

A Collection of Recipes and Memoirs

Chef Nino's
ALFREDDEAUX

Be Inspired, Motivated and Entertained

Louisiana Heart! Italian Soul!
From Journey to Journal

Recipe Fusion
Heart Warming
Humorous Short Stories

Uniquely Authentic
Dramatically Different

Penned from a Sicilian Countryside
and a quiet Louisiana Bayou

Chef Nino's
ALFREDDEAUX

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ISBN-13: 978-1-61813-096-9

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Printed in the United States by
Mira Digital Publishing
Chesterfield, Missouri 63005

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Recipes

Acapulco Margarita Shrimp

Ingredients:

1 pound wild-caught Louisiana shrimp
1/3 cup tequila
1/2 cup orange liqueur
3/4 cup fresh lime juice
1 teaspoon kosher salt
3 cloves fresh garlic, minced
4 tablespoons first cold pressed extra virgin olive oil
3 medium vine-ripened tomatoes
1 medium red onion, diced finely
1 jalapeño seeded, minced
4 tablespoons cilantro, chopped
1 pinch of white sugar
Cracked black pepper, to taste
Salt to taste

Instructions:

Place shrimp in a shallow baking dish.

In a separate bowl, combine tequila, orange liqueur, lime juice, 1 teaspoon kosher salt, garlic, and olive oil. Whisk until all ingredients are incorporated. Pour mixture over shrimp and mix well. Cover and refrigerate for 1/2 hour, turning shrimp once.

In a separate mixing bowl, mix tomatoes, onion, jalapeño, cilantro, sugar. Season with salt to taste. Set aside.

Pan sear shrimp in a medium skillet until shrimp are just turning pink (approximately 5 minutes). In a medium sauce pan, boil remaining marinade for a few minutes until reduced by half. Spoon salsa over shrimp and drizzle cooked marinade over salsa.

Amatriciana

Ingredients:

1 can San Marzano D.O.P. certified imported Italian tomatoes
1 medium onion, finely chopped
6 slices of pancetta or bacon, cut into small strips
1/4 teaspoon crushed red pepper
2 tablespoons first cold pressed extra virgin olive oil
1 pound cooked and drained bucatini (or pasta of choice)

Instructions:

Heat two tablespoons of olive oil in a frying pan. Add finely chopped onion and cook for 5 minutes over medium-low heat, until soft and golden. Add pancetta or smoked bacon to the onion. Cook until just starting to brown.

Add the tomatoes to the pan along with 1/4 teaspoon of crushed red pepper. Bring to a boil, reduce the heat, and simmer uncovered for 20 minutes, stirring occasionally. Serve on bucatini or your favorite pasta.

Andoullie and Sweet Potato Soup

Ingredients:

1 pound andouille sausage, diced
1 small onion, diced to 1/8 inch squares
2 stalks celery
1 teaspoon dried thyme
3 tablespoons butter
2 pounds peeled Louisiana sweet potatoes, diced to 1-inch squares
2 quarts chicken broth
2 ounces Praline pecan liqueur
Pinch of cinnamon, nutmeg, and cayenne pepper
2 ounces brown sugar
1/4 teaspoon white pepper
Kosher or sea salt to taste
3 ounces heavy cream
1 tablespoon chopped parsley

Instructions:

In a medium stock pot, melt 1 tablespoon butter, add andouille sausage, and cook for 5 minutes until juices start to render. Add onion and celery, cook until tender. Add thyme and sweet potatoes, sauté for 5 minutes. Deglaze pan with pecan liqueur.

Add chicken stock, brown sugar, white pepper, cayenne, cinnamon and nutmeg. Bring to a boil, reduce heat, and simmer for 45 minutes.

Puree in a blender in batches. Once pureed, return to pot and add heavy cream, salt, and 2 tablespoons of butter. Garnish with parsley.

Apple-Pecan Cobbler

Ingredients:

5 honey crisp apples peeled, cored, and sliced very thin
1/2 cup white sugar
3/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 cup Louisiana chopped pecans
1 cup all-purpose flour
1 1/4 cup white sugar
1 teaspoon baking powder
1/4 teaspoon kosher or sea salt
1 egg, beaten
1/2 cup evaporated milk
6 tablespoons unsalted butter, melted (slow as not to separate butter)
1/4 cup chopped Louisiana pecans

Instructions:

Preheat oven to 325 degrees. Completely grease a 2-quart baking dish with butter or shortening, making sure the entire inside has been covered 100%.

Arrange apple slices in a baking dish covering the bottom evenly. In a small bowl, mix together 1/2 cup sugar, cinnamon, nutmeg, and 1/2 cup pecans. Sprinkle mixture over apples.

In a medium bowl, mix together flour, sugar, baking powder, and salt, making sure all the ingredients are incorporated.

In a separate bowl, whisk together egg, evaporated milk, and melted butter. Pour milk mixture into flour mixture all at once and stir until smooth. Pour mixture over apples, and sprinkle top with 1/4 cup pecans.

Bake in preheated 325 degree oven for 45 to 55 minutes or until desired texture and color is achieved.

