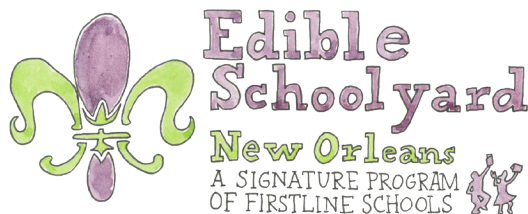


New Orleans' Culinary Influences



A COLLECTION OF RECIPES TO
make with your kids at home!

Recipes adapted by
Chef & Garden Educators
at





Edible Schoolyard New Orleans is a garden and culinary education program that aims to teach children to make healthy connections through food and the natural world. Founded in 2006 as the first replication of chef activist Alice Waters' Edible Schoolyard in Berkeley, CA, ESYNOLA is a signature program of FirstLine Schools, a nonprofit organization that operates five open admissions public charter schools in New Orleans.

Culinary education: We offer experiential, standards-based kitchen classes that encourage children to try new foods, prepare and enjoy fresh produce grown in our gardens, and understand how food affects the human body, communities, and the environment. What follows are recipes from ESYNOLA teaching kitchens, selected and adapted by chef and garden educators for cooking at home with your children. Enjoy!

New Orleans' Culinary Influences

About this Collection

Every year we take our 3rd graders on a field trip through history: we begin with a stop on the Mississippi River to imagine what Native American tribes could forage, hunt and fish along its banks, and then we wander the streets of the French Quarter, gazing at Spanish and Haitian architecture, sampling the French gift of hot and powdered sugar-covered beignets, stopping in Congo Square to feel the drumbeats of enslaved West Africans rising from the earth, and finally, taking a pedicab ride to Brennan's for a cup of gumbo—the dish that ties all of New Orleans' cultures together in one hot, rich, and spicy pot.

That trip is the culmination of our 3rd grade curriculum, and these are the recipes we make in the weeks leading up to that day. We spend each lesson studying our unique city—its music, traditions, and food—through celebrating the people who have made New Orleans home.

Happy cooking!
Chef Megan

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These recipes were chosen and annotated by
Chef Megan, culinary educator at Samuel J. Green Charter School.

Illustrations by Nicole Gelb Dugat
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Sagamité Stew

8-10 Servings, 1 cup Serving Size

Ingredients

- | | |
|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3/4 lb rabbit meat*, chopped | 2 cups corn kernels, fresh or frozen |
| 1 onion, thinly sliced | Fresh herbs (such as rosemary, oregano, thyme or basil), minced or chiffonaded |
| 3 tablespoons butter or oil | Salt and pepper |
| 2 cloves garlic, finely chopped | |
| 2 tablespoons corn flour (all-purpose flour or masa can be substituted) | |
| 5 cups chicken broth | <i>*Whole frozen rabbits or rabbit pieces can often be found at New Orleans grocery stores. If rabbit is not available, use venison or another meat that might have been hunted by Native Louisianans.</i> |
| 2 carrots, sliced or diced | |
| 2 stalks celery, diced | |
| 1 zucchini or yellow squash, diced | |
| 1 handful green beans, ends trimmed, halved | |

Instructions

1. Heat a large pot over high heat, and sear the meat on both sides (about 5 minutes per side). Remove meat from pot and set aside on a plate.
2. Reduce heat to medium, and add butter or oil to pot. Add onions, season with salt and pepper, and stir occasionally, until onions are softened and lightly browned.
3. Add the garlic and cook for 1 minute.
4. Sprinkle with the flour and stir to blend.
5. Add the meat back to pot, and pour in broth. Bring to a boil, then reduce heat, cover and simmer for 30 minutes.
6. Add the carrots and celery, bring back to a boil and simmer, covered, for another 30 minutes.
7. Add the corn, squash and green beans, and cook for 5 minutes. Add herbs and adjust the seasoning. Add broth as needed.

