



Mardi Gras - Fat Tuesday New Orleans Style

Mardi Gras is French for "**Fat Tuesday**", reflecting the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lenten season. Also known as Shrove **Tuesday**, which is derived from the word shrive, meaning "confess".

Corn Maque Choux

Pronounced "mock shoe," this Louisiana staple (which is like a succotash) is a Cajun take on a Native American dish.

Ingredients

2 tablespoons (1/4 stick) butter	1 teaspoon chopped fresh thyme
1 cup finely chopped onion	1/2 teaspoon (or more) hot pepper sauce
1/2 cup chopped red bell pepper	1 green onion, finely chopped
2 cups fresh corn kernels (cut from 3 medium ears of corn)	2 tablespoons chopped fresh Italian parsley
3/4 cup heavy whipping cream	1 tablespoon chopped fresh basil
	Coarse kosher salt

Preparation

Melt butter in large skillet over medium-high heat. Add onion and sauté until translucent, about 5 minutes. Add bell pepper; sauté until beginning to soften, about 3 minutes. Add corn; sauté 2 minutes. Add cream, thyme, and 1/2 teaspoon hot pepper sauce. Simmer until sauce thickens, about 5 minutes. Mix in green onion, parsley, and basil. Season to taste with salt, pepper, and more hot pepper sauce, if desired.

Muffaletta

The muffaletta originated in New Orleans purportedly at Central Grocery where it is still made today. The sandwich is made with Italian charcuterie and a spicy Creole olive salad.

Ingredients

1 large round bread loaf, 8-9in	4 ounces mozzarella cheese, thinly sliced
1 cup Creole olive salad	4 ounces provolone, thinly sliced
4 ounces salami, thinly sliced	3 tablespoons olive oil
4 ounces cappicola, thinly sliced	Salt and pepper
4 ounces deli ham, thinly sliced	Pickled pepperoncini, for garnish

Directions

Slice bread loaf in half, horizontally, and remove enough of crumb to make room for fillings. Layer the olive salad, meats and cheeses on bottom half of bread, drizzle with olive oil, and season to taste with salt and pepper. Replace top half of bread and wrap sandwich in aluminum foil. Allow it to sit for at least 1 hour for the flavors to marry and the oil to soak into the bread. Serve at room temperature. Cut in pieces to serve.

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