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## MAIN SPICE MIX

### INGREDIENTS:

- 1 tsp dried thyme
- 1 ½ tsp onion powder
- 1 tsp salt
- 1 ½ tsp garlic powder
- 1 ½ tsp dried oregano
- 2 tsp paprika
- 1 tsp black pepper
- 1 tsp white pepper
- 1 tsp celery salt
- 1/2 cayenne pepper (depending on how much heat you want)

### Pre-class prep

1. Mix spices in a small bowl and split into two bowls
  - a. Half used for Jambalaya
  - b. Half used for Creole sauce

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## JAMBALAYA SKEWERS

### REQUIRED EQUIPMENT

- skewers sticks (if wood, soaked in water)
- large pyrex dish
- grill
- tongs
- Pam spray
- foiled lined sheet pan if you are using the oven

### INGREDIENTS: (makes 2-4 skewers depending on size of skewer)

- 2 tbsp minced or pureed garlic
- 1 boneless chicken breast, cut into 1 inch bite sized pieces
- 4 large jumbo shrimp peeled and deveined
- 1 cured spicy Chorizo or kielbasa smoked sausage (cut into ¾ inch piece)
- 1 cured ham large enough to cut into 2" pieces x6 pieces
- Cut 2" size pieces of the following:
  - ½ red pepper
  - ½ green pepper
  - ½ onion
- ½ pint multi colored cherry tomato

- ❑ skewer sticks soaking in water if wooden
- ❑ Pam spray

### Pre-class prep

1. Cut sausage and ham into 2" pieces and chicken into 1" pieces.
2. Cut veggies into large 2" pieces.

### DIRECTIONS:

1. Mix ½ the "main" spices along with the parsley, worcestershire sauce and canola oil into a small bowl to create "Jambalaya seasoning".
2. Cut all the above meat into bite-sized pieces.
  - a. It's important to keep the chicken pieces fairly small and to use jumbo shrimp. Shrimp cooks very quickly, so if you use smaller shrimp or cut your chicken too large, you will have either uncooked chicken or overcooked shrimp. In a large bowl, combine the 1 inch chicken pieces, sausage, ham and the shrimp. Set aside.
3. Once "Jambalaya seasoning" is combined, pour ½ of this mixture over the chicken, shrimp, ham and sausage. Stir to combine, ensuring that every piece is coated in the seasoning.
4. Allow it to marinate in the fridge for 30 minutes, up to several hours.
5. Meanwhile, if you haven't prepared the vegetables yet then do so now.
6. Assemble the skewers by placing the shrimp, chicken, sausage, ham and vegetables on the skewer. You just need to remember to have at least 2 inches on the blunt side of skewer exposed and one inch on the pointy side of the skewer in order to turn the skewer over on the grill properly. I prefer a nice tight skewer so I'm pushing the food items closer together, which will only require a little more grilling.
7. Keep the assembled skewers in the fridge until ready to cook.
8. Preheat the grill over high heat or turn on your oven to 450° and/or the broiler setting. Once heated, spray grill and skewers with Pam and place the skewers onto the hot grill and cook for 4-5 minutes on each side, or until the chicken has reached an internal temp of at least 165°. If you are using your oven, cook for about 10 minutes, flipping halfway through.
9. Garnish the skewers with Creole Fresca sauce.

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## CREOLE FRESCA SAUCE

### REQUIRED EQUIPMENT:

- small bowl

### CREOLE SPICE INGREDIENTS:

- ½ "main" spice mix pre-made
- 1 tsp dried basil
- 1 ½ tsp sugar

### INGREDIENTS:

- 3 tbsp butter
- 1 tbsp flour
- 1 tomato chopped
- 2 tbsp puree garlic
- 1 cups chicken/veggie stock
- 1 cup tomato sauce
- 1 ½ tsp tabasco sauce (optional)

### PRE-CLASS PREP:

1. Chop 1 tomato.

### DIRECTIONS:

1. Heat a large saucepan then add 2 tbsp butter and let melt.
2. Add 1 tbsp flour.
3. Add 1 tbsp of garlic and 1 tbsp butter, and half the Creole spice mixture, stirring well.
4. Add fresh diced tomatoes
5. Add ½ cup of chicken/veggie stock. Cook for another 5 minutes.
6. Turn heat down to a medium low and simmer for 10 to 12 minutes, stirring and scraping the bottom of the pan.
7. Add the other half of the Creole spice mix along with 1 more tbsp of puree garlic.
8. Stir in tomato sauce and cook 5 minutes more.
9. Add remaining chicken/veggie stock depending on thickness. Add sugar to taste.
10. Add tabasco, to taste.
11. Check taste and season more if need be.
12. Turn off heat and let stand.