NATIVE AMERICAN CULINARY INFLUENCE

When learning about Native Louisianans, we discuss how tribes like the Choctaw, Houma, Chitimacha and others would have gathered food before settlers arrived:

- Hunting & fishing - Rabbit or venison are used in this stew, but shrimp, crawfish, or fish could be substituted.
- Farming - We learn about "Three Sisters" planting, where corn, squash, and beans grow together with each other crop's assistance. As such, all three vegetables are included in this recipe.
- Foraging - Any herbs can be used in this dish. As we learn in class, foraging means finding what is already growing to use as food

Sagamité is a Native American stew made with corn and fat, and can include a wide variety of other native ingredients.

Bulbancha is Chocktaw in orgin, and was the name for this place before "New Orleans" was coined by Europeans. Bulbancha means "place of many tongues."

Make it with your kids!

All recipes in this collection have been gathered for a 3rd grade culinary curriculum. As such, the tips for cooking with kids are limited to 3rd grade and up. (All of these grades use the stove in the ESY kitchen.)

3rd & 4th grade:

- Chopping with a butter knife will be easier if the carrots, celery, and squash are cut into sticks. Trimming and halving green beans are already a perfect job for this age!
- Shucking ears of corn is fun for kids of all ages! (Adults or older students should cut corn from the cob.)

5th - 8th grade:

- Older students can do all of the chopping and mincing for this recipe -- and there's a lot to do!
- With supervision, middle schoolers can use a paring knife to remove corn kernels from cobs.

Shrimp Étouffée

8-10 Servings, 1 cup Serving Size

Ingredients

6 Tablespoons butter
1/2 cup flour
4 cups onions, diced
2 cups green peppers, diced
2 cups celery, diced
2 Tablespoons minced garlic
1 medium tomato, diced
2 bay leaves
2 tsp. salt
1/2 tsp. cayenne pepper
4 cups shrimp or chicken stock
3 lbs. shrimp, peeled and deveined
1/4 cup parsley, chopped
1/2 cup green onion, thinly sliced

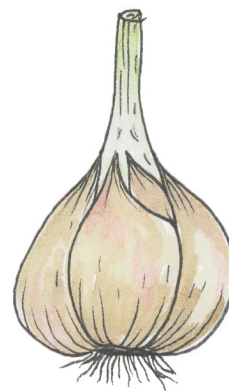
Instructions

1. Melt butter in a large pot or saucepan.
2. Add the flour to form a roux. Cook over low to medium heat, stirring constantly, until the color resembles peanut butter—approximately 5-10 minutes.
3. Add the onions, peppers, celery, and garlic. Cook for 10 minutes, stirring gently. Take care not to burn the roux.
4. Add the tomato, and season with the bay leaf, salt, and cayenne. Cook for approximately 5 minutes.
5. Whisk in the stock, adding slowly at first to create a smooth consistency. Once all the stock is added, bring to a boil and reduce the heat. Let simmer 45 minutes on low heat.
6. Stir in the shrimp and parsley, and cook on low heat 5-7 minutes.
7. Serve over hot steamed rice, garnishing with the green onions.

FRENCH CULINARY INFLUENCE

This recipe highlights two of the most important culinary gifts imparted on New Orleans by the French: the “trinity,” and roux.

- The “trinity” in New Orleans cuisine consists of onion, celery, and bell pepper; the base for many classic French dishes is called a “mirepoix,” which is onion, celery, and carrots. When French-Canadians (now known as Cajuns) and the French immigrated to Louisiana, the carrots were replaced by bell peppers, which grow more readily in the hot southern climate.
- A roux is fat and flour, cooked together to thicken sauces and provide various degrees of color. A roux is the basis for four of the five classic French “mother sauces.”



Make it with your kids!

Knowing how to make a roux is an important skill in Louisiana, but it takes a lot of patience and caution. Keep stirring, but be careful; the roux can splatter and burn your skin! Keep your arm up and the heat on low or medium-low.

3rd & 4th grade:

- Chopping with a butter knife will be easier if the onions, bell peppers, and celery are first cut into sticks.

