

## Bread Pudding with Bourbon Sauce

### INGREDIENTS:

#### Pudding:

4 eggs  
½ cup sugar  
1 T. vanilla  
1 tsp. cinnamon  
½ tsp. nutmeg  
1 ½ qts. Milk  
12 slices of bread, cubed  
½ c. raisins

¼ c. butter, cubed  
Hot water

#### Sauce:

¼ c. butter  
½ c. sugar  
¼ heavy cream  
2 T. bourbon, rum, or brandy  
Pinch salt

### DIRECTIONS:

Preheat the oven to 350°F. You will need a 2-quart baking dish and another, larger pan, one that the dish can fit into. In a bowl whisk together the eggs, sugar, vanilla, cinnamon, and nutmeg. When it is light yellow, slowly whisk in the milk.

Spay the baking dish with non-stick cooking spray. Place the bread cubes in the dish. Slowly pour the custard mixture into the dish. Add raisins and mix. Allow the bread to soak up the custard for at least **30 minutes**. Dot with the butter and cover with foil.

Place the dish inside the other pan. Place this in on the oven rack and fill the outer pan with the hot water, filling the pan halfway, making a water-bath. **Bake 90 minutes**.

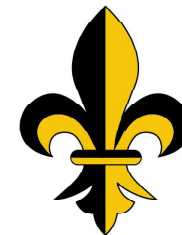
Melt the butter in a saucepan. Whisk in the sugar and cook until melted. Remove saucepan from the heat and add the heavy cream, bourbon, and salt. Set aside.

Carefully remove the baking dish from the water-bath and place on a heatproof service for **20 minutes**. Either serve or store in a refrigerator. Serve sauce over bread pudding.

**Serves 4 to 6.**

# *Cajun/Creole Recipes* from **JACK CALDWELL**

*"It takes a real man to cook Cajun food,  
so let me tell you how to do it ..."*



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## Chicken Sausage Gumbo

### INGREDIENTS:

1 c. oil	1 c. bell pepper
1 chicken, cut into 8 pieces	4 cloves garlic, crushed
Salt & pepper, to taste	1 bay leaf
1 lb. smoked sausage, sliced	1 T. Worcestershire sauce
1 c. flour	1 qt. chicken stock or broth
1 c. onion	1 tsp. Filé powder (optional)
1 c. celery	½ c. parsley, minced
	1 c. hot cooked white rice

### DIRECTIONS:

Season the chicken with the salt and pepper. In a stockpot, brown the chicken (with skin) and sausage in the oil over MEDIUM-HIGH heat about five minutes. Remove the chicken and sausage and set aside. Lower the heat to LOW.

Make a roux by adding the flour to the pot and stirring CONSTANTLY until the mixture is the color of a penny. **This will take about 30-40 minutes.** When the roux is at the desired color, add the onion, celery, and bell pepper. Raise the heat to MEDIUM. Cook, stirring occasionally until the onions are translucent, about 15 minutes. Add garlic and cook another three minutes. Return sausage to the pot and add bay leaf and Worcestershire sauce. Mix well.

Slowly pour in stock, stirring CONSTANTLY. When mixed in thoroughly, return chicken to pot. Bring to a boil, then cover and reduce heat to LOW. **Simmer two to three hours.**

Carefully remove the chicken pieces and skin and debone. Return chicken meat to pot. Heat thoroughly. Before serving, add the Filé and parsley.

In soup bowls, put ¼ cup of rice, then pour the gumbo over it.

**Serves 4, with leftovers.**

*(NOTE: Filé powder, which is ground sassafras leaves, is available in gourmet grocery stores.)*

## Chicken Sausage Jambalaya

### INGREDIENTS:

¼ c. oil	1 bay leaf
1 onion, diced	1 lb. boneless skinless chicken breasts, cubed
½ green bell pepper, diced	Salt & pepper, to taste
2 stalks celery, diced	1 T. Worcestershire sauce
2 carrots, diced	4 c. chicken broth
2 cloves garlic, minced	2 c. uncooked rice
1 lb. of smoked sausage, sliced	

### DIRECTIONS:

Season the chicken with the salt and pepper. In a Dutch oven, soften the onion, bell pepper, celery, and carrots. Add the sausage and cook another ten minutes. Add the garlic and stir for about a minute. Brown the chicken about five minutes. Add the broth and Worcestershire sauce, stir well, and bring to a boil. Add rice, return to a boil, stir for one minute, and cover the pot.

**Cook over a LOW heat for twenty minutes.** Uncover and stir. If still a little runny, continue to cook uncovered another five minutes. **Let sit for twenty minutes.** Rice should then be fluffy and moist.

**Serves 6.**

*(There are thousands of jambalaya recipes out there. This is a quick one that will give you an idea what it is all about. One can put anything in a jambalaya. Just remember: the ingredients are cooked with the rice. They are not poured over the rice—that is a Creole or Sauce Piquante.)*