

Mardi Gras

Gourmet Club | February 2012

APPETIZERS

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BLUE CRAB AND CAMEMBERT BISQUE WITH SAFFRON

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FEATURED WINES:

MONTECASTRILLO RIBERA DEL DUERO \$15.99 AND CLINE VIOGNIER \$11.99

Present this menu at Apollo Liquor for a 10% discount on the featured wines

BUTTERMILK BEIGNETS

Ingredients:

- 3/4 cup whole milk
- 1 1/2 cups buttermilk
- 4 teaspoons active dry yeast
- 2 1/2 tablespoons sugar
- 3 1/2 cups bread flour plus extra for flouring work surface
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- Peanut oil for frying

Instructions:

1. Confectioners' sugar for serving, as much as you think you'll need—then double that!
2. Heat the milk in a small saucepan over medium-high heat until small bubbles form at the surface. Remove from the heat, add the buttermilk, and then pour into a stand mixer bowl. Whisk in the yeast and the sugar and set aside for 5 minutes. Add the flour, baking soda, and salt, and mix on low speed, using a dough hook, until the dry ingredients are moistened, 3 to 4 minutes. Increase the mixer speed to medium and continue mixing until the dough forms a loose ball and is still quite wet and tacky, 1 to 2 minutes longer. Cover the bowl with plastic wrap and set the dough aside in a draft-free spot for 1 hour.
3. Pour enough peanut oil into a large pot to fill it to a depth of 3 inches and bring to a temperature of 375°F over medium heat (this will take about 20 minutes). Line a plate with paper towels and set aside.
4. Lightly flour your work surface and turn the dough out on it. Sprinkle the top of the dough with flour, gently press to flatten, fold it in half, and gently tuck the ends under to create a rough-shaped round. Dust again and roll the dough out into a 1/2-inch- to 1/3-inch-thick circle. Let the dough rest for 1 minute before using a chef's knife, a bench knife, or a pizza wheel to cut the dough into 1 1/2-inch squares (you should get about 48).
5. Gently stretch a beignet lengthwise and carefully drop it into the oil. Add a few beignets (don't overcrowd them, otherwise the oil will cool down and the beignets will soak up oil and be greasy) and fry until puffed and golden brown, turning them often with a slotted spoon, for 2 to 3 minutes. Transfer to the prepared plate to drain while you cook the rest. Serve while still warm, buried under a mound of confectioners' sugar, with hot coffee on the side.

Make ahead:

1. The beignet dough can be made up to 8 hours in advance of frying. Line a baking sheet with parchment paper and spray it with nonstick cooking spray. After cutting the dough, place the beignets on the paper and place another greased sheet of parchment paper, sprayed-

side down, on top. Wrap the entire baking sheet with plastic wrap and refrigerate. The beignets can be fried straight from the refrigerator.

Source: <http://www.epicurious.com/recipes/food/views/Buttermilk-Beignets-356850#ixzz1bnjwmxxo>

BLUE CRAB AND CAMEMBERT BISQUE WITH SAFFRON

Yield: 8 Servings

Ingredients:

- 2 sticks butter
- 1 onion, diced (about 1 cup)
- 2 celery stalks, diced
- 1 leek, sliced into half moons and rinsed
- 4 cloves garlic, minced
- 1 cup flour
- 1 quart heavy cream
- 1 quart half-and-half
- 6 basil leaves
- 1/4 ounce fresh thyme
- 1 8-ounce wheel camembert cheese
- 1/2 cup grated Parmesan cheese
- Meat from 4 Louisiana jumbo crabs
- 1 pound Louisiana blue crab claw meat (picked for shells)



Instructions:

1. In a heavy stock pot, cook onions, celery, leeks, and garlic in butter until onions are translucent, on medium heat. Add flour and cook for 2 minutes.
2. Add cream and half-and-half, cook for 20 minutes or until flour has cooked out, on medium low heat. Add basil, thyme, and cheeses. Cook until cheeses are thoroughly incorporated.
3. Add remaining ingredients and cook for 5 more minutes. Purée soup thoroughly with an immersion blender. Strain and season to taste with salt and white pepper.

