

■ Creole cuisine, known far and wide for its sophisticated seasonings and tantalizing richness, is considered by epicureans to be among the most exotic anywhere. While its origin, traditionally, is gay, romantic New Orleans, it is a blend of the artfully seasoned foods of France, Spain, and other countries which had a part in molding the colorful history of the Delta City. Creole cooking is luxurious and spectacular—and understandably so, since it reached its perfection among people famous for their gracious hospitality.

### STUFFED TOMATOES, JAMBALAYA STYLE

TO PREPARE: 25 MIN.

TO HEAT: 10-15 MIN.

- 6 medium-size tomatoes
- Seasoned salt
- 1 10-oz. can frozen condensed cream of shrimp soup (undiluted)
- 1 cup (4 oz.) shredded Cheddar cheese
- 1½ cups diced cooked shrimp
- 1 cup cooked rice
  
- 1 teaspoon salt
- Few grains black pepper
- ½ teaspoon thyme
- Pinch turmeric
- 2 teaspoons grated onion
- 6 whole cooked shrimp

1. Rinse tomatoes and cut out stem ends. Cut a slice from top of each tomato. With a spoon, scoop out pulp and cut into pieces. Sprinkle inside of each tomato with seasoned salt. Set tomatoes and tomato pulp aside.

2. Heat the shrimp soup in the top of a double boiler over simmering water until thoroughly heated, stirring frequently. Add 1 cup shredded cheese all at one time and stir until cheese is melted. Spread sauce over bottom of a 1½-qt. baking dish.

3. Mix together the tomato pulp, shrimp, cooked rice, 1 cup shredded cheese, a mixture of salt, pepper, thyme, and turmeric, and the onion. Spoon mixture into the tomato shells, heaping slightly. Arrange tomatoes in baking dish.

4. Heat in a 375°F oven 10 to 15 min. Garnish each tomato with a whole shrimp and a sprig of parsley. 6 servings

Note: If desired, substitute 3 green peppers for the tomatoes. Simmer peppers for 5 min. in boiling salted water to cover. Drain and cut peppers into halves.

### RÉMOULADE SAUCE

TO PREPARE: 10 MIN.

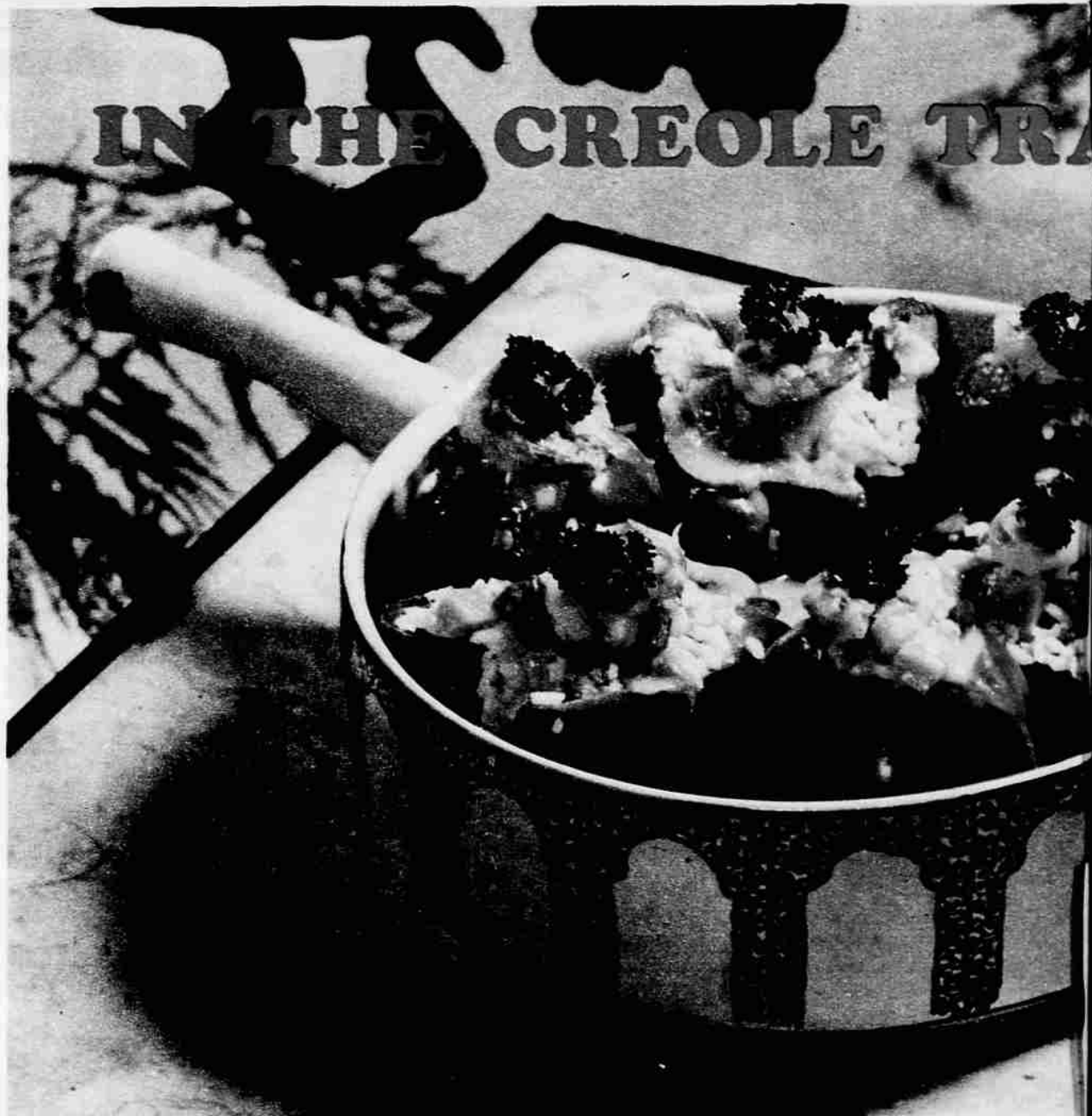
(allow time for chilling)

