



CREOLE

*Home
Kitchen Recipes*

ARE PRESENTED
WITH COMPLIMENTS
OF

PEPPERS UNLIMITED OF LOUISIANA, INC.

Established 1993

GEORGE E. BULLIARD, SR., Founder

QUALITY PEPPER PRODUCTS

HEART OF ACADIANA, ST. MARTINVILLE, LA 70582-0211

www.peppersunlimitedofla.com

www.bulliardshotsauce.com



Peppers Unlimited
of Louisiana, Inc.

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**CAJUN CREOLE
RECIPES**



BUILT ON A FLAVOR

NOTES:

PREFACE

If you have ever traveled to Louisiana, you'll recognize several very familiar terms like Oysters, Gumbo, Creole Cooking, Crawfish and Hot Sauce. Acadiana is a name synonymous with Louisiana, and now Peppers Unlimited of Louisiana incorporates all this old Southern Tradition and brings you their famous Hot Sauce & Recipes.

Peppers Unlimited management team are all very deeply rooted. Peppers Unlimited President and General Manager, George E. Bulliard, Sr., has been in the making of Louisiana Hot Sauce for more than thirty years. Actually, it was George's Granddad, Mr. Edmond Bulliard, who developed the Original Louisiana Hot Sauce recipe back at the turn of the century, in 1910. Using this recipe, the family created Peppers Unlimited. With George, Sr., John, Leslie, and Ryan working as a team at the plant, there are five generations of Bulliards now represented in the pepper business.

You can see why Peppers Unlimited of Louisiana takes pride in offering a top quality hot sauce from this fine old 89 year old recipe. You can also be assured that you will receive the finest quality, processed through only the latest equipment and the best technology available. The result, a premium hot sauce at affordable prices.

Peppers Unlimited offers a variety of high quality pepper based sauces, the primary product being Hot Sauce. Different formulations of hot sauce are available to accommodate the preferences of each customer.

Each and every batch of Bulliard's old recipe, our Hot Sauce meets only the very highest standards in the industry and is doubly checked to ensure the ultimate consumer's receiving only the very finest sauce available so that their special recipes and meals taste just perfect.

ROUX

Beginning and foundation of all good creole cooking

2 Tablespoons cooking oil

2 Tablespoons flour

1 Small onion chopped

Brown flour in oil, until dark golden brown, on low flame and stirring constantly, as this burns easily and spoils the flavor of the dish. Stir until there is no white film showing in the roux. Add chopped onion. Cook until onions are tender.

RICE DRESSING

2 Cups rice, boiled and ready to serve

1/4 lb. Chicken giblets

2 Medium onions

2 Cloves garlic (optional)

1/2 Cup cooking oil

1/2 Sweet bell pepper, chopped

Parsley, small celery leaves and onion tops, chopped fine

Salt to taste

BULLIARDS HOT SAUCE to taste

Grind giblets, using only meaty part of gizzard, onions garlic and sweet pepper. Put into hot cooking oil until brown. Add one cup of water and cook until fat comes over the top. Add cooked rice, stir gently until rice is coated with sauce. Add chopped onion tops, celery and parsley. Serve with roast chicken.

AIL-AU-LIE MAYONNAISE

1 clove garlic minced fine

Chopped olives, celery and green pepper, to taste

1/4 teaspoon BULLIARD'S WORCESTERSHIRE SAUCE

3 to 5 drops BULLIARD'S HOT SAUCE

Salt, to taste

Mix thoroughly, Ail-au-Lie Mayonnaise is the ideal salad dressing for broiled fish (Gaspergou, Red Fish or Red Snapper), shrimp or crabmeat.

OTHER DISHES

FRENCH FRIED ONIONS

1 Egg
1 Cup milk
6 Medium onions, sliced thin
1/4 Teaspoon salt
1 Cup flour
BULLIARD'S HOT SAUCE to taste

Break egg into bowl, and dry ingredients sifted together. Beat well until all lumps disappear. Separate onion slices into rings. Dip rings into batter with fork, drain before dropping into hot cooking oil. Cook until light brown. Drain and season with salt. Serve with broiled steaks.



