



Kevin Belton's COOKIN' LOUISIANA



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FLAVORS FROM THE PARISHES OF THE PELICAN STATE



WITH
MONICA
BELTON

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CONTENTS

Acknowledgments	6	Louisiana State Beverage: Milk Does a Dish Good	115
Kevin Belton's Cookin' Louisiana	9	Baton Rouge: Red Stick Capital	123
Lafourche Parish and Lafourche Crossing: Kevin's Family	13	Cameron and Vermilion Parishes: Coastal Culture	131
St. Martin Parish: Crawfish Capital	19	Calcasieu Parish: Lake Charles	137
Iberia Parish: Sugar Cane Country	27	Fisherman's Paradise	143
Lafayette Parish: Epicenter of Cajun Cuisine	35	River Parishes: Côte des Allemands	149
Acadia Parish: Rice Central	43	Sensational Seafood: Louisiana's Crowning Glory	157
St. Landry Parish: Prairie Sampler	51	Pick-Your-Own: Louisiana's Family Friendly Farms	163
Evangeline Parish: Cajun Heartland	57	Plaquemines Parish: Louisiana Citrus	171
Rapides Parish: Heart of Louisiana	63	Florida Parishes: Cultural Crossroads	177
Avoyelles Parish: Smack Dab in the Middle	71	St. Bernard Parish: New Orleans' Most Historic Neighbor	187
Toledo Bend: Lake Country	79	New Orleans: Cookin' in the Crescent City	195
Natichoches and the Cane River	87	Glossary and Guide to Knowing, Loving, and Understanding Louisiana	202
Red River Riches: Northwest Louisiana	93	Index	204
Sportsman's Paradise	101		
Delta Delights: Northeast Louisiana	109		



CREOLE PORK SAUCE PICANTE

MAKES 4 TO 6 SERVINGS

- 1 (4-pound) pork loin, cut 1/2 inch thick
- 1 tablespoon Creole seasoning
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 1/2 teaspoon kosher salt
- 1/2 teaspoon paprika
- 1/2 teaspoon basil
- 1/2 teaspoon garlic powder
- 3 tablespoons olive oil
- 2 tablespoons butter
- 6 green onions, chopped
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped celery
- 5 tablespoons all-purpose flour
- 1 (14-ounce) can fire-roasted tomatoes
- 1/2 teaspoon thyme
- 1 tablespoon chopped parsley
- 2 bay leaves
- 3 cloves garlic, minced
- 1 jalapeño pepper, seeded and minced
- 1/2 cup dry white wine
- 2 1/2 cups beef stock
- Parsley, for garnish
- Cooked rice, for serving

Pound pork loin to about a 1/4-inch thickness and cut into bite-size pieces.

Mix the Creole seasoning, cayenne, black pepper, salt, paprika, basil, and garlic powder together and lightly sprinkle both sides of the pork pieces.

Heat the oil in a wide heavy skillet or Dutch oven over medium heat until hot. Add the pork and brown on both sides. Remove meat and add the butter. When sizzling, add the green onions, onion, bell pepper, and celery. Sauté for 5 minutes. Stir in the flour and any remaining seasoning from the pork, and cook another 5 minutes, stirring occasionally.

Add the tomatoes with juice, thyme, parsley, bay leaves, garlic, and jalapeño. Stir in the wine and stock. Simmer for 15-25 minutes until thickened. Adjust seasoning by adding salt as needed. Add the pork, nestling into the sauce, reduce heat to low, and simmer partially covered for about 1 hour. Turn off heat and let set, covered, for 10 minutes before serving. Garnish with parsley and serve over rice.

SMOKED MEAT GUMBO

MAKES 8 TO 12 SERVINGS

3 tablespoons vegetable oil, plus 1 cup more, divided
1 pound andouille sausage, sliced into half moons
½ pound smoked sausage, sliced
¼ pound tasso, cubed small
1 to 2 smoked ham hocks
½ pound smoked turkey, cubed
2 cups chopped onions
1 cup chopped celery
1 cup chopped green bell pepper
1 cup all-purpose flour
2 cloves garlic, minced
3 bay leaves
1 tablespoon kosher salt
2 tablespoons Creole seasoning
8 to 10 cups chicken stock
Parsley and green onions, chopped, for garnish
Cooked rice, for serving

In a stockpot, heat 3 tablespoons oil over medium heat. Add andouille, smoked sausage, tasso, ham hocks, and turkey and sauté for 3–5 minutes. Remove from heat and add onions, celery, and bell pepper; set aside.

In a stainless steel or cast iron pan, heat 1 cup oil over medium-high heat. Add flour, and use a whisk to slowly stir, making sure to cover the entire bottom of the pan until flour is a chocolate color. Pour roux on top of vegetables in stockpot and stir. Place pot over medium heat, add garlic, bay leaves, salt, and Creole seasoning, and stir for 2 minutes. Add stock and bring to a boil. Reduce heat and simmer for 45 minutes to 1 hour. Stir in parsley, and green onions. Serve over cooked rice.

Note: Once the gumbo boils, it can simmer for hours. The longer it cooks, the more the flavors blend. Keep in mind if you are adding shrimp, they only need to cook for the last 10 minutes before serving.



EGGNOG BREAD PUDDING

MAKES 10 TO 12 SERVINGS

Homemade Eggnog

6 large egg yolks
1/2 cup sugar
1 cup heavy cream
2 cups milk

1/2 teaspoon ground nutmeg
Pinch of salt
1/4 teaspoon vanilla extract

Bread Pudding

1 (10-ounce) stale and dry loaf French bread
3 cups eggnog
4 eggs
1 teaspoon allspice
2 cups sugar

1/2 to 1 cup milk
1 cup butter
1 cup golden raisins
Ground cinnamon, for topping

Bread Pudding Sauce

1/4 cup butter
2 cups powdered sugar

2 egg yolks

Homemade Eggnog

Whisk the egg yolks and sugar together in a medium bowl until light and creamy.

