

Cooking on the Coast

Jeremiah's Chicken-Sausage Gumbo

1 capon or 2 hens, cut up	2 sticks butter or margarine
3 white onions, chopped	2 bell peppers, chopped
4 ribs celery, chopped	
1 bunch green onions, chopped	4 cloves garlic, mashed
1 bunch parsley, chopped	2 tbsp Kitchen Bouquet
1 teaspoon thyme	4 cups ham, diced
2 lbs hot smoked link sausage, cut into ½" slices	
Cornstarch	3 tablespoons filé
3 pints oysters (optional)	Large 10-quart pot
Salt, pepper and cayenne to taste	Rice

Cut up capon or hens. Melt butter or margarine and sauté capon in it. Remove and sauté in same pan the onions, bell peppers, celery, green onions, garlic and parsley. Cook down. Add boiling water to fill half the pot. Color with Kitchen Bouquet. Add the seasonings and replace chicken in pot.

At this point add the chopped ham and the browned sausage. Thicken with cornstarch which has been dissolved in cold water. Add filé and simmer a couple of hours. Remove chicken and de-bone. Return chicken to the gumbo pot. Remove excess grease.

If you like oysters, add the oysters including the liquid and simmer another 10 minutes. Serve hot over bowls of fluffy rice. Serves 12-16.

Mayor Jeremiah O'Keefe

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Stuffed Crabs

2 pounds fresh crabmeat (1 pound claw, 1 pound white)
2 loaves stale french bread
6 cups milk
3 eggs, lightly beaten
2 large white onions, chopped
2 large red onions, chopped
3 bell pepper, chopped
4 stalks celery, chopped
2 bunches green onions, chopped
1 bunch parsley, chopped
1 teaspoon cayenne pepper
1 teaspoon black pepper
1 tablespoon salt
½ teaspoon garlic salt
3 tablespoons Lea & Perrins Worcestershire sauce
Shells for stuffing the crabs

Reserve parsley and green onion tops and sauté remaining vegetables until tender. Remove vegetables to large mixing bowl, add parsley and green onion tops. Add seasonings and mix thoroughly. In another mixing bowl break up the french bread and soak it in milk, squeeze out all you can and finely shred the bread into the vegetables. Pick through the crabmeat and remove any crab shell found. Gently fold the crabmeat, eggs and green onion tops into the vegetables. Mix gently but thoroughly. Adjust salt and pepper to taste. Stuff the crab shells.

Fry in oil, mixture side down until well browned, then bake in a 350-degree oven for about 10-12 minutes.

This same stuffing is great inside baked Cornish hens or boneless chicken breasts and for a real treat, try it between two flounder filets baked in the oven with lemon and butter!! (Known as Captain Jody's Flounder Sandwich)

Jerry "Jody" O'Keefe, Jr.

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Southern Chess Pie

½ cup softened, unsalted butter	2 cups white sugar
1 teaspoon vanilla extract	4 eggs
2 tablespoon cornmeal	¼ cup evaporated milk
1 tablespoon distilled white vinegar	1 unbaked 9-inch pie shell

Preheat the oven to 425 degrees and put your pie crust into a 9-inch glass pie pan. (If you are using a frozen crust, set it out for 1-2 hours to let it thaw).

In a large bowl, combine butter, sugar, and vanilla extract. Mix in the eggs, cornmeal, evaporated milk, and vinegar. Pour batter into pie crust.

Bake pie for 10 minutes at 425 degrees. Reduce heat to 300 degrees and bake for 40 minutes. This pie is in the oven for a long time so if you see your crust getting too brown you can cover the edges with tin foil being careful not to touch the filling.

After baking there should be a nice crust on top from the cornmeal. You can test its readiness by sticking a butter knife in the middle and seeing if the knife comes out clean. Keep your pie in the oven once you have turned it off and let it cool on the rack as the oven cools. This will help to make sure the center sets.

Susannah Snyder