RED KIDNEY BEANS

1 lb. Red kidney beans (soaked overnight)
1 Large onion minced fine
1 Quart of water
1/2 Celery minced
1 Clove garlic (optional) minced
Salt, to taste
BULLIARD'S HOT SAUCE to taste

Put red beans, onions and water to cook. Bring to boil, then simmer for three hours, until beans are tender, and sauce creamy. One pound of salt meat may be added to this after removing salt, by bringing to boil in fresh cold water, three times, changing water each time. Add to beans and let cook with beans until tender. Season to taste. Serve with rice and mixed green salad. BULLIARD'S HOT SAUCE sprinkled on cooked beans after serving brings out flavor.

MAIN DISHES

CRAWFISH STEW

2 lbs. Peeled crawfish
1/2 Cup cooking oil
2 Large onions, minced fine
1/2 Cup flour
Salt, to taste
1 Clove garlic, minced fine (optional)
Powdered red pepper
3 Pieces chopped celery (optional)
1/2 Sweet green pepper, chopped fine
Parsley & onion tops
BULLIARD'S GARLIC HOT SAUCE

Into cooking oil, add flour gradually and cook over low flame, stirring constantly, until dark golden brown, and until the white film disappears from the roux. Add onions, celery and green peppers. Cook until translucent. To this add crawfish & let cook until oil comes to top. If stew is too thick, add boiling water to proper consistency. Add onion tops and parsley and serve with rice and French bread. A few drops of BULLIARD'S GARLIC HOT SAUCE will enhance flavor.

CRAWFISH ETOUFFEE

2 lbs peeled crawfish tails
1/2 lb butter or margarine
2 medium onions
2 stalks of celery
1/2 green bell pepper, chopped
2 cloves garlic, minced (optional)
1 tbsp corn starch
1/2 cup parsley, chopped (optional)
1/2 cup onion tops, chopped (optional)
BULLIARD'S GARLIC HOT SAUCE to taste

Saute onions, bell pepper, celery and garlic in melted butter or margarine until onions are translucent. Add crawfish tails and simmer for 20 minutes. Add parsley. Add onion tops. To thicken, combine 1 tablespoon cornstarch with enough water to liquify, and add to etouffee. Serve with rice and french bread. Add few drops of BULLIARD'S GARLIC HOT SAUCE to enhance flavor.

CHICKEN SAUTE AUX GROS ONION

(Chicken Smothered in Onions)

- 2 Large fryers, cut for frying
- 2 Large onions, sliced thin
- 1 Small sweet green pepper, chopped
- Salt & powdered red pepper to taste
- 1 Can mushrooms
- 1 Cup cooking Oil
- 1/3 cup flour

BULLIARD'S HOT SAUCE to taste

Season chicken, place in hot cooking oil and brown well. Sprinkle flour on pieces while browning. When all pieces are browned, place back in pot and put sliced onions, chopped green pepper and mushrooms, cover and cook until chicken is tender. When ready to serve add a little water to gravy. Serve with rice and French bread.

CHICKEN SAUCE PIQUANTE'

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- 1-2 lb. Fryer cut for frying
- 3/4 Cup cooking oil
- 2 Large spoonfuls flour
- 2 Large onions or 3 medium ones, minced
- 1 Can 16 oz. whole tomatoes, crushed well
- 1/4 Teaspoon sugar
- 2 Small cans tomato sauce
- 2 Cloves garlic, minced fine
- Salt & powdered red pepper to taste
- 1 Sweet green pepper, chopped
- 3 Cups water

BULLIARD'S HOT SAUCE to taste

Season chicken, place in hot cooking oil and brown well. Sprinkle flour on chicken while browning. Remove chicken from pot, add onions and cook until wilted. Add tomatoes, crushed, tomato sauce and sugar, let cook slowly until fat comes over the top. Add browned chicken and three cups of water, bring to boil, lower flame to simmer. Cover and simmer slowly until chicken is tender. Serve with spaghetti.

