

The Cajun Cookbook

106 Recipes

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Cajun Potato Latkes

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Cajun Pineapple Salad

Ingredients

1/4 cup mayonnaise
1/8 cup prepared mustard
4 teaspoons sweet relish
2 (16 ounce) cans pineapple
chunks
1 teaspoon Cajun pepper
2 pounds iceberg lettuce,
shredded
1 cup bay leaves

Directions

In a small mixing bowl, stir together mayonnaise, mustard, and relish. Mix well until it becomes a nice pastel color.

In a separate bowl, stir together pineapple and Cajun pepper.

Place shredded lettuce into a large bowl. Pour pineapple mixture on top of the lettuce. Place bay leaves as a garnish around the edge of the bowl. Drizzle dressing lightly over the salad.

Easy Cajun Grilled Veggies

Ingredients

1/4 cup light olive oil
1 teaspoon Cajun seasoning
1/2 teaspoon salt
1/2 teaspoon cayenne pepper
1 tablespoon Worcestershire sauce
2 zucchinis, cut into 1/2-inch slices
2 large white onions, sliced into 1/2-inch wedges
2 yellow squash, cut into 1/2-inch slices

Directions

In a small bowl, mix together light olive oil, Cajun seasoning, salt, cayenne pepper, and Worcestershire sauce. Place zucchinis, white onions, and yellow squash in a bowl, and cover with the olive oil mixture. Cover bowl, and marinate vegetables in the refrigerator at least 30 minutes.

Preheat an outdoor grill for high heat and lightly oil grate.

Place marinated vegetable pieces on skewers or directly on the grill. Cook 5 minutes, or to desired doneness.

Cajun Chicken Sandwiches

Ingredients

6 (4 ounce) skinless, boneless chicken breast halves
1 tablespoon olive oil
1/2 teaspoon celery salt
1/2 teaspoon garlic salt
1/2 teaspoon lemon-pepper seasoning
1/4 teaspoon cayenne pepper
1/4 teaspoon paprika
1/4 teaspoon pepper
6 kaiser rolls, split and toasted
12 slices tomato
6 lettuce leaves

Directions

Flatten chicken to 1/2-in. thickness. Brush both sides with oil. Combine the seasonings; rub over both sides of chicken. Arrange in a 13-in. x 9-in. x 2-in. baking dish. Cover and refrigerate for at least 2 hours or overnight.

Coat grill rack with nonstick cooking spray before starting the grill. Grill, covered, over medium heat for 3-5 minutes on each side or until chicken juices run clear. Serve on rolls with tomato and lettuce.

Cajun Pork Chops

Ingredients

1/4 cup all-purpose flour
1 tablespoon paprika
1 teaspoon ground sage
1 teaspoon Creole seasoning
1/2 teaspoon cayenne pepper
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
4 (1/2 inch thick) boneless pork chops
2 teaspoons olive oil

Directions

Place flour, paprika, sage, Creole seasoning, cayenne pepper, black pepper, and garlic powder in a large, resealable plastic bag. Place pork chops in the bag, seal, and shake to coat chops.

In a large skillet, heat oil over high heat for about 1 minute. Arrange chops in pan, and reduce heat to medium. Cook until pork chops are dark brown, about 6 to 8 minutes per side.

Cajun-Style Eggs Benedict

Ingredients

2 tablespoons butter
2 tablespoons all-purpose flour
1 cup milk
1/4 cup grated Parmesan cheese
1 dash hot pepper sauce
salt and black pepper to taste

4 large buttermilk biscuits, halved

1/4 cup vegetable oil
1/2 pound andouille sausage,
halved then cut into 2-inch pieces
8 eggs

Directions

Melt the butter in a small saucepan over medium-low heat. Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 3 minutes. Gradually whisk the milk into the flour mixture, and cook over low heat. Cook and stir until the mixture is thick and smooth, about 10 minutes. Stir in the Parmesan cheese and hot sauce; season to taste with salt and pepper. Keep warm over low heat.