5th - 8th grade:

- Older students can do all of the chopping and mincing for this recipe—and there's a lot to do! (Older students can also cut the vegetables into sticks for the younger kids)

Chicken & Sausage Paella

6-8 Servings, 1 cup Serving Size

Ingredients

- 4 cups boneless chicken pieces
- 1 teaspoon salt
- 1/4 teaspoon black pepper, ground
- 1/4 cup olive oil
- 1 lb. Spanish chorizo or Andouille sausage, diced
- 1 large onion, diced
- 1 large green bell pepper, diced
- 2 tomatoes, diced
- 2 cups rice
- 4 1/2 cups chicken stock
- 1/2 tsp saffron threads (optional, use 1/2 teaspoon of smoked paprika if not available)
- 1 cup green peas
- 1 lemon, cut into wedges (for serving)

Instructions

1. Season chicken liberally with salt and pepper, set aside.
2. Heat olive oil in a skillet, add chicken and gently brown. Remove and set aside.
3. Add the sausage to the pan and gently brown. Remove and add to chicken.
4. Add onions and bell peppers to skillet. Sauté until soft, approximately 5 minutes.
5. Add the tomatoes and rice, stirring until fully mixed.
6. Add the stock and saffron. Bring to a simmer and then add the browned chicken and sausage.
7. Lower the heat and simmer uncovered, without stirring, for 20 minutes.
8. Add the peas and cover for 5 minutes.
9. Serve hot with lemon wedges.

SPANISH CULINARY INFLUENCE

- The architecture in the French Quarter is actually mostly Spanish. Control of New Orleans was transferred to the Spanish by the French in 1762, and when fires destroyed the neighborhood in 1788 and 1794, the Spanish rebuilt homes, courtyards and balconies in the Spanish style.
- Does this dish remind you of anything? Paella is very similar to Creole Jambalaya, a dish that (in part) emerged from the attempts of Spanish immigrants to make paella with Louisiana ingredients.



Make it with your kids!

3rd & 4th grade:

- Chopping with a butter knife will be easier if the onions, bell peppers, and tomato are first cut into sticks.
- Younger students can cut the sausage easily, as either variety is smoked and usually fully cooked. Regardless, be sure anyone who is handling meat is washing their hands, knife and cutting board between jobs.

5th - 8th grade:

- Older students can do all of the chopping and mincing for this recipe—and there's a lot to do! (Older students can also cut the vegetables into sticks for the younger kids—see above.)

West African Beef Stew

8 Servings, 1/2 cup Serving Size

Ingredients

2 tablespoons olive oil, divided
1 1/2 pounds beef stew meat, cut into cubes
1 1/2 teaspoons kosher salt, divided
3/4 teaspoon freshly ground black pepper
1 1/2 cups onion, chopped
8 garlic cloves, sliced
1 tablespoon mustard seeds, divided
1 1/2 teaspoons coriander seeds
1 1/2 teaspoons ground cumin
4 cups sweet potato, peeled and diced
4 cups beef stock
1 can plum tomatoes, drained
3 cups okra, sliced into rounds
1 large green plantain, peeled and cubed
1/4 cup cilantro, chopped

Instructions

1. Heat a large saucepan over high heat. Add 1 tablespoon oil. Sprinkle beef with 1/2 teaspoon salt and pepper. Add half of beef to pan, cook for 4 minutes, browning all sides. Remove from pan and repeat procedure with remaining 1 tablespoon of oil and beef.

3. Reduce heat to medium. Add onion and garlic and cook 3 minutes or until soft. Add 2 teaspoons mustard seeds, coriander, and cumin and continue to cook for 1 minute.

4. Stir in remaining 1 teaspoon salt, beef, sweet potato, stock, and tomatoes; stir to break up tomatoes. Cover; bring to a boil. Reduce heat to medium-low; simmer 25 minutes.