MAIN DISHES

CHICKEN OYSTER GUMBO

“A La Creole”

- 1 Medium sized chicken, cut for frying
- 1/2 Cup cooking oil
- 1/2 Cup flour
- 1 Large or 2 medium sized onions
- 1 Dozen oysters
- Salt, to taste
- 8 Cups hot water
- 2 Stalks celery, chopped fine
- 1/2 Sweet green pepper, chopped fine
- Red powdered pepper, to taste
- Gumbo Filé, to taste
- Parsley & onion tops, chopped fine
- BULLIARD'S HOT SAUCE

Season chicken well, brown in oil. Remove chicken and stir flour into oil, in which chicken was browned. Lower flame and brown flour until dark golden brown. Add onions, celery and green pepper and cook until wilted. put chicken into roux, add water, stir well until roux and water are thoroughly mixed, bring to boil then lower flame to simmer slowly until chicken is tender. Season again to taste. Add oyster and juice twenty minutes before serving, then add finely chopped parsley and onion tops. Gumbo filé and BULLIARD'S HOT SAUCE is sprinkled after serving. Rice is usually served with this.



COURTBOULLION CONTINUED...

Add fish, cook thirty minutes more, add seasoning. Sprinkle with parsley and onion tops. Serve with rice and french bread. Sprinkle a few drops of BULLIARD'S GARLIC HOT SAUCE in each serving for added flavor.

MILLIES' SPAGHETTI SUPREME

2 lbs. Beef round, ground
2 Large chopped onions
3 Large cloves garlic, chopped
2 Small cans tomato sauce
1 Large can whole tomatoes
1 Large can mushrooms
1/2 Cup cooking oil
1 Stick butter
1 Small can (4 ox.) pimentos, chopped
1/2 Cup celery, chopped fine
1/2 Cup bell pepper chopped
1 1/2 lbs. American cheese
1 12 oz. Package spaghetti
Salt, black pepper & powdered red pepper, to taste
BULLIARD'S HOT SAUCE

Fry ground meat in cooking oil, then add onions and garlic and cook until onions are wilted. Add tomato sauce and whole tomatoes and let cook. In separate pan, fry mushrooms, pimentos, celery, and green pepper in butter over low flame until soft. Then add to meat. Let cook a half hour and season with salt, black and red pepper. (if too thick, thin with a little water). Meanwhile boil spaghetti, and grate cheese fine. In casserole, put alternate layers of meat mixture, spaghetti, then cheese, ending with cheese on top. Continue until ingredients are used. Bake in moderate oven 20 to 30 minutes. serves 12 generously. A few drops of BULLIARD'S HOT SAUCE sprinkled on individual serving will add to flavor.

CHICKEN FRICASSEE'

1-4 or 5 lb. hen
2 Large onions, minced
6 Tablespoons flour
6 Tablespoons cooking oil
4 cups hot water
Salt to taste
1/2 sweet green pepper chopped fine
1/4 Cup parsley chopped fine
1/4 Cup onion tops chopped fine
BULLIARD'S HOT SAUCE to taste

Cut up chicken as for frying, season and fry until brown in hot cooking oil. Remove from oil and add flour, browning slowly over low flame until dark golden brown. Add onions and green pepper and cook until soft. Add chicken to this, then water and bring to boil. Simmer until chicken is tender. Keep gravy the consistency of thick cream. Add parsley and onion tops. Chicken can be boned and served in patty shells or a large chicken pie with a crisp salad. It is usually served (as a stew) with rice. Sprinkle several drops of BULLIARD'S Hot Sauce for added flavor.

GRILLADES

(Steak a la Creole)
1 lb. Round steak
1 Large green pepper chopped fine
1 Large onion, sliced thin
1/2 Cup cooking oil
Salt, to taste
Powdered red pepper to taste
BULLIARD'S HOT SAUCE

Cut round steak in small pieces about 2 inches in diameter and season. Heat oil very hot and add meat seasoned with salt and pepper. Do not turn over until you can see the brown from sides, turn over and brown the other side. Add onions, green peppers. Cover tightly and lower flame to simmer and cook until meat is tender. Add a few drops BULLIARD'S HOT SAUCE to bring out flavor and serve. Equally delicious with grits as with rice.



BOILED CRAWFISH

- 20 lbs Live crawfish, (Well washed and culled)
- 1 lb. Salt
- 1 Good can with tight fitting cover
- 3 Onions, peeled
- 2 lemons, sliced
- 1-16 oz BULLIARD'S HOT SAUCE
- 6 Gallons Water

Bring water to a boil with seasoning, onions, & lemons. Place crawfish into this water, cover and again bring to a boil. When steam appears around edges of cover, begin to time and cook 8 minutes from this point. Small Irish potatoes may be added to seasoned water also, and boiled. Serve with garlic French bread.