Avocado Mango Salsa

Ingredients:

2 medium avocados, peeled, seeded
1 ripe mango, peeled & diced
1/3 cup lime juice
2 medium vine-ripened tomatoes, chopped
2 tablespoons red onion, chopped finely
1 teaspoon sugar
2 tablespoons first cold pressed extra virgin olive oil
1 tablespoon snipped cilantro
1 tablespoon snipped fresh basil
1 jalapeño pepper, seeded, finely chopped
1/2 teaspoon kosher salt

Instructions:

Combine all ingredients in a 1-quart container with lid. Cover and toss gently to make sure all ingredients are fully mixed.

Refrigerate for at least 2 hours.

Bacon-Wrapped Stuffed Jalapeños

Ingredients:

12 ripe jalapeños

1/2 pound fresh green onion sausage

1 package cream cheese

1 pound smoked bacon, lean

4 tablespoons Chef Nino's Adrenaline Seasoning

Instructions:

Halve jalapeños (use gloves if you are sensitive). Remove seeds, membrane and stem. Smear about 1/4" of cream cheese into jalapeño halves.

Fill each half of jalapeño with green onion sausage until flush with edge.

Wrap continuously with bacon until completely covered.

Sprinkle Adrenaline Seasoning generously over each stuffed jalapeño.

Wash hands immediately after handling jalapeños.

Grill on medium-high heat for about 45 minutes until inside temperature reaches 155 degrees and bacon is crisp.

Baked Artichokes with Crab Stuffing

Ingredients:

4 large artichokes
6 tablespoons (3/4 stick) butter
1 cup finely chopped red bell pepper
3/4 cup finely chopped onion
2 celery stalks, finely chopped
8 cloves garlic, minced
3 cups Italian bread crumbs
8 ounces crab meat
Salt and pepper to taste
Crushed red pepper to taste

Instructions:

Preheat oven to 375 degrees.

Melt butter in heavy skillet over medium heat. Add bell pepper, onion, celery, and garlic. Sauté until onion is translucent, about 6 minutes. Transfer to a bowl and cool completely. Mix in breadcrumbs and crabmeat. Season the stuffing with salt, pepper, and crushed red pepper.

Cut off top third of each artichoke and discard. Cut off stem and pull out yellow and small purple tipped leaves from center. Use a melon baller to scoop out fibrous center.

Gently pull leaves outward from center until leaves open slightly. Place stuffing into each artichoke cavity and between first and second center layers of leaves, mounding slightly.

Place artichokes in a 13" by 9" by 2" baking dish. Add enough water to come to 3/4 inches up sides of dish. Cover with foil. Bake artichokes in preheated 375 degree oven until outer leaf pulls away easily (about 1 hour and 15 minutes).

Chef Nino's Bruschetta

Ingredients:

- 1 loaf of French or Ciabatta bread (10 slices)
 - 2 cloves garlic, finely chopped
 - 2 tablespoons extra virgin first cold pressed extra virgin olive oil
 - 5 basil leaves cut up loosely
 - 1/2 teaspoon kosher salt or sea salt divided (1/4 for bread and 1/4 for tomatoes)
 - 5 vine-ripened tomatoes, diced
 - 1/2 stick butter
 - 1 teaspoon dried oregano
 - 1 teaspoon granulated garlic
-

Instructions:

Preheat oven to 400 degrees.

Melt butter in small sauce pan, spoon over sliced bread.

Place bread in baking pan sprayed with nonstick spray. Sprinkle granulated garlic and oregano over buttered bread.

Bake bread in preheated 400-degree oven for approximately 10 minutes until toasty.

In mixing bowl, mix together tomatoes, garlic, basil, salt, and olive oil.

When bread is done baking, spoon tomato mixture over bread.

Quick Cabbage Roll Casserole

Ingredients:

1 pound lean ground beef
1 white onion, chopped finely
1 teaspoon kosher or sea salt
Cracked black pepper to taste
2 jars (25 ounces each) pasta sauce
1/2 cup rice
3 bags (10 ounces each) shredded cabbage

Instructions:

Preheat to 325 degrees.

In a medium sauté pan, brown ground beef, drain excess fat.

Add chopped onions, salt and pepper. Cook until onions start to wilt.

Add pasta sauce and cook for 5 minutes. Remove from heat and add cabbage and rice.

In a casserole dish, pour in mixture. Cover and bake in preheated 325 degree oven for 1 1/2 hours.

Like Yo' Mamma Used to Cook Cajun Stuffed Bell Peppers

Ingredients:

5 large bell peppers, washed and cleaned

4 cups cooked rice

1 – 24-ounce can of tomato sauce

1 – 10-ounce can of diced tomatoes and green chilies (Rotel type)

1 onion, chopped

1 medium bell pepper, chopped

1 to 2 tablespoons chopped/minced garlic

1/4 teaspoon cayenne pepper

1/2 teaspoon granulated garlic

1/2 teaspoon kosher or sea salt

1/2 teaspoon cracked black pepper

1 pound lean ground beef

1 pound andouille sausage, finely chopped

Instructions:

Preheat oven to 350 degrees.