5. Stir in okra and plantain, simmer an additional 25 minutes. Stir in remaining 1 teaspoon mustard seeds and cilantro.

WEST AFRICAN CULINARY INFLUENCE

- The influence of West African cooks and farmers, forced into enslavement and brought to Louisiana by the French and Spanish, cannot be underestimated. Okra and sweet potatoes were two crops that we enjoy today, because they were cultivated and cooked by these individuals on plantations.
- The roots of many New Orleans traditions lie in West Africa, including second lines, the beading and bamboula of Mardi Gras Indians, and musical styles such as jazz, blues, and gospel.



Make it with your kids!

3rd & 4th grade:

- Chopping with a butter knife will be easier if the onions are first cut into sticks. Okra and plantains, however, are easy to cut with a butter knife!
- Picking cilantro is a great job for students of all ages.

5th - 8th grade:

- Older students can cut the meat, just be sure anyone who is handling meat is washing their hands, knife and cutting board between jobs.
- Middle schoolers can do all of the other chopping and mincing for this recipe, and they can also cut the vegetables into sticks for the younger kids -- see above. *Note: sweet potatoes can be very difficult to cut; adults may want to plank the sweet potatoes, or cut them into sticks, before middle schoolers attempt to dice.

Haitian Pork Griot

6 Servings, 1 cup Serving Size

Ingredients

- 1 small Scotch bonnet or habañero chili
- 1 medium onion, diced
- 1 small green bell pepper, diced
- 1 small red bell pepper, diced
- 1/4 cup fresh chopped Italian parsley, more for serving
- 1 tablespoon kosher salt, more to taste
- 1 tablespoon coarsely ground black pepper
- 6 sprigs fresh thyme, plus more thyme leaves for serving
- 2 garlic cloves, finely chopped
- 1/4 cup cane vinegar or cider vinegar
- Juice of 1 orange
- Juice of 1 lemon
- Juice of 1/2 lime
- 1 tablespoon Worcestershire sauce
- 3 pounds pork shoulder, not too lean, cut into 1 1/2-inch chunks
- 2 tablespoons coconut oil (melted) or olive oil, more as needed

Instructions

1. Quarter the chili and remove the seeds and membranes. Finely chop one quarter; leave the rest in whole pieces. Handle pieces carefully, preferably while wearing gloves; they are extremely hot.
2. Transfer quartered and chopped chilies to a large Dutch oven or heavy pot with a lid. Add onion, bell peppers, parsley, salt, pepper, thyme, and garlic. Stir in vinegar, orange juice, lemon juice, lime juice, and Worcestershire sauce. Mix in pork. Cover pot and refrigerate overnight.
3. The next day, remove from refrigerator at least 1 hour and no more than 3 hours before cooking. Heat oven to 325 degrees. Place pot over high heat and bring liquid to a simmer; cover and put pot in oven. Cook, stirring occasionally, until meat is very tender, about 1 1/2 to 2 hours.
4. Using a slotted spoon, remove meat from pot, allowing all excess liquid to drip back into the pot and picking any bits of vegetables or herbs off the meat. Transfer meat to a rimmed baking sheet. Drizzle meat with 2 tablespoons oil and salt to taste, and toss gently to coat.
5. Strain braising liquid, discarding any solids. Return sauce to pot and simmer over high heat until reduced by about half, about 25 to 30 minutes.
6. Meanwhile, heat the broiler. Broil meat, tossing occasionally, until meat is evenly browned, about 5 to 10 minutes. You want it nicely browned in spots but not so brown that it dries out.
7. To serve, drizzle meat with additional oil and top with sauce, parsley, and thyme leaves. Serve on rice, and/or with pikliz (next recipe).

Make it with your kids!

Juicing citrus is fun!! Use a juicer or your hands, and make sure you suck on those peels after you have all the juice you need. Pickling herbs is also a great job for everyone.

3rd & 4th grade:

- Onions and bell peppers are easily cut with butter knives, if an adult or older student slices each into long strips first.

