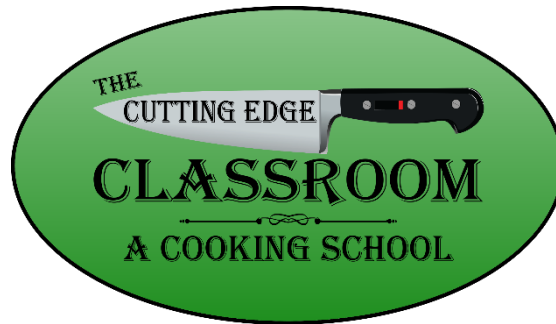


Class Date and Time: May 8th 3PM ET. May 14th 4AM ET
Contact Person/Company: Guylaine Cliché/Honeywell
Contact Phone Number: 602-500-8373
Contact Email: guylaina@gmail.com



Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

The Menu

Gumbo

Bananas Foster

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Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- ✓ 6 oz andouille sausage
- ✓ ½ rotisserie chicken
- ✓ 1 cup shrimp P&D
- ✓ ¼ cup heavy cream

Produce

- ✓ ½ bunch celery
- ✓ 1 medium bell pepper
- ✓ 1 medium onion
- ✓ 1/2 bunch fresh parsley
- ✓ 2 clove garlic
- ✓ 6 green onions
- ✓ 1 cup okra
- ✓ 1 banana

Dairy

- ✓ ½ stick butter
- ✓ Vanilla ice cream

Pantry Items

- ✓ ¾ cup flour
- ✓ 1/3 cup vegetable oil
- ✓ 1 tbsp cajun seasoning
- ✓ 4 cups chicken broth
- ✓ ½ cup brown sugar
- ✓ Cinnamon

Dry/Canned Goods

- ✓ 2 cup long grain rice
- ✓ ¼ cup walnuts chopped
- ✓ ¼ cup dark rum

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Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ✓ Knife and cutting board

Hand Tools/Gadgets

- ✓ Silicone spatula
- ✓ Stirring spoon
- ✓ Bowl

Cookware

- ✓ 1 heavy sauce pan at least 2 quart
- ✓ 1 saute pan medium size

Appliances

- ✓ Stove

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Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along
- It is helpful to organize the ingredients by recipe on rimmed baking sheets if possible
- Please pre-measure ingredients
- We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

Notes:

- At the end of this class you will have: Gumbo and banana foster for 2
- **Pre make roux since this can take some time (Or at least start it prior to class)**

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Authentic New Orleans Style Gumbo

Servings: 6

Ingredients

For the Roux:

- 3/4 cup all-purpose flour
- 1/3 cup vegetable oil

For the Gumbo:

- 1/2 bunch celery, diced, leaves and all
- 1 medium size bell pepper, diced
- 1 medium size onion, diced
- 6 each green onion, thinly sliced
- 1/2 bunch fresh parsley leaves, finely chopped
- 2 cloves garlic
- 1 Tablespoons cajun seasoning
- 4 cups Chicken broth
- 6 ounces andouille sausages, sliced into 'coins' (substitute Polska Kielbasa if you can't find a good Andouille)
- Meat from 1/2 Rotisserie Chicken
- 1 cup shrimp peeled deveined and thawed
- 1 cup okra sliced
- 2 cup cooked white rice for serving

Instructions

1. **Make the Roux:** In a heavy bottom pot combine flour and oil. Cook on medium-low heat, stirring constantly for 30-45 minutes. This part takes patience. When it's finished it should be as dark as chocolate and have a soft, cookie dough like consistency.
2. Be careful not to let it burn! Feel free to add a little more flour or oil as needed to reach this consistency.
3. In a separate skillet on medium-high heat place the sausage slices in one layer in the pan. Brown them well on one side (2-3 minutes) and then flip each over onto the other side to brown. Remove to a bowl.
4. Add 1/2 cup of the chicken broth to the hot skillet that had the sausage to deglaze the pan. Pour the broth and drippings into the bowl with the sausage.
5. Add remaining 3 1/2 cups of chicken broth and sausage to the pot with the roux.
6. Add veggies and parsley and stir well.
7. Bring to a simmer over medium heat and simmer for 5-7 minutes, or until the vegetables are slightly tender. (Skim off any foam that may rise to the top of the pot.) Stir in cajun seasoning, to taste.
8. Add chicken, sausage, and shrimp.
9. Add okra.
10. Turn off heat and let sit until shrimp are cooked through.
11. Serve with cooked white rice.

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Bananas Foster

Yield: 3 servings

Ingredients

- 1/2 stick salted butter
- 1/2 cup packed dark brown sugar
- 1/4 cup heavy cream
- 1 banana
- 1/4 cup chopped walnuts or pecans
- 1/4 cup dark rum
- Dash cinnamon
- Vanilla Ice Cream, for serving

Directions

1. Melt the butter in a heavy skillet over a medium-high heat. Add the brown sugar. Stir together and cook for a minute or two. Pour in the cream and stir it around to combine.
2. Peel the bananas and slice them on the bias inside the peel. Drop the slices into the pan. Next, add the chopped nuts and stir them into the sauce. Then - and this is where you need to be a little careful - stir in the rum. Let it start to bubble, and then carefully use a long lighter to ignite it.
3. Let the fire burn and go out (it'll only take about 30 seconds or so), and then stir in the cinnamon at the end. You may also cook the mixture without flambeing it.
4. Spoon it over a couple of scoops of vanilla ice cream and enjoy immediately.

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