

#101: Creole New Orleans

Chicken Creole

Leah Chase, Dooky Chase's Restaurant

6 5-ounce boneless and skinless chicken breasts
1 tbsp. salt
½ tsp. white pepper
¼ cup vegetable oil
1 cup chopped onions
½ cup chopped green peppers
2 cups whole tomatoes with liquid
2 cups water
2 cloves garlic (mashed and chopped)
½ tsp. ground thyme (or 2 sprigs fresh)
¼ tsp. cayenne pepper
12 small whole okra
1 lb. shrimp (peeled and deveined)
1 tbsp. chopped parsley

Season chicken with 1 teaspoon salt and the white pepper. In large skillet or chicken fryer, heat the vegetable oil. Place seasoned chicken in hot oil, turning it as it cooks (about 6 minutes). Lower heat. Remove chicken and set aside.

Sauté onions in skillet until they are clear. Add the green peppers; stir and cook for 3 or 4 minutes. Add whole tomatoes, masking them as you stir them into onion mixture. Add water, garlic, thyme, cayenne pepper, and remaining salt. Let sauce cook on high heat for 4 minutes.

Lower heat; return chicken to sauce. Add okra and cook for 10 minutes until okra are just tender. Add shrimp; let cook until shrimp turn pink (about 5 minutes). Add parsley. Serve over buttered rice.

Yield: 6 servings.

(Excerpted from *The Dooky Chase Cookbook* by Leah Chase (Pelican Publishing Company, Inc.). Copyright © 1990.