Meanwhile, warm the biscuits in a toaster oven and keep warm. Heat the vegetable oil in a large skillet over medium heat. Place the andouille pieces into the skillet cut-side-down. Cook until golden brown, then turn over and cook until browned on the skin side; remove and keep warm. Reduce the heat to medium-low. Crack four of the eggs into the hot pan, and cook until the egg whites have firmed about halfway through, about 1 minute. Gently flip the eggs over, and cook 10 to 20 seconds more until the other side has just firmed on the outside. Repeat with the remaining eggs.

To assemble, place two biscuit halves onto each plate, cut-side-up. Divide the andouille sausage among the biscuits, then top each biscuit with an egg. Finally, spoon some of the sauce over each egg and serve.

Cajun Spice Mix

Ingredients

2 teaspoons salt
2 teaspoons garlic powder
2 1/2 teaspoons paprika
1 teaspoon ground black pepper
1 teaspoon onion powder
1 teaspoon cayenne pepper
1 1/4 teaspoons dried oregano
1 1/4 teaspoons dried thyme
1/2 teaspoon red pepper flakes
(optional)

Directions

Stir together salt, garlic powder, paprika, black pepper, onion powder, cayenne pepper, oregano, thyme, and red pepper flakes until evenly blended. Store in an airtight container.

Cajun Chicken

Ingredients

2 cups vegetable oil
2 tablespoons Cajun seasoning
2 tablespoons dried Italian-style seasoning
2 tablespoons lemon pepper
garlic powder to taste
10 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness

Directions

In a large shallow dish, mix the oil, Cajun seasoning, Italian seasoning, garlic powder, and lemon pepper. Place the chicken in the dish, and turn to coat with the mixture. Cover, and refrigerate for 1/2 hour.

Preheat the grill for high heat.

Lightly oil the grill grate. Drain chicken, and discard marinade. Place chicken on hot grill and cook for 6 to 8 minutes on each side, or until juices run clear.

Big Ed's Cajun Shrimp Soup

Ingredients

1 tablespoon butter
1/2 cup chopped green bell pepper
1/4 cup sliced green onions
1 clove garlic, minced
3 cups tomato-vegetable juice cocktail
1 (8 ounce) bottle clam juice
1/2 cup water
1/4 teaspoon dried thyme
1/4 teaspoon dried basil
1/4 teaspoon red pepper flakes
1 bay leaf
1/2 teaspoon salt
1/2 cup uncooked long-grain white rice
3/4 pound fresh shrimp, peeled and deveined
hot pepper sauce to taste

Directions

Melt butter in a large pot over medium heat. Saute green bell pepper, onions, and garlic until tender. Stir in vegetable juice, clam juice, and water. Season with thyme, basil, red pepper, bay leaf, and salt. Bring to a boil, and stir in rice. Reduce heat, and cover. Simmer 15 minutes, until rice is tender.

Stir in shrimp, and cook 5 minutes, or until shrimp are opaque. Remove the bay leaf, and season with hot sauce.

Cajun Shrimp with Potatoes

Ingredients

1/2 cup chopped onion
2 tablespoons vegetable oil
1/4 cup chopped green onions
1/4 cup chopped celery
6 medium potatoes, peeled and diced
1 teaspoon salt
2 teaspoons Cajun seasoning
1/2 teaspoon pepper
1 pound uncooked medium shrimp, peeled and deveined
1/4 cup crumbled cooked bacon

Directions

In a 2-1/2-qt. microwave-safe dish, combine the onion and oil. Cover and microwave on high for 3 minutes. Stir in green onions and celery; cover and cook 3 minutes longer. Add potatoes, salt, Cajun seasoning and pepper. Cover and cook for 12 minutes or until potatoes are nearly tender.

Stir in the shrimp and bacon. Cover and cook on high for 5 minutes or until shrimp is pink and potatoes are tender.

Cajun Turkey Stuffing

Ingredients

5 quarts chicken broth
10 cups uncooked white rice
1 1/2 cups chopped celery
1 1/2 cups chopped onion,
divided
1 tablespoon garlic, minced
1 pound bulk pork sausage
1 pound ground beef
1 tablespoon dried thyme
1 tablespoon dried parsley
1 tablespoon dried oregano

Directions

Place the chicken broth, rice, celery, and 1 cup of chopped onion into a large pot. Bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, 20 to 25 minutes.