Source: Chef Chris Lusk, Cafe Adelaide, New Orleans

CRAWFISH, GOAT CHEESE, AND RISOTTO FRITTERS WITH ANDOUILLE AIOLI

Yield: 15 pieces

Ingredients:

Fritters:

- 1 tablespoon butter
- 1/2 yellow onion, finely diced
- 1 tablespoon chopped garlic
- 1 tablespoon fresh thyme leaves, chopped
- 2 cups Arborio rice
- 1 cup white wine
- 2 1/2 cups warm chicken stock
- 2 1/2 cups warm Louisiana shrimp stock
- salt and pepper to taste
- 1 pound Louisiana crawfish tails with fat, roughly chopped
- Creole seasoning to taste
- 1 1/3 cups (11 ounces) soft goat cheese (chèvre)
- oil for frying



Andouille Aioli:

- 1/2 pound andouille sausage, chopped
- 1 tablespoon garlic, chopped
- 1 egg yolk
- 1 whole egg
- 2 cups grapeseed oil
- juice of 1 lemon
- 1 tablespoon kosher salt
- 1 teaspoon freshly ground black pepper

Instructions:

Fritters

1. Melt butter in a large sauté pan set over medium-high heat. Add onions and cook until softened, about 10 minutes. Add garlic and thyme and cook until fragrant, about 5 minutes. Add rice and sauté until opaque, about 4 minutes. Deglaze pan with white wine and stir. Mix stocks together, and add one ladle full at a time, cooking until liquid is absorbed before adding more, stirring constantly. When all liquid has been absorbed, season with salt and pepper.
2. Add crawfish tails and Creole seasoning. Remove from heat. Add goat cheese and mix thoroughly. Cool.
3. Heat oil to 350°F. Place a small amount of risotto into your hand and roll into 1 1/2-inch balls. Roll the balls in ground Panko and place on a tray. Drop into oil and cook until golden, 4 to 5 minutes. Serve with Andouille Aioli.

Andouille Aioli:

1. Preheat oven to 250°F. Add sausage to a pan set over medium-high heat and render until crispy but not burned. Drain off fat and discard. Place andouille in a food processor and grind until fine. Place on a sheet tray and bake in oven until completely dried out, about 15 minutes. Set aside.

2. Place garlic and eggs in food processor and with machine running slowly drizzle in the oil to emulsify. Drizzle in lemon juice. Season with salt and pepper. Add half the dried Andouille and blend. Reserve the rest of the dried Andouille powder to sprinkle atop fritters.

Source: Chef Nathan Gresham, Beausoleil, Baton Rouge

CREOLE TOMATO SALAD

Tomatoes are an important ingredient in the Creole cooking of New Orleans. This composed salad is easy to put together yet yields abundant, fresh flavor

Ingredients:

- 3 ripe tomatoes, cut into 1/4-inch-thick slices (about 2 pounds)
- 1 Vidalia or other sweet onion, thinly sliced and separated into rings
- 1/4 teaspoon salt
- 1 tablespoon thinly sliced fresh mint
- 2 teaspoons chopped fresh chives
- Vinaigrette:
 - 4 teaspoons olive oil
 - 4 teaspoons red wine vinegar
 - 1 teaspoon Dijon mustard
 - 1/2 teaspoon minced fresh garlic



Instructions:

1. To prepare salad, alternate tomato and onion slices on a platter. Sprinkle with salt. Top with mint and chives.
2. To prepare vinaigrette, combine oil, vinegar, mustard, and garlic in a jar. Cover tightly; shake vigorously. Drizzle vinaigrette over salad, and serve at room temperature.

Source: <http://www.myrecipes.com/recipe/creole-tomato-salad-10000001054833/>

EMERIL'S RED BEANS AND RICE

Ingredients:

- 1 pound dried red beans, rinsed and sorted over
- 3 tablespoons bacon grease
- 1/4 cup chopped tasso, or chopped ham
- 1 1/2 cups chopped yellow onions
- 3/4 cup chopped celery
- 3/4 cup chopped green bell peppers
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Pinch cayenne
- 3 bay leaves
- 2 tablespoons chopped fresh parsley
- 2 teaspoons fresh thyme
- 1/2 pound smoked sausage, split in half lengthwise and cut into 1-inch pieces
- 1 pound smoked ham hocks
- 3 tablespoons chopped garlic
- 10 cups chicken stock, or water
- 4 cups cooked white rice
- 1/4 cup chopped green onions, garnish

Instructions:

1. Place the beans in a large bowl or pot and cover with water by 2 inches. Let soak for 8 hours or overnight. Drain and set aside.
2. In a large pot, heat the bacon grease over medium-high heat. Add the tasso and cook, stirring, for 1 minute. Add the onions, celery and bell peppers to the grease in the pot. Season with the salt, pepper, and cayenne, and cook, stirring, until the vegetables are soft, about 4 minutes. Add the bay leaves, parsley, thyme, sausage, and ham hocks, and cook, stirring, to brown the sausage and ham hocks, about 4 minutes. Add the garlic and cook for 1 minute. Add the beans and stock or water, stir well, and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the beans are tender and starting to thicken, about 2 hours. (Should the beans become too thick and dry, add more water, about 1/4 cup at a time.)
3. Remove from the heat and with the back of a heavy spoon, mash about 1/4 of the beans against the side of the pot. Continue to cook until the beans are tender and creamy, 15 to 20 minutes. Remove from the heat and remove the bay leaves.
4. Serve over rice and garnish with green onions.

Source: <http://www.foodnetwork.com/recipes/emeril-lagasse/red-beans-and-rice-recipe2/index.html>

EVERY ISLAND GREEN POTATO SALAD

Yield: 8 servings

Ingredients:

- 2 pounds medium-size red potatoes, peeled and quartered
- 2 teaspoons salt, divided
- 6 hard-cooked eggs
- 1/4 cup vegetable oil
- 1/4 cup TABASCO® brand Green Jalapeño Pepper Sauce
- 3/4 cup mayonnaise
- 1 stalk celery, finely chopped
- 1/4 cup chopped green bell pepper
- 1/4 cup sweet pickle relish

Instructions:

1. Place potatoes in a large saucepan and cover with water. Bring to a boil and add 1 teaspoon of the salt. Cook over medium heat 15 minutes or until tender. Drain and set aside to cool.
2. Cut eggs in half and place yolks in a large bowl; mash yolks with a fork and stir in oil and TABASCO® Green Sauce. Add mayonnaise and remaining 1 teaspoon salt and mix well. Dice potatoes and add to mayonnaise mixture along with celery, green pepper, and pickle relish. Finely chop egg whites and stir into salad, mixing well. Refrigerate until ready to serve.

Source: www.tabasco.com

ASPARAGUS ELLEN WITH MOUSSELINE SAUCE

Ingredients:

Asparagus:

- 64 fresh asparagus spears
- 2 cups cold water
- ½ teaspoon salt
- 2 pounds lump crab meat, picked over to remove any shell and cartilage
- ¼ cup (½ stick) butter
- Mousseline Sauce (recipe below)
- Freshly grated Parmesan cheese for sprinkling

Mousseline Sauce:

- 1/2 cup heavy cream
- pinch of salt
- pinch of white pepper
- 1 teaspoon chopped fresh parsley
- 1 tablespoon dry white wine
- 2 cups hollandaise sauce

Instructions:

Asparagus:

1. Rinse asparagus spears thoroughly under cold running water, then trim stems so that spears are about 4 inches in length. Using a vegetable peeler or knife, scrape away tough skin from just below the asparagus tip to the base of stalk.
2. Place asparagus in a large sauté pan along with 2 cups cold water and the salt. Boil the spears gently over medium heat until tender, about 10 minutes, then remove from the pan and blot dry on paper towels. Place on a warm plate while cooking crabmeat.
3. Melt the butter in a large skillet. Add the crabmeat and sauté for several minutes until heated through. To serve, divide the spears between eight plates. Top with 1/2 cup of crabmeat, then cover with Mousseline Sauce. Sprinkle with Parmesan cheese and serve hot.

Mousseline Sauce:

1. In a medium bowl, combine the cream, salt, and pepper. Beat with a whisk until thick enough to form a ribbon trail, then add the parsley, wine and hollandaise sauce. Fold until thoroughly blended.

Source: www.brennansneworleans.com

ANDOUILLE GRITS

by chef Tory McPhail, Commander's Palace, New Orleans, LA

Chef Tory McPhail writes: "I was 19 years old and just out of culinary school when I first started at Commander's Palace. Despite my training, nothing prepared me for the pressures of working in a fast-paced kitchen, or in a restaurant of such high quality. I think my success came down to sheer effort and a lifelong passion for cooking. Even as a kid I loved playing with cookie and pie dough.