CANARDS

“Wild Ducks”

- 1 Duck
- 1/2 Cup cooking oil
- 1 Quart water
- Salt, to taste
- 2 Large Onions
- 2 Cloves garlic
- BULLIARD'S HOT SAUCE
- 1/2 Green sweet pepper

Season duck well, make a slit on both sides of breast about 1 inch long, put seasoning, sweet pepper into each slit. (Pieces of uncooked bacon, and BULLIARD'S HOT SAUCE may be used in seasoning). Put duck into heavy pot with well fitting cover, and add oil and water, bring to boil, lower flame to simmer and let cook until ducks are tender but not breaking up. Remove cover, let water cook out, so that duck can brown well. When well browned, add water again to make gravy. (a process of letting the water boil out until the duck sticks but does not burn, adding water and letting boil out again). Small game birds are cooked in this way also. Irish potatoes may be put inside duck to cook also. Serve over rice.

CHILI & BEANS

- 1 lb. Red kidney beans (soaked overnight) or 2 cans red kidney beans
- 1 lb. Round steak, ground
- 1 Medium sized onion, minced fine
- 1/2 Cup cooking oil
- 1 Clove garlic minced (optional)
- Powdered red pepper
- Chili powder, to taste
- 1 Small can whole tomatoes, crushed
- Salt, to taste
- BULLIARD'S HOT SAUCE

Put beans to cook, bringing to a boil and then lowering flame to simmer, for about three hours, until tender and creamy. Fry round steak in cooking oil until brown, add onions and garlic, cook until tender. Add tomatoes and cook until all juice is gone and oil comes over the top. Add to beans, seasoning and let simmer until creamy and ready to serve. Season with chili powder and BULLIARD'S HOT SAUCE to bring out flavor. Serve with crackers.

COURTBOULLION

- 6 lbs. Gaspergou, (Sheepshead) or red fish, cut in large chunks
- 6 Tablespoons oil
- 6 Tablespoons flour
- 3 Large onions, minced fine
- 2 16 oz. cans whole tomatoes, crushed
- 4 cloves garlic, minced fine (optional)
- 1 small sweet green pepper, minced
- 6 cups water
- Onion tops & parsley, chopped fine
- 1 can tomato sauce
- Salt, to taste
- Powdered red pepper, to taste
- BULLIARD'S GARLIC HOT SAUCE

Make a roux with oil and flour, browning slowly until dark golden brown, add onions and cook well until onions are soft. Add tomatoes and cook until fat comes over the top. Add water, bring to boil, lower flame to simmer and let cook slowly for about an hour.



SHRIMP A LA CREOLE

1/2 cup cooking oil
1 Large onion
2 Cloves garlic (minced)
1 Small can tomato sauce
1 Small can whole tomatoes (well crushed)
1/4 Teaspoon sugar
2 lbs. fresh shrimp
Salt, to taste
Parsley and onion tops, chopped fine
Sweet green pepper, chopped fine.
BULLIARD'S HOT SAUCE to taste

To hot cooking oil, add onions and garlic and cook until soft. Add tomatoes and sugar and cook slowly until fat comes over the top. Add shrimp and stir in this mixture for a few minutes. Add two cups of hot water, bring to boil, lower flame to simmer, let cook for thirty minutes, until the consistency of a thick sauce. Add seasoning, and just before serving, add parsley, onion tops and green pepper. Serve with rice.

RED KIDNEY BEAN PUREE'

1 lb. Red kidney beans, soaked overnight
1 Clove garlic, minced fine (optional)
1 Large onion minced fine
1 Quart water
Salt, to taste
Dash of BULLIARD'S HOT SAUCE
1/3 Cup of cooking oil or bacon fat
1/3 Cup flour
2 Cups water

If using dry beans, put beans and water to boil, then let simmer for about three hours or until tender. Press through a sieve so that only pulp goes through. Brown flour in cooking oil, until dark golden brown, add onions and garlic and cook until the onions wilt. Add water and mix with cooked bean pulp. Simmer for about 20 minutes. This should be the consistency of thick cream. Add parsley and onion tops. Serve with crackers.

