



AN AUTHENTIC LOUISIANA EXPERIENCE

RED STICK RECIPES

FIRST EDITION

#EXPLOREBATONROUGE
VISITBATONROUGE.COM



AN AUTHENTIC LOUISIANA EXPERIENCE



Crab Cake Maison

From the kitchen of Chef Tyler Guelfo at Rouj Creole

Pan seared crabcakes topped with a classic New Orleans remoulade sauce.

Prep Time: 30 Minutes

Yields: 8 Servings

Crab Cakes:

1 lb jumbo lump crab-
2 - 3/4 c panko breadcrumbs
1/4 c green onions, thinly sliced
2 tbsp onions, finely diced
2 tbsp jalapeno, minced
2 tbsp garlic, minced
1/4 tsp crushed red pepper flakes
1/4 tsp salt
1/3 c mayonnaise
2 tbsp dijon mustard
1 tsp hot sauce
2 tbsp worcestershire
1/2 tsp lemon juice
1 tbsp butter

Remoulade:

1/2 c mayonnaise
1 tbsp creole mustard
1/2 tbsp worcestershire
1/4 c green onions, sliced thin
2 tbsp parsley, minced
1/2 c celery, minced
1/2 c onion, minced
1/2 tbsp garlic, minced
1 tsp hot sauce
1/4 tsp ground black pepper
1/2 tbsp fresh tarragon, chopped

Method: Saute the onion, jalapeno, and garlic in the butter, set aside and allow to cool. In a large bowl, mix crab, first amount of panko, and remaining ingredients. Once vegetables are cool, mix in being careful not to break apart the crab. Form the mixture into 3 ounce cakes and coat with second amount of panko.

Sauce: Mix all ingredients together and adjust seasoning to taste.

To Finish: Sear crabcakes in a pan, being careful not to break. Once golden brown on one side, flip and sear to complete. Place One dollop of remoulade on top of each cake and enjoy.



Strawberry Shortcake

From the kitchen of Chef Jared Tees at L'Auberge Baton Rouge

Prep Time: 1 Hour

Yields: 6 Servings

4 pints Louisiana strawberries, hulled and quartered
3 oz cane sugar
2 tbsp Grand Marnier
1 c all-purpose flour
1/3 tsp iodized salt
1 tsp baking powder
1 tbsp cane sugar
1/4 c cold unsalted butter, diced
1/3 c whole milk
1/2 vanilla bean pod, scraped
2 c heavy cream, whipped lightly
4 tbsp powdered sugar

Method: Combine the strawberries, sugar & Grand Marnier in a bowl. Smash 1/4 of the berries with a fork on the side of the bowl & mix in with the remaining berries. Cover & allow to rest for 30 minutes.

In a large mixing bowl, sift together flour, salt, baking powder & sugar. Cut in the butter until the mix is course. Add milk & mix until the biscuit dough forms. Roll out to 1-inch thickness on lightly floured surface. Using a biscuit cutter, cut into 6 biscuits. Bake at 400 degrees for about 25 minutes, or until golden brown.

Whip together vanilla, cream & powdered sugar in a small bowl until thick.

Pull biscuits apart & place bottom half in a bowl. Spoon strawberries over & top with cream. Place top of biscuit in top & dust with powdered sugar. If you have some homemade vanilla ice cream around, that's a nice addition to this recipe!

Here in Baton Rouge, amazing local food isn't just an occasional topic of conversation – it's a daily obsession.

From up-and-coming culinary innovators to hidden down-home gems, there's plenty to savor, see and do, with an authenticity and culture that run as deep as the South.

An exciting array of new dining options has created a buzz among visitors and locals alike in Baton Rouge. Whether you're pulling up a chair at one of the newest dining options or enjoying a classic restaurant you know you're always in for a treat!

After you've filled up on southern cuisine, set your sights on our colorful political history, dance the night away on Third Street, soak up the splendor of our art scene and kick your feet up at one of our many hotels. Come to Baton Rouge to be charmed with our southern hospitality and taste buds delighted with our culinary fare.



La Valencia

From the kitchen of BLDG 5

Yields: 1 Serving

1 - 1/2 oz white rum
2 oz blood orange lemonade
1/2 oz passion fruit syrup
seltzer water

blood orange lemonade:
1 c fresh squeezed lemon juice
1 c fresh squeezed blood orange juice
7 c water
*add honey and/or sugar to taste

Method: Add all ingredients except for the Seltzer Water to a shaker. Add light ice. Shake and strain into a rocks glass. Add ice and top with Seltzer Water. Garnish with a few sprigs of fresh Thyme and a slice of Blood Orange.



Grits & Grillades

From the kitchen of Chef Celeste Gill at Chef Celeste Bistro

Prep Time: 1 Hour 30 Minutes

Yields: 4 Servings

Grillades:

2 lbs cubed steak meat
 1/3 c flour
 1/4 c vegetable oil
 1 large onion - diced
 1/2 c green bell pepper, diced
 1/2 c red large bell pepper, diced
 3 tbsp garlic minced
 1 c chopped ripe tomatoes
 1 bay leaf
 2 c beef broth
 3 tbsp Cajun seasoning
 1 tsp hot sauce
 1 - 1/2 tsp worcestershire
 1 - 1/2 tsp red wine
 1 tsp black pepper

Grits:

4 c water
 1 tsp salt
 1 c yellow stone grits
 1 c yellow cheddar cheese
 1 tsp coarse black pepper

Method: *Grillades:* Coat meat with flour and seasoning. Heat oil, then brown meat. Add garlic, onions, bell pepper, and cook until tender. Add all other ingredients and simmer.

Grits: Bring water to a boil, add salt. Add grits, stirring constantly until incorporated. Reduce heat to med-low and simmer for 35 minutes. Stir constantly. When done, turn off heat and add cheese.



African Peanut Stew

From the kitchen of Saskia Spanhoff at Cocha

This hearty delicious West African Peanut Stew will excite and comfort the pickiest of eaters. It is perfect for Vegans and Vegetarians and one can add Chicken for additional protein if desired.

Prep Time: 45 Minutes

Yields: 8 Servings

1 tbsp olive oil
 1 med. red onion, finely chopped
 1 med. yellow bell pepper, chopped
 1 med. orange bell pepper, chopped
 1 jalapeno, chopped (optional)
 2 small carrots, chopped
 1 rib celery, chopped
 3 garlic cloves, minced
 1 tbsp curry powder
 2 tbsp ginger, peeled, fresh, grated
 1 can (14.5oz) diced tomatoes
 1 bay leaf
 4 c chicken or vegetable broth
 1 sweet potato (-12 oz), peeled and cut into 1/2" pieces
 1 - 1/2 c edamame, shelled

1/4 c peanut butter
 1/4 c cilantro - chopped
 5 oz (choice of) fresh spinach, kale, swiss chard, collard leaves. torn in bite size pieces
 1/2 tsp salt
 coarsely ground pepper to taste
 garnish with grilled okra, toasted peanuts, cilantro leaves, squeeze of lime

Method: Heat olive oil in 4 quart pan over medium heat. Add onion, bell peppers, carrot and celery; sauté until soft and translucent, about 5 min. Add garlic, ginger and curry powder and sauté until fragrant - about 1 min. Add tomatoes and bay leaf. Cook, uncovered about 3 minutes. Add broth and sweet potatoes and bring to a boil. Reduce heat to low and simmer about 8 minutes. Stir in edamame and peanut butter. Cook until thoroughly heated, about 2 minutes. Stir in cilantro and spinach until spinach wilted. Add salt and pepper. *Can be served with brown rice or wild rice.*