Meanwhile, place the remaining 1/2 cup of onion into a large skillet along with the garlic, pork sausage, and ground beef. Cook and stir over medium-high heat until the meat is brown and crumbly; pour off excess grease, then stir the meat into the cooked rice along with the thyme, parsley, and oregano. Stir well.

Linguine with Cajun-Spiced Shrimp and Corn

Ingredients

1 (16 ounce) package linguine pasta
1 pound peeled and deveined medium shrimp
1 tablespoon liquid shrimp and crab boil seasoning

1/2 cup butter
1 teaspoon minced garlic
1/3 cup diced red onion
1/3 cup diced sweet red bell pepper
1/2 cup canned whole kernel corn, drained
1 1/2 tablespoons fresh lime juice
2 tablespoons chopped fresh cilantro
1 teaspoon dried oregano
1 teaspoon canned chipotle chile peppers in adobo sauce, finely chopped
1 teaspoon sea salt
1/2 cup half-and-half

Directions

Bring a large pot of lightly salted water to a boil. Add linguine and cook until al dente, 8 to 10 minutes; drain.

Place shrimp and crab boil into a large saucepan. Fill with water to 1 inch above the shrimp, and bring to a boil over high heat. Boil for 3 minutes until shrimp turn pink, then drain.

Meanwhile, melt butter in a large skillet over medium-high heat. Stir in garlic, and red onion, cook until the onion softens and turns translucent, about 4 minutes. Stir in bell pepper, corn, lime juice, cilantro, oregano, chipotle pepper, and salt. Stir in the half-and-half, and bring to a simmer. Once the mixture is simmering, stir in shrimp, and toss with the drained pasta.

Cajun Deep-Fried Turkey

Ingredients

2 cups butter
1/4 cup onion juice
1/4 cup garlic juice
1/4 cup Louisiana-style hot sauce
1/4 cup Worcestershire sauce
2 tablespoons ground black pepper
1 teaspoon cayenne pepper
7 fluid ounces beer
3 gallons peanut oil for frying, or as needed
1 (12 pound) whole turkey, neck and giblets removed

Directions

Melt the butter in a large saucepan over medium heat. Add the onion juice, garlic juice, hot sauce, Worcestershire sauce, black pepper, cayenne pepper and beer. Mix until well blended.

Use a marinade injecting syringe or turkey baster with an injector tip to inject the marinade all over the turkey including the legs, back, wings, thighs and breasts. Place in a large plastic bag and marinate overnight in the refrigerator. Do not use a kitchen trash bag. If your turkey is large, you can use an oven bag.

When it's time to fry, measure the amount of oil needed by lowering the turkey into the fryer and filling with enough oil to cover it. Remove the turkey and set aside.

Heat the oil to 365 degrees F (185 degrees C). When the oil has come to temperature, lower the turkey into the hot oil slowly using the hanging device that comes with turkey deep-fryers. The turkey should be completely submerged in the oil. Cook for 36 minutes, or 3 minutes per pound of turkey. The turkey is done when the temperature in the thickest part of the thigh reaches 180 degrees F (80 degrees C). Turn off the flame and slowly remove from the oil, making sure all of the oil drains out of the cavity. Allow to rest on a serving platter for about 20 minutes before carving.

Cajun Wild Rice

Ingredients

1 cup uncooked wild rice
1 (14 ounce) can chicken broth
1/4 cup water
1/2 pound andouille sausage,
diced
1/2 cup diced sweet onion
1 cup chopped fresh mushrooms
1 tablespoon minced garlic
1 (10.75 ounce) can condensed
cream of mushroom soup

Directions

In a saucepan, combine the wild rice, chicken broth, water, sausage, onion, mushrooms and garlic. Bring to a boil, then reduce heat to low, cover, and simmer for 25 to 30 minutes, or until rice is tender. Remove from the heat, and stir in the cream of mushroom soup. It's that easy!

Cajun Appetizer Meatballs

Ingredients

- 1 pound lean ground beef
- 1 1/2 teaspoons hot pepper sauce
- 2 tablespoons Cajun seasoning
- 1 tablespoon Worcestershire sauce
- 1 tablespoon dried parsley
- 1/4 cup finely chopped onion
- 1/4 cup fresh bread crumbs
- 1/4 cup milk
- 1 egg
- 1/2 cup barbeque sauce
- 1/2 cup peach preserves

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking sheet.