BOILED CRABS

2 Dozen crabs (Live, Washed and culled)
1 lb. Salt
1 quart BULLIARD'S HOT SAUCE
3 Onions, peeled
2 Lemons, sliced
1 Good can with tight fitting cover
6 Gallons water

Bring water to boil with seasoning, onions & lemons. Place crabs into this water, cover and again bring to a boil. When steam appears, begin to time; cook 10 minutes more. Small Irish potatoes may be added to seasoned water also, and boiled. Serve with garlic French bread.

STUFFED CRABS A LA CREOLE

1 1/2 Dozen crabs or 1 lb. crab meat
6 Slices stale bread (toasted)
1 Clove garlic, minced
1 Medium sized onion
Salt, to taste
1/2 Cup cooking oil or 1/4 lb. butter
Bread crumbs
Parsley onion tops & celery tops, minced
BULLIARD'S HOT SAUCE, to taste

Scald crabs, pick meat from them. Grind bread in meat grinder or food processor. Combine onions, garlic & sweet pepper with crab meat & season. Put this into heated cooking oil or butter keeping flame moderate. Stir well for twenty minutes. Add parsley, onion tops and celery. Fill well washed crab shells with this mixture & sprinkle top with bread crumbs. Put into oven 350° until crumbs are brown.



GRILLADE PANNE'

'Breaded Veal''

- 1 Veal Round (Center Cut) about 1/2' thick
- Cooking oil (for deep frying)
- 2 Eggs well beaten
- Salt & powdered red pepper to taste
- BULLIARD'S HOT SAUCE
- 1 Piece chopped green pepper (optional)
- Corn meal or Bread crumbs

TRIM MEAT removing gristle etc. Cut into strips about 3 inches long, season well. Add to beaten eggs and green pepper and let marinate for a while so that seasoning goes through meat. Take one piece at a time, dip in corn meal and fry in deep oil until golden brown. Serve with a tomato gravy.

TOMATO GRAVY

- 1 14.5 oz.can whole tomatoes well crushed
- 1 Medium sized onion, chopped
- 2 Cloves garlic, can be minced or whole
- Pinch sugar (to reduce acid)
- Salt & powdered red pepper to taste
- 2 Tablespoons flour
- 2 Tablespoons Oil
- 1 Cup water
- 1/2 Sweet green pepper
- BULLIARD'S HOT SAUCE

Brown flour in oil on low fire until rich golden brown, add onions and garlic and cook until tender. Put crushed tomatoes into this and let cook until oil comes over the top. (Garlic may be added to gravy whole for flavoring and removed when gravy is done). Cook until oil comes to top. Add water and bring to boil. Let simmer slowly until done (about 15 minutes).

SAUSAGE JAMBALAYA

- 1 lb Hot smoked sausage
- 1 Large onion, diced
- 2 Stalks celery, chopped
- 1 Large green pepper, chopped
- 4 Cups rice
- 1 Teaspoon powdered red pepper
- 2 Cloves garlic, chopped
- 8 oz Spaghetti sauce
- 1 Tablespoon oregano
- 1 Teaspoon salt
- 1 Tablespoon BULLIARD'S HOT SAUCE
- 1 Tablespoon parsley
- Water

Spray Hitachi pot with Pam. Remove skin from sausage and crumble. Mix in all dry ingredients. Add spaghetti sauce. Add water to #6 water line. Stir thoroughly, cover and cook. When chime is heard, do not remove lid. Allow Jambalaya to simmer in warm cycle for 10 minutes. Serves 4-6 as main dish 8-12 as side dish.

CHICKEN-OKRA GUMBO

- 1 Fryer, cut up as for frying & season
- 2 1/2 lbs. fresh okra or 2 cans cut okra
- 2 Medium sized onions minced fine
- 1 Clove garlic (optional) minced fine
- 1 Large cooking spoon of flour
- 1 Quart water
- Salt to taste
- Powdered red pepper, to taste
- BULLIARD'S JALAPENO HOT SAUCE

Brown chicken, remove from pot. Add to this pot, okra, onions, garlic and sprinkle flour over all, and cook over low flame, stirring constantly. (Okra burns easily). Cook until oil comes over the top. Add browned chicken and one quart water, and let simmer until the consistency of thick cream soup. This is equally as good with shrimp, or crab, canned or fresh. Serve with rice and salad. Sprinkle a few drops of BULLIARD'S JALAPENO HOT SAUCE on individual servings.



