FOOD FOR THOUGHT

It's All In The Seasoning!

Here, in tempting color, is a Creole company dinner which is as "manageable" as it is elegant. You can, in fact, make the entire meal hours if not several days ahead of the festive occasion and store it in the freezer.

Shrimp Jambalaya is one of the most famous Louisiana main dishes and no two cooks need prepare it the same way because generations of Creoles have made it according to whatever they had on hand.

What's important is the seasoning. For a good Jambalaya you should use, as does the following recipe, onion, crushed thyme leaves, garlic, a bay leaf and, because Creole cooks know the virtue of piquancy in their foods, a generous pinch of red pepper.

BAYOU SEAFOOD HOR D'OEUVRE

- 1/4 cup onion flakes
- 1/4 cup water
- 2 cans (6 ounces each) crab meat, drained OR 2 cans (7 ounces each) tuna, drained
- 1/2 cup dry bread crumbs
- 2 tablespoons parsley flakes
- 1/2 teaspoons powdered mustard
- 4 teaspoon ground black pepper
 Dash ground red pepper
- 2 eggs, lightly beaten
- Oil for deep fat frying OR cup butter or margarine

Mix onion flakes and water; let stand for 10 minutes to rehydrate. In medium bowl, flake crab meat or tuna. Add bread crumbs,

parsley, mustard, black pepper, red pepper and eggs; mix well. Form into 1-inch balls (makes about 48). Fry a few at a time in deep fat preheated to 375F until golden, about 1 minute.

Or, in a large skillet melt butter; fry balls, a few at a time until brown on all sides, about 3 minutes, adding more butter if needed. Serve at once. Or, place in a single layer on a shallow baking pan; cover with foil; keep warm in a 250F oven until ready to serve—up to 30 minutes.

They can also be made ahead and frozen.

To serve, preheat over to 350F. Place frozen balls in a single layer on a shallow baking pan; bake until heated through, about 10

Minutes.
YIELD: 48 balls

JAMBALAYA

- 1 cup raw regular cooking rice
- 1/4 cup onion flakes
- 11/2 teaspoons salt
- 1/4 teaspoon thyme leaves, crushed

- 1/4 teaspoon instant minced garlic
- 1/16 teaspoon ground red pepper 1 bay leaf
- 1 can (1 lb. 12 oz.) whole tomatoes, crushed
- 11/4 cups water
- 1 pound cooked ham, cut into 1-inch
- 1 package (10 oz.) frozen peas, defrosted
- 2½ pounds raw shrimp, peeled and deveined OR
- 2 pounds frozen fish fillets, defrosted and cut into 1-inch chunks

In a large sauce pot place rice, onion flakes, salt, thyme, garlic, red pepper, bay leaf, tomatoes and water; mix well. Bring to a boil. Reduce heat and simmer, covered for 15 minutes. Add ham and peas; simmer for 5 minutes. Add shrimp or fish; simmer, covered, until seafood if just cooked, about 5 minutes.

This dish can be partially prepared in advance by cooking the rice mixture for 15 minutes. Stir in the peas and ham; cool and then refrigerate. Just before serving bring mixture to a boil. Stir in shrimp or fish. Reduce heat and simmer, covered until seafood is just cooked,

about 5 minutes.

YIELD: 6 to 8 portions.

SPICED LOUISIANA SWEET POTATO PIE

Pastry for a 9-inch pie shell

- cup firmly-packed light brown sugar
- teaspoon ground nurmen
- 1/2 teaspoon ground nucmeg
- 1/8 teaspoon ground cloves
- I can (I lb. 2 oz.) sweet potatoes in syrup, drained and mashed (2 cups)
- 3 eggs, well beaten
- 11/2 cups hot milk
- 1/2 cup pecan halves

Roll out pastry to fit a 9-inch pie pan. Fit pastry in pan. Crimp edges; set aside. Preheat oven to 375 F. In a medium bowl combine brown sugar, cinnamon, ginger, nutmet, salt and cloves. Blend in sweet potatoes; beat in eggs. Stir in milk.

Pour into pie shell. Bake 25 minutes. Remove from oven. Arrange pecans on top of pie. Return to oven and bake until filling is firm in center, about 30 minutes. Cool on a wire rack. Serve at room temperature, topped with whipped cream and ground nugmeg, if desired.

YIELD: One 9-inch pie

RIASIP AIN 10W Sall, 100. Low Salt