In a large bowl, mix thoroughly the ground beef, hot pepper sauce, Cajun seasoning, Worcestershire sauce, parsley, onion, bread crumbs, milk, and egg.

Form the mixture into golf ball sized meatballs and place on the prepared baking sheet. Bake in preheated oven for 30 to 40 minutes, or until there is no pink left in the middle.

In a small bowl, combine the barbeque sauce and peach preserves.

When meatballs are done, place in a serving dish and cover with the barbeque sauce mixture. Toss to coat.

Cajun Crab Soup

Ingredients

1/2 cup unsalted butter
1 onion, chopped
2 cloves garlic, minced
1/4 cup all-purpose flour
2 cups clam juice
2 cups chicken broth
1 (10 ounce) package frozen white corn
1 teaspoon salt
1/2 teaspoon ground white pepper
1/4 teaspoon dried thyme
1/4 teaspoon ground cayenne pepper
2 cups heavy cream
1 pound lump crabmeat, drained
4 green onions, chopped

Directions

Melt butter in a large saucepan over medium heat. Saute onion and garlic until onion is tender. Whisk in flour, and cook 2 minutes. Stir in clam juice and chicken broth, and bring to a boil. Mix in corn, and season with salt, white pepper, thyme, and cayenne. Reduce heat, and simmer 15 minutes.

Stir in cream, crab meat, and green onions. Heat through, but do not boil once the cream has been added.

Creamy Cajun Crawfish Stew

Ingredients

nonstick cooking spray
1 onion, thinly sliced
1 green bell pepper, cut into strips
1 red bell pepper, cut into strips
2 cups fresh okra, cut into 1/2 inch slices
1 whole boneless, skinless chicken breast, cubed
1 tablespoon Cajun seasoning
1 pound whole cooked crawfish, peeled
1/4 cup butter
2 tablespoons all-purpose flour
3 cups milk
1/3 cup half-and-half cream
1 pinch salt
3 cups shredded Cheddar cheese
1 cup freshly grated Romano cheese
1/3 cup chili powder
1 tablespoon ground paprika

Directions

Spray a heavy bottom pot with cooking spray, and place over medium heat. Saute onion, green bell pepper, red bell pepper and okra until soft. Season with a pinch of Cajun seasoning. Remove from pot, and set aside.

Coat pot with cooking spray (turn off flame while spraying), and return to medium high heat. Saute chicken until no longer pink, and juices run clear. Season with 1 tablespoon Cajun seasoning. Stir in crawfish, and cook for 1 minute. Remove from pot, and set aside with vegetables.

Melt butter in pot on medium low heat. Whisk in flour until roux begins to bubble. Add milk, and whisk until smooth. Add half-and-half, and whisk continuously until mixture thickens enough to coat the back of a spoon. Add a pinch of salt. Stir in shredded Cheddar cheese a little at a time until well incorporated. Add grated Romano cheese and whisk until incorporated. Season with chili powder and paprika. Stir in chicken, crawfish and vegetable mixture. Simmer for 5 minutes.

Campbell's® Healthy Request® Cajun Fish

Ingredients

1 tablespoon vegetable oil
1 small green pepper, diced
1/2 teaspoon dried oregano leaves, crushed
1 (10.75 ounce) can Campbell's® Condensed Tomato Soup (Healthy Request® or regular)
1/3 cup water
1/8 teaspoon garlic powder
1/8 teaspoon ground black pepper
1/8 teaspoon ground red pepper
1 pound fresh or thawed frozen fish fillet*
Hot cooked rice, cooked without added salt

Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the green pepper and oregano and cook until the green pepper is tender-crisp, stirring often.

Stir the soup, water, garlic powder, black pepper and red pepper into the skillet. Heat to a boil. Place the fish into the soup mixture. Reduce the heat to low. Cover and cook for 5 minutes or until the fish flakes easily when tested with a fork. Serve with the rice.