5th - 8th grade:

- Older students can cut the Scotch bonnet/habañero and pork, but should wear separate gloves for each. Be sure that students wash their hands and cutting boards thoroughly before moving on to the next job, and parents should wash the knife between jobs, too.
- Older students can do all of the vegetable and herb chopping and mincing for this recipe! (Older students can also cut the vegetables into sticks for the younger kids)

Haitian Quick Pikliz

8-12 Servings, 1/2 cup Serving Size

Ingredients

Vegetables:

2 cups green cabbage, thinly sliced
1 onion, thinly sliced
1 carrot, grated
1/2 bell pepper, thinly sliced
4-5 scotch bonnet, seeded and thinly sliced
2 green onions, thinly sliced
5 cloves garlic, minced

Vinegar Brine:

1 1/2 cups apple cider vinegar
1/2 lime, juiced
1 1/2 teaspoons salt
1 teaspoon sugar
1 teaspoon black pepper
4 whole cloves

Instructions

1. In a quart container or mason jar, combine the cabbage, onions, carrots, bell peppers, scotch bonnets, green onions, and garlic. Press vegetables down to make them fit as best you can.

2. In a small pot, combine the vinegar, lime juice, salt, sugar, pepper, and cloves together. Bring to a boil. Remove from heat and pour liquid over the vegetables. Cover and let cool until room temperature. Enjoy.

HAITIAN CULINARY INFLUENCE

- French colonialists in Haiti, as well as free Haitians of color, sought refuge in New Orleans during the Haitian Revolution (1791-1804), in which enslaved Haitians rose up against the cruel treatment of the colonialists.
- Because these refugees arrived around the time of New Orleans' second great fire, and helped to rebuild the city, Haitian-style "Creole cottages" are a hallmark of French Quarter architecture.
- "Black pot" cooking (a popular style of cooking in Louisiana, where dishes simmer slowly in cast iron) has its roots in both West Africa and the Caribbean.



Make it with your kids!

Everyone can practice their measuring skills by making this brine.

3rd & 4th grade:

- Green onions can be cut thin with scissors.
- 3rd & 4th graders can use a box grater for the carrots, or they can peel the carrots into ribbons.
- Older students or adults should handle most of the slicing for the best results, but if the vegetables are cut into smaller chunks, younger kids can use a butter knife to slice as best as possible.
- These grades can cook the brine, but should get help from an older student or adult to pour it over the vegetables.

5th - 8th grade:

- Older students can cut the Scotch bonnet/habañero, but should wear gloves. Be sure that students wash their hands and cutting board thoroughly before moving on to the next job, and parents should wash the knife between jobs, too.

Chicken Bahn Mi

4-6 Servings, 6 inch sandwich Serving Size

Ingredients

For the sandwich:

- 1 1/2 lbs boneless, skinless chicken thighs
- 1/2 cup white vinegar
- 1/4 cup sugar
- 1 large carrot, grated
- 1 baguette or po-boy loaf
- 1/4 cup mayonnaise
- 1 head romaine lettuce, thinly sliced
- 1/2 cucumber, thinly sliced
- 3 sprigs mint, stems removed
- 1 jalapeño, sliced (optional)

For the marinade:

- 1/2 cup soy sauce
- 2 teaspoon sesame oil
- 1 Tablespoon fish sauce
- 1 Tablespoon fresh ginger, minced
- 1 Tablespoon garlic, minced
- 1/2 teaspoon chili paste
- 2 Tablespoon brown sugar
- 3 green onions, thinly sliced

Instructions

1. In a large bowl, combine all the ingredients for the marinade. Pour marinade into a large zip-lock bag, add chicken, and shake to completely coat chicken. Let chicken rest in the refrigerator for at least 2 hours or overnight.
2. Once chicken is ready, preheat oven to 400°F. Place chicken in a single layer on a baking sheet and bake for 20-25 minutes or until internal temperature reads 165°F. Remove from oven and slice into strips.
3. While chicken is baking, in a small mixing bowl, combine the vinegar, sugar, and carrots. Let sit for 10-15 minutes. Drain carrots.
4. Slice baguette in half lengthwise. Spread mayonnaise on one side of the bread. Add lettuce, cucumber slices, drained carrots, mint, sliced chicken, and jalapeños (if using). Serve immediately.