In a saucepan over medium-high heat, combine the cream, milk, nutmeg, and salt. Stir often until mixture reaches a light simmer.

Add 1 big spoonful of the hot milk to the egg mixture, whisking vigorously. Repeat, adding 1 big spoonful at a time, to temper the eggs. Once most of the hot milk has been added to the eggs, pour the mixture back into the saucepan on the stove.

Whisk constantly for a few minutes, until the mixture is just slightly thickened, or until it reaches about 160 degrees with a thermometer. Remove from heat and stir in the vanilla.

Pour the eggnog into a pitcher and cover with plastic wrap. Refrigerate until chilled. It will thicken as it cools. If you want a thinner, completely smooth consistency, you can add the entire mixture to a blender with 1 to 2 tablespoons of milk and blend until smooth. Store homemade eggnog in the refrigerator for up to 1 week.

For a tasty drink, serve with a sprinkle of cinnamon or nutmeg, and whipped cream.



Bread Pudding

Preheat oven to 350 degrees. Grease a 9 x 13-inch baking dish.

Break up French bread in a large bowl. Add eggnog and let sit for 2 minutes. Start mixing and add eggs. Stir until well mixed. Stir allspice into sugar and add. At this point the mixture should be moist, but you may need to add milk to attain the texture of oatmeal.

Melt butter over a low heat and add raisins to the butter once it has melted. Leave the butter and raisins on the heat for 2 minutes until the raisins are plump. Add the butter and raisins to the bowl and gently combine. Spoon into prepared baking dish and bake for 1-1 1/2 hours until golden brown and the pudding has a firm texture.

Bread Pudding Sauce

Melt butter and remove from heat. Spread powdered sugar on top of the butter and place yolks on top of the sugar. Whisk together until smooth. Serve drizzled over bread pudding.

Tip: You can add about 1/4 to 1/2 cup of your favorite liqueur, juice, or hard liquor to the sauce.



CRAB BEIGNETS

MAKES 4 SERVINGS

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| 1 cup all-purpose flour | ¼ cup chopped chives |
| ¼ cup cornstarch, plus 2 tablespoons more | 1 shallot, finely diced |
| 1 tablespoon baking powder | 1 tablespoon Creole seasoning |
| ½ teaspoon kosher salt | 2 teaspoons salt |
| 1 cup ginger ale | Pinch of pepper |
| ½ cup crabmeat, picked through for shells | Vegetable oil, for frying |
| ½ cup mascarpone cheese | |

Combine flour, cornstarch, baking powder, and salt in a bowl. Slowly add ginger ale until batter is just thicker than pancake batter. Set aside, covered, at room temperature for up to 2 hours.

Mix together crabmeat, cheese, chives, shallot, Creole seasoning, salt, and pepper in a bowl, and then form into ½-ounce balls, about the size of a ping pong ball.

Heat oil in a fryer or cast iron skillet to 375 degrees. Gently drop crabmeat balls into the batter and lift out with a teaspoon. Carefully place them into the oil and fry for 2-3 minutes until golden brown and hot all the way through. Remove from oil and drain on paper towels.



SHRIMP AND CRAWFISH ROLL

MAKES 4 SERVINGS

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| 1 pound cooked shrimp | ½ teaspoon chopped parsley |
| 1 pound crawfish tail meat, drained | ½ teaspoon chopped thyme |
| 2 green onions, chopped | 1 tablespoon Creole seasoning |
| 1 stalk celery, chopped | 1 teaspoon kosher salt |
| ¼ cup mayonnaise | 4 hot dog buns or hoagie rolls, split |
| 3 tablespoons garlic sauce | 2 tablespoons butter, melted |
| ½ teaspoon lemon zest | Fresh parsley leaves, for garnish |
| 1 tablespoon fresh lemon juice | |

In a large bowl, gently combine shrimp and crawfish. In a small bowl, add green onions, celery, mayonnaise, garlic sauce, lemon zest and juice, parsley, thyme, Creole seasoning, and salt, mixing well. Pour over the shrimp and crawfish, stirring to make sure all is coated. Taste, and adjust seasoning if necessary. Cover shrimp mixture and refrigerate until chilled, about 30 minutes.

Brush interior of buns with melted butter. In a large skillet over medium heat, add buns, butter side down, and cook until lightly browned. Divide shrimp mixture evenly between buns, and serve garnished with parsley, if desired.

BLUEBERRY-CUSTARD PIE

MAKES 8 SERVINGS

1½ cups sugar
1 cup buttermilk
3 large eggs
2 tablespoons butter, melted
1 teaspoon vanilla extract

½ cup all-purpose flour
¼ teaspoon kosher salt
1½ cups fresh blueberries or frozen
blueberries, thawed
1 (9-inch) pie crust, unbaked (page 83)

Preheat oven to 350 degrees.

In a large bowl, add the sugar, buttermilk, eggs, butter, and vanilla. Whisk until well combined. Add the flour and salt. Whisk until no dry flour remains. Add the blueberries. Gently stir until well incorporated.

Place the pie crust in a 9-inch pie pan. Pour the pie filling into the pie crust. Bake for 50 minutes. Cool at room temperature for 1 hour. Then refrigerate for at least 2 hours before serving.

