



Carrots and Andouille

Pete Dufresne

St. James Parish President

1 tsp salt
1 tsp black pepper
1 tsp cayenne pepper (or to taste)
1 tsp garlic powder
2 lbs carrots, thinly sliced
2 cups chicken stock
1 to 2 cups canola oil
1 to 2 cups all-purpose flour
1 cup onions, chopped
3 Tbsp butter
1 Tbsp garlic, minced
1 lb andouille sausage
1 Tbsp apple jelly
¼ cup green onions, chopped

Combine the salt, black pepper, cayenne and garlic powder in a small bowl and set aside. Parboil the carrots in the chicken stock until tender. Reserve.

To make a roux, with the heat off pour oil into the center of a Dutch oven or stockpot just until it hits the sides of the pot all the way around. Turn the heat on to medium. As the oil warms, begin adding flour gradually, a few heaping spoons at a time. Stir in the flour, mixing it with the oil as it heats up. Continue adding flour until the consistency is smooth and pasty (not runny). Turn the heat to medium high, stirring constantly until the roux bubbles and browns.



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Reduce the heat to medium and add the onions, stirring to make sure they don't stick. Cook until the onions are translucent, then add the butter. When the butter is melted and the roux is creamy, add the garlic. Season to taste with the seasoning mixture.

Slice the andouille into rings and then slice the rings in half. Add the sausage to the roux and let simmer for a few minutes. Stir in the carrots and add some of the carrot cooking stock a little at a time to make a gravy. Add the apple jelly and green onions, then reduce the heat. Cover the pot and cook on low about 30 minutes.

Serve the Carrots and Andouille with Dirty Rice and Beet and Egg Salad.

Dirty Rice

- 1 lb ground beef
- 1 lb ground pork
- 2 cups onion, finely chopped
- 1 quart chicken stock
- 14.5 oz canned diced tomatoes
- 12 oz prepared brown gravy
- 10.5 oz can cream of mushroom soup
- 2 Tbsp garlic, minced
- 2 tsp salt
- 1 tsp cayenne pepper (or to taste)
- Pinch of nutmeg (optional)
- ½ cup green onions, chopped
- 2 lbs extra long grain white rice



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In a large heavy-bottomed pot or Dutch oven brown the beef and pork. Add the onions and cook until translucent. Stir in the chicken stock, tomatoes, brown gravy and cream of mushroom soup.

Turn up the heat and add the garlic, seasonings and green onion. When the stock comes to a boil, stir in the rice. Cook, stirring to prevent sticking, for about 8 minutes. Don't let all the liquid cook off.

Cover the pot and place in a preheated 350 degree oven for 30 minutes. Fluff the dirty rice and serve.

Beet and Egg Salad

6 hardboiled eggs, peeled

14.5 oz canned sliced beets, or 3 medium parboiled sliced fresh beets

½ cup (approximately) mayonnaise

Salt and pepper

Chop the egg whites and place in a bowl. Fold in the sliced beets.

In another bowl, mash the egg yolks, then fold in ¼ cup mayonnaise. Season with salt and pepper. Combine the egg yolk mixture with the egg whites and beets. Gradually add just enough mayonnaise until the ingredients are coated.

Refrigerate until serving.