VIETNAMESE CULINARY INFLUENCE

- Vietnamese refugees fled to New Orleans after the fall of Saigon in 1975, drawn to a climate and geography similar to that of Vietnam, as well as efforts by the Catholic church to support the immigrants with housing and employment.
- The Vietnamese community in New Orleans annually celebrates Tet Festival to commemorate the Lunar New Year and honor Vietnamese traditions.
- Vietnamese cuisine strives to balance five taste elements—spicy, sour, bitter, salty and sweet. Which components of this recipe provide each taste?



Make it with your kids!

There are a number of kid jobs in this recipe, and you don't even have to use the stove!

All grades:

- All students can peel and grate carrots, slice lettuce, snip green onions with scissors, and pick mint leaves from stems.
- Students can measure the ingredients to pickle the carrots; and can also measure and mix the marinade ingredients.

5th - 8th grade:

- Older students should slice the cucumbers, and mince the ginger and garlic.
- If you have gloves, students should wear them while slicing jalapeños; if not, make sure they wash their hands and cutting board thoroughly after cutting any spicy pepper.

Honduran Baleadas

Serves 12, 1 baleada Serving Size

Ingredients

For the tortillas:

- 1 pound all-purpose flour (about 4 cups)
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/4 cup vegetable oil
- 1 1/4 cups warm water

For the beans:

- 1 cup red beans
- 1 tablespoon olive oil
- 1 garlic clove (minced)
- 1 tablespoon chopped red onion
- ground pepper

For the toppings

(all optional):

- Scrambled eggs
- Sliced avocado
- Crumbled queso fresco or cotija cheese
- Honduran crema or sour cream
- Shredded chicken or beef
- Chorizo, cooked

Instructions

1. To make tortillas: in a large bowl, sift flour, baking powder, and salt. Make a well in the center and pour in the oil, then add water. Work the flour gently until dough is formed.
2. Transfer to a clean and lightly floured surface and work the dough for about 5 minutes. Dough should feel flexible and soft. Divide into 12 pieces.
3. Grease your hands with a little oil and form 12 balls. Place in the bowl, cover with a clean cloth and let rest for 45 minutes.
4. While tortillas are sitting, place beans in a blender and blend until smooth.
5. In a medium skillet, heat oil. Add onion and garlic and sauté until onions are softened.
6. Add beans, season with salt and pepper.
7. Cook uncovered over low-medium heat, stirring constantly until beans have a thick consistency.

HONDURAN CULINARY INFLUENCE

- An increase in immigration from Honduras to New Orleans began in 1933, when United Fruit (a company importing bananas from Central America) moved from Boston to St. Charles Avenue, thereby opening up an avenue for Hondurans to migrate north.
- Honduran immigration to New Orleans spiked again after Hurricane Katrina, when thousands of Honduran laborers arrived to rebuild the city.
- Hondureños, or Honduran people, are also called Catrachos in Spanish.



Make it with your kids!

This recipe isn't as complicated as it looks—it just has a few separate steps! Feel free to make these with whichever toppings your family prefers!

All grades:

- Mixing the tortilla dough, rolling it into balls, and then rolling it out is fun for everyone! Use a rolling pin, a non-breakable bottle, or your hands to flatten the dough into thick tortillas.
- Chopping with a butter knife will be easier if the onions are first cut into sticks; older kids can dice themselves

- Avocado can be scooped out with a spoon, and cooked boneless chicken breast or thighs can be shredded by hand with two forks.
- Kids of all ages enjoy cracking eggs and whisking them, as well as cooking them over low heat to scramble them.
- Picking cilantro is a great job for students of all ages.

