 5 minutes, turning half way through, until golden.
- Heat the rum in a small sauce pan.
- Pour over bananas carefully.
- Ignite with a match.
- When flame dies out, serve with whipped cream.