"After a seven-year absence, which I spent working abroad and opening a new Commander's Palace restaurant in Las Vegas, I came back to New Orleans last year. Since returning I've enjoyed cooking for my friends. On the weekends we'll go fishing, and then I'll grill our catch and serve it along with a fresh salad. That meal combines the two best things about living in the South — lots of fishing and great fresh produce."

Serve these creamy grits with fried eggs for a southern-style breakfast. Andouille, a spicy pork sausage, is available at specialty foods stores and some supermarkets.

Ingredients:

- 4 tablespoons (1/2 stick) butter
- 8 ounces andouille sausage or hot links, cut into small cubes
- 3 3/4 cups (or more) low-salt chicken broth
- 1 cup instant grits

Instructions:

1. Melt 1 tablespoon butter in heavy large saucepan over medium-high heat. Add sausage and sauté until brown, about 3 minutes. Add 3 3/4 cups broth and bring to boil. Gradually whisk in grits. Reduce heat to medium and simmer until mixture is thick, stirring occasionally, about 8 minutes. Mix in more broth by 1/4 cupfuls to thin, if desired. Stir in remaining 3 tablespoons butter. Season grits to taste with salt and pepper and serve

Source: Bon Appétit | September 2003

Main Courses

CHICKEN AND SAUSAGE GUMBO

Ingredients:

- 1 pound andouille sausage, cut into 1/4-inch-thick slices
- 4 skinned bone-in chicken breasts
- Vegetable oil
- 3/4 cup all-purpose flour
- 1 medium onion, chopped
- 1/2 green bell pepper, chopped
- 2 celery ribs, sliced
- 2 quarts hot water
- 3 garlic cloves, minced
- 2 bay leaves
- 1 tablespoon Worcestershire sauce
- 2 teaspoons Creole seasoning
- 1/2 teaspoon dried thyme
- 1/2 to 1 teaspoon hot sauce
- 4 green onions, sliced
- Filé powder (dried ground leaves of the sassafras tree, optional)
- Hot cooked rice
- Garnish: chopped green onions

Instructions:

1. Cook sausage in a Dutch oven over medium heat, stirring constantly, 5 minutes or until browned. Drain on paper towels, reserving drippings in Dutch oven. Set sausage aside.
2. Cook chicken in reserved drippings in Dutch oven over medium heat 5 minutes or until browned. Remove to paper towels, reserving drippings in Dutch oven. Set chicken aside.
3. Add enough oil to drippings in Dutch oven to measure 1/2 cup. Add flour, and cook over medium heat, stirring constantly, 20 to 25 minutes, or until roux is chocolate colored.
4. Stir in onion, bell pepper, and celery; cook, stirring often, 8 minutes or until tender. Gradually add 2 quarts hot water, and bring mixture to a boil; add chicken, garlic, and next 5 ingredients. Reduce heat to low, and simmer, stirring occasionally, 1 hour. Remove chicken; let cool.
5. Add sausage to gumbo; cook 30 minutes. Stir in green onions; cook for 30 more minutes.
6. Bone chicken, and cut meat into strips; return chicken to gumbo, and simmer 5 minutes. Remove and discard bay leaves.

Remove gumbo from heat. Sprinkle with filé powder, if desired. Serve over hot cooked rice. Garnish, if desired.

Source: Southern Living | October 2004

SHRIMP PO'BOY

The paper-thin crust and pillowy crumb of a New Orleans—style French roll is essential to this classic **sandwich—as is Crystal hot sauce.**

Yield: 4 servings

Ingredients:

- 2 1/2 teaspoons kosher salt
- 1 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon onion powder
- Vegetable oil for frying
- 1 1/2 pounds medium shrimp (about 36), peeled, deveined
- 1 cup buttermilk
- 1 1/2 cups all-purpose flour
- 1 cup cornmeal
- 4 8"-long French rolls, split horizontally
- Rémolade (go to bonappetit.com for recipe) or mayonnaise
- Shredded iceberg lettuce
- Sliced tomatoes
- Dill pickles
- Hot pepper sauce (optional), preferably Crystal



Instructions:

1. Whisk first 8 ingredients in a small bowl to blend.
2. Attach a deep-fry thermometer to side of a heavy wide pot. Add enough oil to measure 2". Heat over medium heat to 350°.
3. Meanwhile, place shrimp and 2 tablespoons spice mix in a medium bowl and toss to coat. Pour buttermilk into another medium bowl. Whisk flour and cornmeal in another medium bowl.
4. Dip seasoned shrimp briefly in buttermilk, then coat with flour mixture. Working in batches, fry shrimp, stirring occasionally, until golden brown and just cooked through, about 4 minutes per batch. Transfer to paper towels to drain.
5. Open rolls and spread cut sides with rémolade. Top with lettuce, tomato, pickles, and shrimp. Serve with hot sauce, if desired.