Shrimp & Andouille Gumbo

10 - 12 Servings, 1 cup Serving Size

Ingredients

1/2 cup (1 stick) butter
1/2 cup all-purpose flour
1 onion, diced
2 ribs celery, diced
1 green bell pepper, diced
1/2 lb. okra, sliced
6 cloves garlic, minced
2-3 sprigs thyme
1 quart chicken stock
4-6 cups water
1-2 Tablespoons (or to taste) Emeril's Creole Spice Mix
(recipe on next page)
Salt and pepper to taste

Instructions

1. Heat butter in a large stock pot over medium heat. Mix in flour. Cook for 15-20 minutes, stirring constantly, or until the roux turns a dark brown and starts smelling toasty.
2. Add onions, celery, and bell peppers (the trinity), and cook until softened, about 5-7 minutes. Add okra and cook for 3-5 minutes more, stirring frequently. Add Creole spice mix to taste. (Note: the spice mix contains salt and pepper, so wait until the end before tasting and adjusting to your preferences.)
3. Add garlic and thyme, and cook, stirring constantly, until fragrant (about 30 seconds).
4. Add chicken stock and 4-6 cups more water to the gumbo pot (you can make your gumbo as soupy or as thick as you like -- but remember that it will thicken and reduce as it cooks). Adjust salt and pepper and seasoning. Stir and let gumbo come to a boil before turning down to simmer.
5. While gumbo is coming to a boil, heat a skillet over medium-high heat. Add sliced andouille in a single layer, and cook until browned on both sides (about 5 minutes per side). You may have to do this in batches. As sausage is browned, remove it from skillet and add to the gumbo.
6. Using the same skillet, cook the chicken in the same manner as the andouille, and add it to the gumbo pot as it is browned.
7. Once all meats have been added to the gumbo pot, and the heat has been turned down to allow gumbo to simmer, cook for at least 15 minutes (or up to 2 hours) before serving.

GUMBO POT OF CULINARY INFLUENCE

- When we cook this gumbo in class, we reflect on everything we've learned about New Orleans' unique "gumbo pot" of culture. Can you identify ingredients in this recipe that were used in other recipes in this collection? What about techniques or terms?
- What do you love about living in New Orleans? Why do you think that thing exists here? Did any of the unique groups in this cookbook contribute to your favorite parts of New Orleans?

Make it with your kids!

All grades:

- Knowing how to make a roux is an important skill in Louisiana! But it takes a lot of patience and caution—keep stirring, but be careful—the roux can splatter and burn your skin! Keep your arm up and the heat on low or medium-low.
- Searing meat is faster than cooking roux, but it can also lead to splatters. Follow the safety tips above!

3rd - 4th grade:

- Chopping with a butter knife will be easier if the onions, bell peppers, and celery are first cut into sticks.

5th - 8th grade:

- Older students can do all of the chopping and mincing for this recipe—and there's a lot to do! (Older students can also cut the vegetables into sticks for the younger kids).

