

# NOLA



## Jambalaya!!

- ½ # chicken, boneless/skinless
- S&P
- ½ tsp Cajun seasoning
- 2 tbsp oil
- 4 oz spicy sausage, sliced
- 1-2 baby onion
- 2 scallion whites, sliced
- 4 cloves garlic, smashed
- ½ green bell peppers, diced
- 1 stalk celery, diced
- 2 baby carrot, diced
- 4 grape tomatoes, quartered
- 1 cup long grain rice
- 1 bay leaf
- 1 sprig thyme
- 2 cups chicken broth
- ½ # shrimp, P&D
- 1 oz parsley leaves, rough chop
- 2 scallion greens

1. Season chicken with S&P, Cajun seasoning.
2. Heat oil in a heavy pot, and cook chicken on **medium-low** heat, do not brown.
3. Move to sides of pot, add sausage to pot, let fat render for 30 seconds, discard tongs.
4. Then add fresh veggies-sweat on medium-low heat for 3 mins, do not brown.
5. Add rice, bay and thyme and coat with veggie mixture.
6. Add broth, then bring to a boil, **stir once** with a wooden spoon.
7. Reduce to medium heat, cover and cook for apx 20 mins, **do not stir anymore.**
8. Once all liquid is 95% absorbed, **remove bay leaf and thyme.**
9. Add shrimp, parsley and scallion greens on top, **do not stir in!**
10. Cover and cook for another 5 minutes or until shellfish is bright red and firm.
11. **ENJOY**

## Corn Fried Okra

- Oil for frying
- Whole fresh okra, halved
- Egg, whisked
- Corn flour for dredging
- S&P TT
- Sriracha/Mayo

1. Heat oil to 350 degrees.
2. Coat okra in egg, then remove, dredge in flour.
3. Shake off excess flour, then fry in batches until golden brown.
4. Place in paper towel lined bowl, season with S&P while still hot.

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