Source: <http://www.epicurious.com/recipes/food/printerfriendly/Shrimp-PoBoy-365820?printFormat=photo#ixzz1j0APVA9J>

EULA MAE'S SHORT RIB JAMBALAYA

Yield: 8-10 servings

Ingredients:

- 1 tablespoon vegetable oil
- 2 pounds pork short ribs, cut into 2-inch pieces
- 3 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon Accent seasoning
- 2 teaspoons Original TABASCO® brand Pepper Sauce
- 1 1/2 cups chopped yellow onions
- 1/2 cup chopped celery
- 3 garlic cloves, peeled
- 1 cup seeded and chopped bell peppers (green, red, and yellow mixed or just green)
- 3/4 cup canned seeded and chopped tomatoes
- 4 cups water
- 1/3 cup chopped fresh parsley leaves
- 1/2 cup finely chopped green onions (green and white parts)
- 3 cups raw long-grain white rice

Instructions:

1. Oil a large, heavy pot or Dutch oven with the vegetable oil and place over medium heat. Season the ribs with 2 teaspoons of the salt, 1/4 teaspoon of the black pepper, the Accent, and 1 teaspoon of the TABASCO® Sauce. When the oil is hot, add the ribs and cover the pot. Cook, stirring occasionally and scraping the browned bits from the bottom of the pan, until the meat is evenly browned, about 45 minutes.
2. Transfer the ribs to a platter and drain off all but 3 tablespoons of the fat in the pot. Add the onions and cook, stirring occasionally and scraping the browned bits off the bottom of the pot, until they are soft and lightly golden, 5 to 6 minutes. Add the celery and garlic and cook for 5 minutes, stirring occasionally. Add the bell peppers and cook, stirring a few times, for 2 to 3 minutes. Add the tomatoes and return the ribs to the pot. Cover and cook over medium-low heat for 30 minutes, stirring occasionally.
3. Add the water, cover, and simmer for 30 minutes longer. Add the parsley, green onions, and rice. With a spoon, stir to submerge the rice in the liquid. Add the remaining 1 teaspoon salt, 1/4 teaspoon black pepper, and 1 teaspoon TABASCO® Sauce. Stir to mix, cover, and cook until all the liquid is absorbed, about 30 minutes.
4. Remove from the heat and let stand, covered, for about 5 minutes before serving.

Source: http://www.tabasco.com/taste_tent/recipes/recipe_pop.cfm?id=4203

Desserts

SOUTHERN LIVING'S KING CAKE

"This highly recommended recipe originally appeared in Southern Living in January 1990. 12-years later, it is still a fitting end to any traditional Mardi Gras celebration."

Ingredients:

- 1/4 cup butter or margarine
- 1 (16 ounce) container sour cream
- 1/3 cup sugar
- 1 teaspoon salt
- 2 (.25 ounce) envelopes active dry yeast
- 1 tablespoon white sugar
- 1/2 cup warm water (100 to 110 degrees)
- 2 eggs
- 6 1/2 cups all-purpose flour, divided
- 1/2 cup white sugar
- 1 1/2 teaspoons ground cinnamon
- 1/3 cup butter or margarine, softened
- Colored Frostings (see below)
- Colored Sugars (see below)
- Colored Frosting:
 - 3 cups powdered sugar
 - 3 tablespoons butter, melted
 - 3 tablespoons milk
 - 1/4 teaspoon vanilla extract
 - 2 drops green food color
 - 2 drops yellow food coloring
 - 2 drops blue food coloring
 - 2 drops red food color

- Colored sugars:
 - 1 1/2 cups white sugar
 - 2 drops green food color
 - 2 drops yellow food coloring
 - 2 drops red food color
 - 2 drops blue food coloring



Instructions:

1. COOK first 4 ingredients in a saucepan over low heat, stirring often, until butter melts. Cool mixture to 100 degrees to 110 degrees.

