

FOOD

Authentic Louisiana Red Beans and Rice

Authentic Cajun flavor! Serve with Tabasco sauce for a little kick or splash a little cider vinegar for added flavor. Original recipe makes 8 servings.

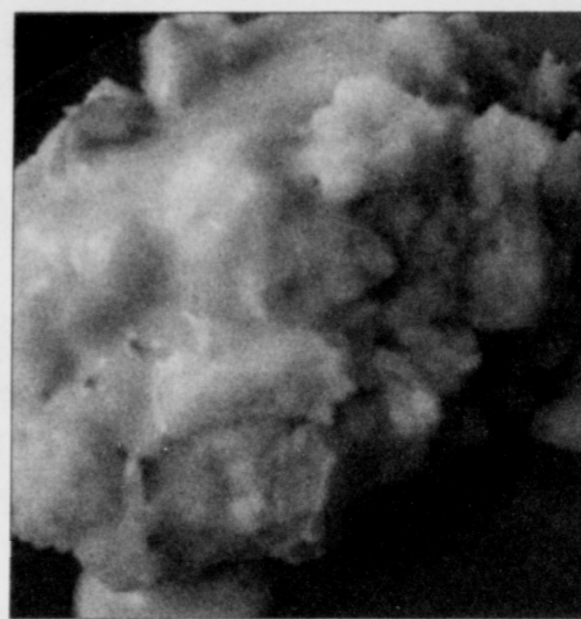
Ingredients:

- 1 pound dry kidney beans
- 1/4 cup olive oil
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 2 tablespoons minced garlic
- 2 stalks celery, chopped
- 6 cups water
- 2 bay leaves
- 1/2 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1 tablespoon dried parsley
- 1 teaspoon Cajun seasoning
- 1 pound andouille sausage, sliced
- 4 cups water
- 2 cups long grain white rice



Directions:

1. Rinse beans, and then soak in a large pot of water overnight.
2. In a skillet, heat oil over medium heat. Cook onion, bell pepper, garlic, and celery in olive oil for 3 to 4 minutes.
3. Rinse beans, and transfer to a large pot with 6 cups water. Stir cooked vegetables into beans. Season with bay leaves, cayenne pepper, thyme, sage, parsley, and Cajun seasoning. Bring to a boil, and then reduce heat to medium-low. Simmer for 2 1/2 hours.
4. Stir sausage into beans, and continue to simmer for 30 minutes. Meanwhile, prepare the rice. In a saucepan, bring water and rice to a boil. 5. Reduce heat, cover, and simmer for 20 minutes. Serve beans over steamed white rice.



Celery Smashers with Cream Gravy

This recipe is a great taste improvement on regular old mashed potatoes. Use the cream gravy provided here or your favorite alternate gravy recipe. Makes 5 servings

Ingredients:

- 5 large russet potatoes, peeled and cubed
- 3 tablespoons butter, divided
- 1/3 cup diced celery hearts
- 1/3 cup finely chopped onion
- 1/4 cup heavy cream
- 1/2 teaspoon celery salt
- freshly ground black pepper to taste
- 2 teaspoons butter
- 1 1/2 tablespoons all-purpose flour
- 1 cup chicken broth
- 1/3 cup heavy cream
- 1/2 teaspoon onion powder

Directions

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender, about 15 minutes. Drain.
2. Meanwhile, melt 1 tablespoon butter in a small saucepan over medium heat. Saute celery and onion for about 8 minutes, or until tender.
3. To the cooked potatoes add the celery and onion, 2 tablespoons butter, 1/4 cup cream, celery salt and ground black pepper. With an electric mixer on low, beat until desired consistency is reached.
4. To make the gravy melt 2 teaspoons butter in a small saucepan. Add flour and cook 5 minutes, stirring constantly. Gradually whisk in chicken broth and cook over medium-high heat until thickened. Stir in 1/3 cup cream and onion powder; heat through.

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