



FRY BOY

*It's game time:
break out
the turkey*

**BY MARY TUTWEILER
PHOTOS BY TERRI FENSEL**

Tailgating is an unruly affair. Cars and campers park amid a sea of tents, each flying the flag that declares their allegiance. To make your way through these various territories, you dodge flaming barbecue pits, foaming beer kegs and pick-up games of football. Add to that one boisterous, red-headed chef dropping turkeys into boiling oil, and you've got all the elements for a major melée on your hands.

That chef, Pat Mould, is the self-declared Cajun Ambassador of Turkey—a zealot spreading the good word of crackly-skinned, juice-dripping, luscious fried turkey, Cajun-style. “I’m a professional turkey fryer,” he says. And the best place to evangelize about sizzled big birds? A tailgate, of course—the rowdier the better.

Mould has built a 30-year cooking career in Lafayette, Louisiana, working in restaurants, as a TV chef and as a cooking-school owner. In his book, *Recipes from a Chef*, he shares classic Cajun recipes with his own imaginative twists. When he's not frying up a turkey, you're likely to find him cooking smoked duck and andouille gumbo,





a thermometer, heat the oil to 375°. Wash the turkey, and pat dry inside and out. Inject marinade into the breast, thighs and legs, using 1 ounce of marinade per pound of turkey. Carefully place the turkey into the fryer basket, breast-side up, and lower it into the oil slowly to avoid splattering. The oil temperature will drop when you add the turkey, so bring it back up to 350°, and keep it there for the entire cooking process, otherwise the turkey will be greasy. Cook the turkey for 4 minutes per pound. Turn off the fryer, and lift basket out of fryer. Place the basket on paper towel-lined counter. Using a meat thermometer, check that the breast meat is at least 170°. Allow turkey to rest 10 minutes before slicing and serving.



Mardi Gras Gumbo

Yield: 6 servings • Zest Factor: Mild

Mardi Gras Gumbo, featuring duck, fresh sausage and mirliton, has the perfect blend of spices to make you feel like you are right in the middle of Cajun country. So let the good times roll! You can sub chicken for the duckling.

- 1 (5- to 6-pound) duckling, cut into 8 pieces
- 4 teaspoons Cajun seasoning
- 2 tablespoons Worcestershire sauce
- 1½ teaspoons Tabasco, divided
- ¼ cup peanut oil
- ¼ cup flour
- 2 quarts chicken broth
- 1 cup chopped onion, divided
- ½ cup chopped celery, divided
- ½ cup chopped bell pepper, divided
- 1 tablespoon chopped garlic
- 2 bay leaves
- 1 pound fresh sausage, whole
- 2 large mirliton, peeled, seeded and diced ☉
- salt and freshly ground pepper
- ¼ cup sliced scallion
- ¼ cup minced flat-leaf parsley
- 3 cups cooked white rice

Preheat oven to 400°. Season duckling all over with Cajun seasoning, Worcestershire and 1 teaspoon Tabasco. Place duck pieces on sheet pan or roasting pan, and roast in the oven for 45 minutes. Remove duck from pan, and drain fat. Place pan over medium heat on the stovetop, and pour in ½ cup water, stirring and scraping up browned bits with a wooden spoon. When bottom of pan is clean, pour water into

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This page: Deep-fried ribs are a crowd pleaser.
Facing page: Spicy hot wings are a must for a tailgate.

a large stockpot. Add the roasted duck to pot.

In a skillet, prepare roux: Over medium heat, combine peanut oil and flour, stirring. Cook roux until it is the color of dark caramel, stirring often and monitoring heat to prevent burning.

Add roux, chicken broth, half the onion, half the celery and half the bell pepper, garlic, bay leaves, sausage, remaining Tabasco and the duckling pieces. Bring to a boil, lower heat, and simmer for 30 minutes. Remove sausage, allow to cool slightly, cut into slices and set aside. Add remaining onion, celery and bell pepper to the pot, cover, and simmer for an additional 30 minutes. Add the sliced sausage back into pot, season with salt and pepper and simmer uncovered for 15 minutes. Add the mirliton, cover, and simmer 15 minutes. Stir in scallions and parsley. Serve each portion over rice.