2. DISSOLVE yeast and 1 tablespoon sugar in 1/2 cup warm water in a large bowl; let stand 5 minutes. Add butter mixture, eggs, and 2 cups flour; beat at medium speed with an electric mixer 2 minutes or until smooth. Gradually stir in enough remaining flour to make a soft dough.

3. TURN dough onto a lightly floured surface; knead until smooth and elastic, about 10 minutes. Place in a well-greased bowl, turning to grease top. Cover and let rise in a warm place (85 degrees), free from drafts, 1 hour or until doubled in bulk.
4. STIR together 1/2 cup sugar and cinnamon; set aside.
5. PUNCH dough down; divide in half. Turn 1 portion out onto a lightly floured surface; roll to a 28- x 10-inch rectangle. Spread half each of cinnamon mixture and softened butter on dough. Roll dough, jellyroll fashion, starting at long side. Place dough roll, seam side down, on a lightly greased baking sheet. Bring ends together to form an oval ring, moistening and pinching edges together to seal. Repeat with remaining dough, cinnamon mixture, and butter.
6. COVER and let rise in a warm place, free from drafts, 20 minutes or until doubled in bulk.
7. BAKE at 375 degrees for 15 minutes or until golden. Decorate with bands of Colored Frostings, and sprinkle with Colored Sugars.
8. COLORED FROSTINGS: Stir together powdered sugar and melted butter. Add milk to reach desired consistency for drizzling; stir in vanilla. Divide frosting into 3 batches, tinting 1 green, 1 yellow, and combining red and blue food coloring for purple frosting.
9. COLORED SUGARS: Place 1/2 cup sugar and drop of green food coloring in a jar or zip-top plastic bag; seal. Shake vigorously to evenly mix color with sugar. Repeat procedure with 1/2 cup sugar and yellow food coloring. For purple, combine 1 drop red and 1 drop blue food coloring before adding to remaining 1/2 cup sugar.

Source: <http://allrecipes.com/recipe/southern-living-magazines-king-cake/>

BREAD PUDDING SOUFFLÉ WITH WHISKEY SAUCE

Bread pudding, the signature recipe from New Orleans' world-famous Commander's Palace, goes gourmet with this soufflé-style version topped with a sweet, creamy whiskey sauce.

Ingredients:

- 3/4 cup(s) sugar
- 1 teaspoon(s) ground cinnamon
- 1 pinch(s) nutmeg
- 3 medium eggs
- 1 cup(s) heavy cream
- 1 teaspoon(s) vanilla extract
- 5 cup(s) 1-inch cubed New Orleans French bread (see Tip)
- 1/3 cup(s) raisins
- Whiskey Sauce
 - 1 cup(s) heavy cream
 - 1/2 tablespoon(s) cornstarch
 - 1 tablespoon(s) water



- 3 tablespoon(s) sugar
- 1/4 cup(s) bourbon
- Meringue
 - 9 medium egg whites
 - 1/4 teaspoon(s) cream of tartar
 - 3/4 cup(s) sugar

Instructions:

1. **For the bread pudding:** Preheat oven to 350 degrees F. Grease an 8-inch square baking pan.
2. Combine sugar, cinnamon, and nutmeg in a large bowl. Beat in the eggs until smooth, then work in the heavy cream. Add the vanilla, then the bread cubes. Allow bread to soak up custard.
3. Place the raisins in the greased pan. Top with the bread-custard mixture, which prevents the raisins from burning. Bake for approximately 25 to 30 minutes, or until the pudding has a golden brown color and is firm to the touch. If a toothpick inserted in the pudding comes out clean, it is done. The mixture of pudding should be nice and moist, not runny or dry. Cool to room temperature.
4. **For the whiskey sauce:** Place the cream in a small saucepan over medium heat, and bring to a boil. Whisk cornstarch and water together, and add to cream while whisking. Bring to a boil. Whisk and let simmer for a few seconds, taking care not to burn the mixture on the bottom. Remove from heat.
5. Stir in the sugar and bourbon. Taste to make sure the sauce has a thick consistency, a sufficiently sweet taste, and a good bourbon flavor. Cool to room temperature.
6. **For the meringue:** Preheat oven to 350 degrees F. Butter six 6-ounce ramekins.
7. First, be certain that the bowl and whisk are clean. The egg whites should be completely free of yolk, and they will whip better if the chill is off them. This dish needs a good, stiff meringue. In a large bowl or mixer, whip egg whites and cream of tartar until foamy. Add the sugar gradually, and continue whipping until shiny and thick. Test with a clean spoon: If the whites stand up stiff, like shaving cream, when you pull out the spoon, the meringue is ready. Do not over- whip or the whites will break down and the soufflé will not work.
8. In a large bowl, break half the bread pudding into pieces using your hands or a spoon. Gently fold in one-quarter of the meringue, being careful not to lose the air in the whites. Add a portion of this base to each of the ramekins.
9. Place the remaining bread pudding in the bowl, break into pieces, and carefully fold in the rest of the meringue. Top off the soufflés with this lighter mixture, to about 1 1/2 inches. Smooth and shape tops with spoon into a dome over the ramekin rim.
10. Bake immediately for approximately 20 minutes or until golden brown. Serve immediately. Using a spoon, poke a hole in the top of each soufflé at the table and pour the room-temperature whiskey sauce inside the soufflé.