Cut tops off of bell peppers.

Brown ground beef and sausage. Drain grease. Add seasonings, vegetables, diced tomatoes, and tomato sauce. Simmer until vegetables are tender (about 30 minutes).

Meanwhile, cook rice and set aside.

When meat sauce is done, skim the top of about 2 cups of tomato gravy and put aside. Add rice in a little at a time until mixed completely.

Stuff peppers and place in a greased baking dish. Cover with reserved gravy. Bake in preheated 350 degree oven for approximately 1 hour (until the tops are nice and brown and the peppers are tender).

Cajun Cornbread Dressing

Ingredients:

4 (8 ounce) packages dry cornbread mix
6 cups dry bread crumbs
1 pound wild-caught Louisiana shrimp
1/2 pound andouille sausage
1/2 cup butter
2 cups chopped yellow onion
4 cloves garlic, finely chopped
1/3 cup chopped green bell pepper
3 cups chopped celery
2/3 cup chopped fresh parsley
2 tablespoons poultry seasoning
1 teaspoon dried sage
1 teaspoon kosher or sea salt
8 cups chicken broth
2 eggs, beaten

Instructions:

Preheat oven to 350 degrees.

Prepare the cornbread according to package instructions. Once cornbread has cooled, crumble it into a bowl. Stir in the bread crumbs.

In a pot, sauté sausage and shrimp in butter with the onion, garlic, green bell pepper, and celery until tender. Stir parsley, poultry seasoning, sage, and salt into the mixture. Pour broth, eggs, and cornbread/breadcrumbs into the mixture; mix until the ingredients stick together easily. Transfer to a 9" x 13" pan.

Bake covered in preheated 350-degree oven for 30 minutes.

Chicken Mignon

Ingredients:

6 skinless, boneless chicken thighs
1 tablespoon ground cumin
1 tablespoon chili powder
1/2 tablespoon granulated garlic
1/4 teaspoon kosher salt, or to taste
1/4 teaspoon cayenne pepper, or to taste
1/4 teaspoon cracked black pepper, or to taste
1/2 cup soy sauce
1/2 cup first cold pressed extra virgin olive oil

Instructions:

Place chicken thighs on work surface. Trim excess fat from thighs.

In a separate bowl, combine all dry ingredients and mix completely.

Sprinkle half of the mixture over the top side of the thighs. Turn the thighs over and sprinkle the remainder of the mixture over the bottom side of the thighs. Pour soy sauce over the thighs on both sides, and then repeat the process with the olive oil.

Cook in a skillet on medium-high heat for 15 minutes on each side or until internal temperature reaches 165 degrees.

Chicken Parmesan

Ingredients:

2 cups Italian Style bread crumbs

1/2 cup grated Parmesan cheese

2 cups all purpose flour seasoned with 1 teaspoon salt and 1 teaspoon black pepper

3 eggs beaten

4 boneless skinless chicken breasts (4 oz each)

3 tablespoons olive oil

2 (14.5 ounce) cans italian style stewed tomatoes

1 tablespoon fresh cut basil

1/8 teaspoon garlic powder

2 teaspoons kosher salt, divided into 2

2 teaspoons coarse black pepper, divided into 2

4 slices sliced Mozzarella cheese

Instructions:

Preheat oven to 350 degrees.

In shallow dish or pie plate, mix bread crumbs and Parmesan cheese salt and black pepper.

In another shallow dish or pie plate, beat egg. Coat chicken with seasoned flour then dip into egg, and coat it with bread crumbs until completely covered all around

In 12-inch nonstick skillet, heat oil over medium heat. Add chicken; cook 4 to 6 minutes, turning once, until golden brown. Cover, and cook 8 to 10 minutes longer, turning once, until juice of chicken is clear when center of thickest part is cut (170°F). Remove from skillet to greased baking sheet.

Add stewed tomatoes and basil to skillet. Heat for 2-3 minutes until starts to boil.

Place cooked chicken onto a greased baking sheet. Spoon tomatoes over each cooked chicken breast and top it with a slice of cheese.

Cook in preheated 350 degree oven for 15 minutes to melt cheese.

Chicken Scallopini

Ingredients:

6 boneless, skinless chicken breast halves

3 tablespoons all-purpose flour

1 tablespoons unsalted butter

1 tablespoons first cold pressed extra virgin olive oil

1 teaspoon dried oregano

Salt and freshly ground black pepper to taste

1/2 cup dry white wine

Instructions:

Gently flatten chicken breasts with a meat mallet until 1/4" thick. Dust with flour, coating evenly, and tapping off any excess flour.

Melt butter and olive oil in a large frying pan over medium heat. Add chicken breasts and cook, turning once, until golden, about 3 minutes on each side. Sprinkle with oregano, salt, and pepper. Pour in wine.

Cook until most of the wine evaporates, about 2 minutes, leaving only a little bit of the cooking juices.

Transfer the chicken to a warmed platter and serve immediately.

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