Cajun-Style Beef and Beans

Ingredients

1 cup uncooked white rice
2 cups water

1 pound ground beef
1 onion, chopped
1 (15 ounce) can red beans,
drained and rinsed
1 (14.5 ounce) can diced tomatoes
2 tablespoons Cajun seasoning

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Preheat an oven to 350 degrees F (175 degrees C).

Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Add chopped onion to beef and cook and stir for 3 to 5 minutes. Stir in the cooked rice, beans, tomatoes, and Cajun seasoning. Pour into a casserole dish.

Cover and bake in the preheated oven for 25 minutes until hot, stirring once.

Cajun Paella

Ingredients

2 tablespoons olive oil
4 chicken leg quarters
2 (8 ounce) packages dirty rice mix
5 cups water
2 pounds whole cooked crawfish, peeled
3/4 medium shrimp - peeled and deveined
1/2 pound andouille sausage, sliced into rounds
2 cups sliced mushrooms
1 large green bell pepper, chopped
1 large sweet onion, chopped
3 cloves garlic, minced

Directions

Heat oil in a heavy Dutch oven over medium high heat. Sear chicken on all sides until browned. Stir in dirty rice mix and water. Stir in crawfish, shrimp, sausage, mushrooms, bell pepper, onion and garlic. Bring mixture to a boil, and stir. Reduce heat, cover and simmer until rice is tender, and moisture is absorbed, 25 to 30 minutes.

Cajun Sweet Dough

Ingredients

3/4 cup unsalted butter, softened
1 1/3 cups white sugar
1 teaspoon vanilla extract
1 egg
4 1/2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
1/2 cup milk
1 (12.5 ounce) can cherry pie filling
1 egg white (for egg wash)

Directions

Sift together the flour, baking powder, and salt. Set aside.

In a separate bowl, beat the butter, then add the sugar a little at a time. Add the vanilla. Beat the mixture until it is nice and fluffy. Beat in the egg. Stir in the flour mixture alternately with the milk.

Before you use this dough, be sure you chill it well at least 2 hours or even overnight.

To make turnovers: Preheat the oven to 350 degrees F (175 degrees C). Roll dough out to 1/4 inch thickness on a lightly floured surface. Cut into 3 inch squares. Spoon about 2 teaspoons of the pie filling into the center of each square and fold over to form a triangle. Pinch the seams to seal or press with the tines of a fork. Place at least 2 inches apart on a greased baking sheet. Brush with egg white.

Bake for 12 to 15 minutes in the preheated oven, until golden brown on the tops and bottom.

Cajun Crawfish and Shrimp Etouffe

Ingredients

1/3 cup vegetable oil
1/4 cup all-purpose flour
1 small green bell pepper, diced
1 medium onion, chopped
2 cloves garlic, minced
2 stalks celery, diced
2 fresh tomatoes, chopped
2 tablespoons Louisiana-style hot sauce
1/3 teaspoon ground cayenne pepper (optional)
2 tablespoons seafood seasoning
1/2 teaspoon ground black pepper
1 cup fish stock
1 pound crawfish tails
1 pound medium shrimp - peeled and deveined

Directions

Heat the oil in a heavy skillet over medium heat. Gradually stir in flour, and stir constantly until the mixture turns 'peanut butter' brown or darker, at least 15 or 20 minutes. I use a large fork with the flat side to the bottom of the pan in a side to side motion. This is your base sauce or 'Roux'. It is very important to stir this constantly. If by chance the roux burns, discard and start over.

Once the roux is browned, add the onions, garlic, celery and bell pepper to the skillet, and saute for about 5 minutes to soften. Stir in the chopped tomatoes and fish stock, and season with the seafood seasoning. Reduce heat to low, and simmer for about 20 minutes, stirring occasionally.

Season the sauce with hot pepper sauce and cayenne pepper (if using), and add the crawfish and shrimp. Cook for about 10 minutes, or until the shrimp are opaque.