Source: <http://www.delish.com/recipefinder/bread-pudding-souffle-whiskey-sauce-recipe>

BRENNAN'S BANANAS FOSTER

This is the actual Bananas Foster recipe from the original source and creator of this dessert: Brennan's Restaurant. In 1951, Chef Paul created Bananas Foster. The scrumptious dessert was named for Richard Foster, who served with Owen on the New Orleans Crime Commission. Richard Foster was a frequent customer of Brennan's and a very good friend of Owen.

[Please use caution]

Ingredients:

- ¼ cup (½ stick) butter
- 1 cup brown sugar
- ½ teaspoon cinnamon
- ¼ cup banana liqueur
- 4 bananas, cut in half lengthwise, then halved
- ¼ cup dark rum
- 4 scoops vanilla ice cream



Instructions:

1. Combine the butter, sugar, and cinnamon in a flambé pan or skillet. Place the pan over low heat either on an alcohol burner or on top of the stove, and cook, stirring, until the sugar dissolves. Stir in the banana liqueur, then place the bananas in the pan.
2. When the banana sections soften and begin to brown, carefully add the rum. Continue to cook the sauce until the rum is hot, then tip the pan slightly to ignite the rum. When the flames subside, lift the bananas out of the pan and place four pieces over each portion of ice cream.
3. Generously spoon warm sauce over the top of the ice cream and serve immediately.

Source: www.brennansneworleans.com

Drinks

THE HURRICANE

Nobody in New Orleans enjoys a Hurricane – unless it's the bright red variety served in a tall glass and garnished with orange slices and cherries. The local favorite was created at Pat O'Brien's bar – one of the greatest foundations of French Quarter libations. The name of the drink came from the shape of the glass it's served in – the iconic curved glass resembles a hurricane lamp. The perfect place to have one is still at Pat O's in the legendary courtyard overlooking the flaming fountain, but you'll find them elsewhere around the city as well. But be sure to exercise caution – while these drinks are sugary-sweet, they pack a category-5 punch.

Ingredients:

- 2 oz light rum
- 2 oz dark rum
- 2 oz passion fruit juice
- 1 oz orange juice
- ½ oz fresh lime juice
- 1 Tablespoon simple syrup
- 1 Tablespoon grenadine
- Garnish: orange slice and cherry

Instructions:

1. Shake all ingredients in a cocktail shaker with ice and strain into a Hurricane glass filled with ice. Garnish with a cherry and an orange slice.

Source:

<http://www.neworleansonline.com/neworleans/cuisine/drinks/hurricane.html>



HURRICANE MOCKTAIL

Ingredients:

- V8 tropical blend juice
- Orange juice
- Ice cubes
- Grenadine syrup
- Lemon-lime soda or ginger ale
- Orange slices and maraschino cherries, for garnish

Instructions:

1. Fill shaker $\frac{3}{4}$ full with ice cubes
2. Add approximately 8 oz. tropical blend juice and 1 ½ oz of the orange juice. Shake thoroughly.
3. Pour into hurricane glass, or other tall glass.

4. Pour 1 oz. grenadine syrup over the blended juices. DO NOT STIR!
5. Pour soda ON TOP to fill the glass. DO NOT STIR!
6. Garnish with orange slice and maraschino cherry.

Source: <http://www.food.com/recipe/non-alcoholic-hurricanes-216808#ixzz1aa8L6Zrv>.