

Of all the food products that are identified with Creole/Cajun cooking, (okra, file, miriliton, tasso, redfish), crawfish is the one that stands out the most. This small crustacean has been a delicacy in southwest Louisiana for hundreds of years. And in true Cajun style-if it moves you cook it-it has been incorporated into many delicious dishes-Crawfish Bisque (vol. I, page 84), Crawfish Etouffee (vol. II, page 86), Crawfish Pie (this vol., page 52), and many others. Today we prepare a truly Cajun menu featuring Boulettes d' Ecrevisse-Crawfish Balls. Boiled crawfish tail meat is blended with aromatic vegetables and spice, formed into balls and browned in oil. Although crawfish tail meat is shipped all over the country, it may be difficult to find. In that case, substitute shrimp. While shrimp balls are excellent and impart the Cajun taste, crawfish has a unique flavor.

In true Cajun style, we prepare Turnip Greens cooked with Tasso. The leaves, having been thoroughly washed and stems removed, are "smothered" in the water clinging to them. The bottoms and a Cajun smoked sausage called Tasso are added and cooked until tender. They are served with a Molasses Corn Bread. This is typical of Cajun cooking, to serve a sweet bread with highly seasoned and spicy foods. The corn bread is used to absorb the "pot liquor" created by the turnips.

ROULETTES D'ECREVISSE CRAWFISH BALLS

1 Onion, chopped
2 tbs Butter
2 cloves Garlic, chopped
¼ cup Parsley, chopped
8 Green onions, chopped
1 lb Crawfish tails, chopped
1 cup Bread crumbs
2 Eggs
2 tsp Worcestershire sauce
Salt
3 drops Tabasco
Flour for dredging
Oil

- Sauté onions in butter until wilted.
- Add garlic, parsley, and green onions.
- Add crawfish.
- Blend in the bread crumbs.
- Blend together the eggs, worchestershire, salt, and tabasco.
- Blend into the crawfish mixture.
- Remove from heat and cool.
- Shape into balls about golf ball size.
- Roll in flour.
- Brown in heated oil.
- Serve as they are, or they may be heated in a tomato sauce and served with rice.

FEUILLES DE NAVETS AVEC SAUCISSON TURNIP GREENS COOKED WITH TASSO

2 bunch Tender leaves (stalks removed) turnips
2tbs Peanut oil
½ lb Tasso or ham or other sausage
Turnip bottoms from above bunches, peeled and diced
Salt

- Wash turnips well.
- Add the turnip greens with the water clinging to them to the oil in the pot.
- Toss in the hot oil.
- Cover for 5 minutes.
- Add the tasso and mix well.
- Add the turnip bottoms.
- Add salt.
- Cover and simmer 15 to 20 minutes, until bottoms are tender.
- Serve with corn bread to absorb the "pot liquor" created.

PAIN DE MAIS AU MELASSE MOLASSES CORN BREAD

1 cup Flour
3/4 cup Corn meal
3 tsp Baking powder
1 tsp Salt
3/4 cup Milk
1/4 cup Molasses
2 Eggs
2 tsp Vegetable shortening

- Blend together the flour, corn meal, baking powder, and salt.
- Add milk, eggs, and molasses.
- Melt shortening in a 9 inch black iron skillet.
- Pour melted shortening into batter and mix well.
- Immediately pour batter into skillet.
- Bake at 400 degrees for 20 minutes.
- Remove from oven and cut into wedges.