Emeril's Creole Spice Mix

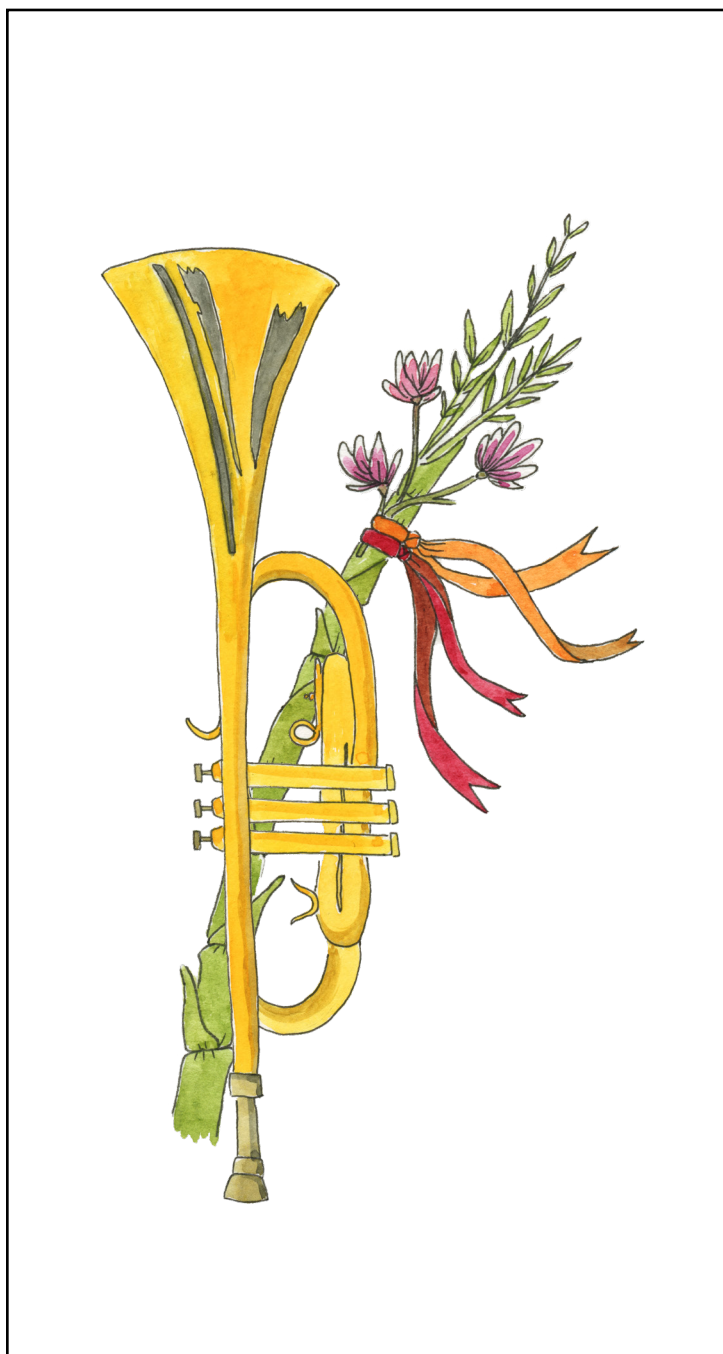
Yields 2/3 cup

Ingredients

- 2 1/2 Tablespoons paprika
- 2 Tablespoons salt
- 2 Tablespoons garlic powder
- 1 Tablespoon black pepper
- 1 Tablespoon onion powder
- 1 Tablespoon cayenne pepper
- 1 Tablespoon dried oregano
- 1 Tablespoon dried thyme

Instructions

1. Mix all ingredients in a small bowl. Store in an airtight jar or container at room temperature.



Make it with your kids!

This recipe is a great opportunity for kids of all ages to practice measuring. However, students who are used to leveling the measuring spoon with their fingers should use a butter knife instead—cayenne pepper is very spicy and can burn your skin!! (If you do accidentally touch some, make sure to wash your hands well with soap and water.)

SAFETY RULES

from the ESYNOLA Teaching Kitchen

STOVE RULES

1. Only adults adjust the flame.
2. Keep arm lifted and stir slowly.
3. Sleeves up, hair pulled back.

KNIFE RULES

1. Use bear claw and bridge.
2. Focus!
3. Knife on the cutting board, always.

RECIPE ATTRIBUTIONS & REFERENCES

Sagamité Stew

Recipe adapted from recardocuisine.com
Additional information from richcampanella.com,
Wikipedia, & nativeseeds.org

Shrimp Étouffée

Additional information from theculturetrip.com
& *The Michelin Guide*

Chicken & Sausage Paella

Additional information gathered from frenchquarter.com &
newworldencyclopedia.org

West African Beef Stew

Recipe adapted from *Cooking Light Magazine*
Additional information gathered from louisianafolklife.org &
oaklandlibrary.org

Haitian Pork Griot

Recipe adapted from *New York Times Cooking* (blog)
Additional information from gonola.com & theadvertiser.com

Quick Pickliz

Recipe adapted from *Aliya LeeKong* (blog)

Chicken Bahn Mi

Additional information from nytimes.com, neworleans.com,
& epicureandculture.com

Honduran Baleadas

Recipe adapted from *The Hispanic Kitchen* (blog)
Additional information from Louisianaweekly.com &
graywolfpress.org

Emeril's Creole Spice Mix

Recipe written by Chef Emeril Lagasse



Bon Appétit!

YOU
MAY
EAT.

Edible Schoolyard New Orleans

a signature program of FirstLine Schools

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