Pear, Gorgonzola, Sweet and Spicy Pecan Salad with Cane Syrup Herb Vinaigrette

Yield: 4 servings • Zest Factor: Mild

- 2 tablespoons butter, melted
- 2 tablespoons brown sugar
- 2 tablespoons sugar
- 1 tablespoon chili powder
- ½ teaspoon salt
- 2 tablespoons hot sauce
- 3 cups pecan halves
- assorted greens
- 4 large tomato slices
- 1 large ripe but firm pear, cored and cut into slices
- ½ cup Gorgonzola cheese
- Cane Syrup Herb Vinaigrette (see recipe, page 62)

Preheat oven to 350°. In a sauté pan over medium heat, combine the butter, brown sugar, sugar, chili powder and salt, and cook until butter is melted and ingredients combined. Stir in hot sauce, and simmer until a saucelike consistency is reached. In a bowl, combine pecans and butter mixture. Spread coated pecans on a sheet pan, and bake for 10 minutes. Remove from oven, and cool. Divide greens equally between 4 plates, and top each with tomato. Slice pears, and divide among plates. Top each plate with 1 heaping tablespoon pecans and divide the Gorgonzola on top of that. Drizzle each salad with Cane Syrup Herb Vinaigrette, and serve.





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Cane Syrup Herb Vinaigrette

Yield: $\frac{3}{4}$ cup • Zest Factor: Mild

- 3 tablespoons cane syrup ☉
- 1 tablespoon Dijon mustard
- 2 tablespoons balsamic vinegar
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh oregano
- 2 teaspoons chopped fresh thyme
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper
- $\frac{1}{4}$ teaspoon hot sauce
- $\frac{1}{2}$ cup peanut oil

In a bowl, whisk together cane syrup, mustard, vinegar, basil, oregano, thyme, salt and pepper and hot sauce. Slowly whisk in peanut oil in a steady stream until all of the oil is incorporated. Refrigerate, or serve.



Cajun Fish Fry with Tartar Sauce

Yield: 4 servings • Zest Factor: Mild

The secret to good fried seafood is the temperature in which the food fries. 350° is ideal. The main cause of greasy fried food is not letting the oil return to the temperature of 350° before you drop the next batch. A simple frying thermometer can alleviate this problem (see page 18). Go to cajuninjector.com for great seasoned fish-fry mixes.

- 1 pound redfish, cut into chunks
- 1 pound large shrimp, peeled and deveined
- 1 pint raw oysters, drained
- $\frac{1}{4}$ cup Cajun seasoning
- 3 tablespoons lemon juice
- For the spicy tartar sauce:
 - 3 cups mayonnaise
 - 6 tablespoons minced capers
 - 1 teaspoon Cajun seasoning
 - 2 tablespoons minced stuffed olives
 - 1 tablespoon pickle relish
 - 3 tablespoons lemon juice
 - 2 teaspoons garlic-infused vinegar
 - 2 tablespoons minced scallion
 - 1 tablespoon minced parsley
 - 1 tablespoon hot sauce
- For the batter:
 - 4 eggs
 - 1 cup buttermilk

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- 1 cup milk
- 1 teaspoon Cajun seasoning
- 6 cups fish-fry mix
- $1\frac{1}{2}$ quarts peanut oil

In a bowl, combine seafood with Cajun seasoning and lemon juice. Set aside.

Prepare the tartar sauce: In a bowl, combine all ingredients, and mix well.

Prepare the batter: in a bowl, combine eggs, buttermilk, milk and Cajun seasoning. In a second, shallow, wide bowl, place the fish-fry mix. Working piece by piece, dredge the seafood in the fish fry until coated. Dip into the batter, and then back into the fish fry. Fry the different seafoods separately, as fish take the longest, shrimp take less time and oysters the least of all. In a large, heavy pot or deep fryer, heat oil to 350°. Fry seafood in batches until it floats and is golden and crunchy. Drain on paper towels. Serve hot, with tartar sauce on the side.



Pat's Crawfish Étouffée

Yield: 4 servings • Zest Factor: Medium

Crawfish consumption really gets into high gear during the Lenten season. Growing up in Crowley, Louisiana, which is surrounded by rice fields converted to crawfish ponds during the off season, there was no shortage of these tasty crustaceans.

- 1 stick butter
- 3 cups minced onions
- 1 tablespoon minced garlic
- 4 teaspoons flour
- $1\frac{1}{2}$ teaspoons dried thyme leaves
- 1 cup chicken broth
- 1 tablespoon Creole Seasoning, such as Tony Chachere's
- 1 teaspoon paprika
- 1 teaspoon hot sauce
- 1 pound crawfish tails
- $\frac{1}{4}$ cup chopped scallions
- 2 tablespoons chopped flat-leaf parsley
- 4 cups cooked rice

In a saucepot over medium heat, melt butter. Sauté onions and garlic for 5 minutes, stirring. Lower the heat. Add flour and thyme; cook for 1 minute, being careful not to brown flour. Add chicken broth, Creole seasoning, paprika and hot sauce. Cook for an additional 2 minutes. Stir in crawfish, cover, lower heat and simmer for 10 minutes, stirring occasionally. Stir in scallions and parsley. Serve with cooked rice. ☑