GUMBO D'HERBES

- (Mustard Green Gumbo)
- 1/2 Cup cooking oil
- 2 Tablespoons flour
- 1 Medium onion, minced fine
- 1 Clove garlic minced
- 1 large can mustard greens (fresh greens may be used)
- 1 large can spinach or fresh spinach
- 1 lb. Boiled salt meat
- 6 Cups water
- Salt, to taste

BULLIARD'S JALAPENO HOT SAUCE, to taste

Ground greens in meat grinder together. Put oil in pot, adding flour and browning slowly until golden. Add onions and garlic and cook until soft. Put in cubed meat, add greens and water. let simmer for one hour. Serve with boiled rice.

FRENCH ONION SOUP

- 4 Large onions, thinly sliced
- 12 Ounces butter or margarine
- 4 Tablespoons all-purpose flour
- 2 10-Ounce cans beef consomme
- 1 1/2 Teaspoon salt
- 1 1/2 Teaspoons pepper sauce
- 1/2 Teaspoon BULLIARD'S WORCESTERSHIRE SAUCE
- 1 8-Ounce package shredded Mozzarella or Swiss cheese
- 6 Toaster rounds of French bread
- BULLIARD'S HOT SAUCE to taste

Saute onions in 8 ounces hot butter or margarine until clear. In large saucepan, melt 4 tablespoons butter, then blend in flour and cook over low heat, stirring constantly, until brown. Gradually stir in beef consomme and bring to a boil for 1 minute, stirring constantly. Add sauteed onions, salt, BULLIARD'S HOT SAUCE and BULLIARD'S WORCESTERSHIRE SAUCE. Mix well then bring to a boil. Cover and simmer over low heat for 30 minutes. Pour into six individual soup servers and place toasted rounds of French bread on top of each. Cover each with shredded cheese. Heat under broiler until cheese is golden and bubbly. Serve at once. Serves 6.

BEAN SOUP

- 1 lb. White navy beans
- 1 Large onion
- 1 Clove garlic (optional) minced
- 1 lb. Salt meat or ham
- 1 Tablespoon flour
- 1 Tablespoon oil
- 1 Small can whole tomatoes, crushed powdered red pepper, to taste
- Chopped parsley
- BULLIARD'S HOT SAUCE

Blanch beans by letting hot water run on them, from tap, until beans are white. (If beans are soaked overnight they cook faster). Put on to boil with 2 quarts water, and let simmer until tender. (Beans may be mashed in a bean masher for creamy soup). Put salt meat in cold water and bring to a boil three times, each time changing water, to remove excess salt from meat. Cut into small pieces and add to beans, letting all cook until tender. Brown flour in oil until golden brown, put in minced onions and garlic and cook until tender, add tomatoes, cook until fat comes to top. Add to beans and meat. Season to taste. This is a creamy soup. Serve with hot biscuits or crackers. Sprinkle a few drops of BULLIARD'S HOT SAUCE for added flavor.

OYSTER SOUP

- 3 Dozen oysters
- 1 Quart milk boiled
- 6 Shallots or one small onion
- 2 Pieces of celery, chopped fine
- 1/2 Small sweet green pepper
- 1/2 Block butter or oleo
- Chopped celery leaves
- Salt & powdered red pepper to taste
- BULLIARD'S HOT SAUCE

Fry onions in melted fat, add celery, green peppers. Add oysters with juice and let cook ten minutes. Add parsley, onion tops and celery leaves chopped. Turn off heat and add milk and seasoning. Serve with crackers. BULLIARD'S HOT SAUCE may be sprinkled after serving to bring out flavor.