Cajun Roasted Pork Loin

Ingredients

2 tablespoons butter
1/2 teaspoon cayenne pepper
1 teaspoon dried oregano
1/2 teaspoon ground black pepper
1/2 teaspoon dried thyme
1/2 teaspoon ground mustard
2 cloves garlic, minced
1 (4 pound) pork loin roast
salt and pepper to taste
1 tablespoon olive oil
2 carrot, cut into 1/2 inch pieces
1 red bell pepper, cut into 1/2 inch pieces
1 stalk celery, cut into 1/2 inch pieces
1 large onion, cut into 1/2-inch pieces
3 tablespoons all-purpose flour
1/2 cup chicken broth

Directions

Preheat oven to 300 degrees F (150 degrees C).

Melt the butter in a small skillet over medium heat. Stir in the cayenne, oregano, pepper, thyme, mustard, and garlic. Cook for 1 minute. Use a paring knife to make several small incisions in the fat side of the meat. Stuff the slits with the spice mix, and rub the remaining mix over the surface of the meat. Sprinkle the roast with salt and pepper.

Heat the olive oil in a roasting pan over medium heat. Put the roast in the pan, and surround with the carrots, red pepper, celery, and onion. Lightly salt and pepper the vegetables. Place roasting pan in preheated oven, and cook for 1 hour and 45 minutes. Increase the oven temperature to 425 degrees F, and cook for an additional 15 minutes to brown the meat. Remove roast from pan, and let stand 10 minutes before slicing.

Place the roasting pan, with the pan juices, over medium heat. Whisk the flour into the hot drippings, and cook for 3 minutes. Pour in the chicken stock and cook, whisking occasionally, for 6 minutes. Strain sauce, and serve with the sliced pork roast.

Cajun Style Burgers

Ingredients

- 1 pound ground beef
- 3 tablespoons dry bread crumbs
- 1 egg
- 3 green onions, chopped
- 1 tablespoon Cajun seasoning
- 1 tablespoon prepared mustard
- 1/4 cup barbeque sauce
- 1 teaspoon Cajun seasoning
- 4 slices Cheddar cheese

Directions

Preheat grill for high heat.

In a medium bowl, mix the ground beef, bread crumbs, egg, green onions, 1 tablespoon Cajun seasoning, and mustard. Form into 4 patties.

In a small bowl, blend the barbeque sauce and 1 teaspoon Cajun seasoning.

Lightly oil the grill grate, and cook the patties 5 minutes per side, or until well done. Place a slice of cheese on each burger, and allow to melt. Serve with seasoned barbeque sauce.

Cajun Chicken Club

Ingredients

4 boneless, skinless chicken breast halves
1/2 teaspoon Cajun seasoning
1 tablespoon vegetable oil
4 slices Swiss cheese
1/4 cup creamy Parmesan salad dressing
4 sandwich rolls, split and toasted
8 slices tomato
8 bacon strips, cooked

Directions

Flatten the chicken to 3/8-in. thickness; sprinkle with Cajun seasoning.

In a skillet, cook chicken in oil for 5 minutes on each side or until juices run clear. Place cheese over chicken. Remove from the heat; cover and let stand for 1 minute or until cheese begins to melt.

Spread dressing over both halves of rolls. Layer bottom halves with two slices of tomato, chicken and two strips of bacon; replace tops.

Cajun Roast Beef

Ingredients

2 teaspoons garlic, minced
1/2 teaspoon prepared horseradish
1 teaspoon hot pepper sauce
1 teaspoon dried thyme
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 teaspoons Cajun seasoning
2 tablespoons olive oil
2 tablespoons malt vinegar
2 pounds beef eye of round roast

Directions

Stir the garlic, horseradish, hot pepper sauce, thyme, salt, pepper, Cajun seasoning, olive oil, and malt vinegar together in a bowl until thoroughly blended.

Pierce the beef roast all over with a meat fork. Place the roast in a large, resealable plastic bag. Spoon in the marinade and turn the roast so it's well coated. Refrigerate overnight, turning occasionally if desired.

When ready to cook, place the roast in a slow cooker along with any remaining marinade. Do not add water. Roast on Low for 8 to 10 hours, or until desired doneness. For medium-rare, a meat thermometer should read 135 degrees F (57 degrees C). Remove from the slow cooker to a serving plate, and allow to rest 15 minutes before slicing across the grain.