- 2 cups mayonnaise
- 1 tablespoon prepared mustard
- 1 tablespoon finely chopped sweet pickle
- 1 tablespoon chopped capers
- 1 tablespoon minced parsley
- 1 teaspoon finely crushed chervil
- 1 teaspoon tarragon leaves, finely crushed
- ½ teaspoon anchovy paste
- 1 or 2 drops Tabasco

Thoroughly blend all ingredients together. Store, covered, in refrigerator until thoroughly chilled.

About 2 cups sauce

Note: Use Rémovalade Sauce as a dip for cold cooked shrimp. Or place cooked shrimp in a shallow bowl and pour sauce over them. Set in refrigerator to marinate 3 to 4 hrs., turning shrimp occasionally. Serve shrimp with sauce on crisp lettuce leaves.



Stuffed Tomatoes, Jambalaya Style, an especially attractive creation, baked and served with a cheesy sauce.

### Family Weekly Cookbook

MELANIE DE PROFT, Food Editor

### GUMBO FILÉ

TO PREPARE: 45 MIN.

TO COOK: 3 HRS.

- 1 stewing chicken, 4 to 5 lbs., ready-to-cook weight, cut in serving-size pieces
- Hot water to cover (about 8 cups)
- 2 teaspoons salt
- 1½ teaspoons Accent
- 1 small onion
- 3 sprigs parsley
- 2 3-in. pieces celery with leaves
- 1 bay leaf
- 2 or 3 peppercorns
- 1 pt. oysters
- 2 tablespoons reserved chicken fat or butter
- 2 medium-size onions, chopped
- ½ lb. cooked ham, cut in ½-in. pieces
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon cayenne pepper
- ½ teaspoon chili powder
- 2 tablespoons filé powder

1. Put chicken into a heavy sauce pot or kettle. Add the next eight ingredients, cover sauce pot and bring water to boiling. Remove foam. Simmer, covered, 1½ to 2 hrs., or until chicken is tender. Remove chicken from broth. Strain broth and cool slightly. Remove fat which rises to surface. Cool chicken slightly and remove skin. Remove meat from bones; dice chicken and set aside.

2. Drain the oysters, reserving liquid. Pick over oysters

and remove shell particles. Set aside in refrigerator. 3. Heat the chicken fat or butter in sauce pot over heat. Add the onions and ham; cook until onion is about 5 min. Add to the sauce pot 3 cups of the chicken broth, the reserved oyster liquid, diced chicken, salt, pepper, cayenne pepper, and chili powder. Cover and simmer about 1 hr.

4. About 10 min. before serving, add oysters to sauce and cook until edges of oysters begin to curl. Return from heat. Mix about ½ cup liquid with the filé powder. Return mixture to sauce pot and blend thoroughly. Serve gumbo over mounds of fluffy cooked rice.

About 8 servings

Note: Filé powder should always be added after gumbo has been removed from the heat. If filé powder is cooked, the gumbo will become stringy and unpalatable.

### CHICKEN-OKRA GUMBO

Follow recipe for Gumbo Filé. Omit oysters and filé powder. Add 1 small clove garlic, crushed, heated chicken fat with the onion and ham. Increase to 1½ teaspoons and chili powder to ¼ teaspoon. Add seasonings to the sauce pot with 6 medium-size tomatoes, peeled and coarsely chopped, and 1 10-oz. frozen okra, thawed and cut in ¼-in. thick slices. Cover, over low heat about 15 min., stirring occasionally. Decrease the chicken broth to 2 cups and return to sauce pot with the diced chicken; cover and simmer