SHRIMP JAMBALAYA

2 lbs. Shrimp (peeled raw)
3 Tablespoons flour
3 Tablespoons oil
Salt, to taste
Powdered red pepper, to taste
2 Small onions, chopped fine
1 Clove garlic, minced fine (optional)
Parsley, celery & onion tops, chopped fine
BULLIARD'S HOT SAUCE

Into oil put flour, brown until dark golden in color, stirring constantly. Add onions, celery & garlic. Cook until onions and garlic are soft and clear. Add raw shrimp, seasoning and stir well. Usually no water is needed as the shrimp throws off enough water while cooking. When stew is done, about 20 minutes, add 2 cups cooked rice, stir gently, but well, until rice is coated with stew. Add parsley, & onion tops. Serve hot. Sprinkle a few drops of BULLIARD'S HOT SAUCE for added flavor.

BLACK-EYE PEA JAMBALAYA

1 lb. Fresh black-eye peas or 2 cans black-eye peas
1 Small onion, minced fine
1/2 Clove garlic, minced fine (optional)
Chopped parsley & onion tops to taste
2 cups raw rice cooked according to rice recipe
Salt & Powdered red pepper, to taste
BULLIARD'S HOT SAUCE

If using dried peas, add 1 small onion and garlic, and one quart water. Bring to a boil, lower flame and let simmer slowly until beans are tender and creamy. Add cooked rice stirring gently, until rice is coated with bean mixture. Add parsley & onion tops. Pork sausage or chopped ham may be added to this. BULLIARD'S HOT SAUCE may be sprinkled after serving to bring out the flavor.

ONE DISH MEALS

BOUILLABAISSE

The first Bouillabaisse was made in Marseilles, France, and the old Creole tradition runs that it was the discovery of two sailor fishermen, who were disputing as they sat in a schooner as to the proper way of cooking fish. One succeeded in making a dish that would have gladdened the heart of any old French or Creole "Bon Vivant", the other failed. The successful one enthusiastically offered to teach his friend, and as the latter was following the directions implicitly and the finishing touches were being added to the dish, the teacher seeing that the important and crucial moment had come, cried out, binging down his hand emphatically, "Et quand ca commence a boullir-Baisse". (And when it begins to boil, lower the flame) Hence, the name "Bouillabaisse" was given the dish from that moment.

BOUILLABAISSE

Red fish or Red snapper, cut in large chunks
1 lb. Chopped onion, minced fine
1 28 oz. can whole tomatoes, crushed
2 Cloves garlic minced fine
2 Teaspoons salt
1/4 oz. Powdered red pepper
1 Small sweet green pepper
1 Cup cooking oil
BULLIARD'S HOT SAUCE

Choose a heavy round bottomed pot, preferably iron or cast aluminum. Grease the pot thoroughly with oil, (bottom and sides). Put a layer of well seasoned fish at the bottom. Spread generously with a layer of onion, green pepper, garlic and tomato. Then add another layer of fish, onion, green pepper, garlic and tomato. Then continue until all the fish has been put into the pot. Make sure that the top layer will be onions and tomatoes. Cover, set on slow fire and cook two hours or more, depending on the quantity. DO NOT STIR. This is a delicious French dish. Serve with French bread over rice. Sprinkle several drops of BULLIARD'S HOT SAUCE for added flavor.



BUFFALO CHICKEN WINGS

12 Chicken Wings or 12 Chicken Drummettes
12 oz BULLIARD'S CHICKEN WING SAUCE

Sever chicken wings at joints & discard tips Deep fry for approximately 12-15 minutes or bake in oven on pan for 30 minutes at 350°. Coat cooked chicken with BULLIARD'S CHICKEN WING SAUCE and bake in oven 6-8 minutes. Serve as an appetizer.



PEPPER JELLY

14 cup red hot peppers, ground
3/4 cup bell pepper, ground
6 1/2 cup sugar
1 1/2 cup apple cider
1-6oz. bottle liquid pectin

Grind hot peppers and bell peppers. Measure. Mix peppers, sugar and cider together in large pot. Bring to a boil. Remove from heat. Let stand for 5 minutes. Add liquid pectin (do not substitute). Pour into small sterilized container and seal.



CAJUN CREOLE RECIPES

Peppers Unlimited of Louisiana, Inc. is glad to present these traditional Cajun dishes that you will find being served in homes in Southwest Louisiana where good food is an art.

Cooking cannot be hurried, and the results achieved are well worth the time preparing these recipes.