Cajun Style Meatloaf

Ingredients

2 bay leaves
1 teaspoon salt
1 teaspoon ground cayenne pepper
1 teaspoon ground black pepper
1/2 teaspoon ground white pepper
1/2 teaspoon ground cumin
1/2 teaspoon ground nutmeg
4 tablespoons butter
3/4 cup chopped onion
1/2 cup chopped green bell pepper
1/4 cup chopped green onions
4 cloves garlic, minced
1 tablespoon hot pepper sauce
1 tablespoon Worcestershire sauce
1/2 cup evaporated milk
1/2 cup ketchup
1 1/2 pounds ground beef
1/2 pound andouille sausage, casings removed
2 eggs, beaten
1 cup dried bread crumbs

Directions

In a small bowl, combine the bay leaves, salt, cayenne pepper, ground black pepper, ground white pepper, cumin, and nutmeg; set aside.

Melt the butter or margarine in a saucepan over medium heat. Add the onion, bell pepper, green onions, garlic, hot pepper sauce, Worcestershire sauce, and reserved seasoning mix. Saute until mixture starts sticking to the bottom of the pan, about 6 minutes. Stir in the milk and ketchup; continue cooking for 2 more minutes, stirring occasionally.

Remove vegetable mixture from heat, and allow to cool to room temperature. Place the beef and sausage in an ungreased 9x13 inch baking dish. Add the eggs, the vegetable mixture, and the bread crumbs. Remove the bay leaves. Mix well by hand, and form into a loaf about 1 1/2 inches high.

Bake uncovered at 350 degrees F (175 degrees C) for 25 minutes. Then raise heat to 400 degrees F (200 degrees C) and bake for another 35 minutes. Let stand for 5 minutes before serving.

Cajun Blackened Redfish

Ingredients

1/4 cup butter, melted
1 teaspoon cayenne pepper
1 teaspoon freshly ground black pepper
1 teaspoon lemon pepper
1 teaspoon garlic powder
1 teaspoon salt
1 1/4 cups Italian-style salad dressing
4 (4 ounce) fillets red drum

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium saucepan, melt the butter on low heat; cool to room temperature. Meanwhile, in a medium bowl, combine the cayenne pepper, black pepper, lemon pepper, garlic powder and salt. Set aside.

Dip the filets into the melted butter, then coat with the seasoning mixture.

In a large skillet over high heat, sear fish on each side for 2 minutes or until slightly charred.

Place in a 11x7 inch baking dish and pour the Italian dressing onto each filet. Cover baking dish and bake in a preheated oven for 30 minutes or until flaky and tender.

Cajun-Spiced Popcorn

Ingredients

20 cups popped popcorn
1/2 cup butter or margarine,
melted
2 teaspoons paprika
2 teaspoons lemon pepper
1 teaspoon salt
1 teaspoon garlic powder
1 teaspoon onion powder
1/4 teaspoon cayenne pepper

Directions

Preheat the oven to 350 degrees F (175 degrees C). Place the popped popcorn in a large roasting pan.

In a small bowl, stir together the melted butter, paprika, lemon pepper, salt, garlic powder, onion powder, and cayenne pepper. Pour over the popcorn and stir until it is somewhat evenly coated.

Bake for 15 minutes, stirring every 5 minutes. Remove from the oven and cool completely. Serve immediately, or store in an airtight container for later.

Cajun Baked Catfish

Ingredients

2 tablespoons canola oil
2 teaspoons garlic salt
2 teaspoons dried thyme
2 teaspoons paprika
1/2 teaspoon cayenne pepper
1/2 teaspoon hot pepper sauce
1/4 teaspoon pepper
4 (8 ounce) fillets catfish

Directions

In a small bowl, combine the first seven ingredients; brush over both sides of fish.

Place fish in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Bake at 450 degrees F for 10-13 minutes or until fish flakes easily with a fork.

Cajun Macaroni

Ingredients

1/2 pound ground beef
1/3 cup chopped onion
1/3 cup chopped green pepper
1/3 cup chopped celery
1 (14.5 ounce) can diced
tomatoes, undrained
1 1/2 teaspoons Cajun seasoning
1 (7.25 ounce) package macaroni
and cheese dinner mix
2 tablespoons milk
1 tablespoon butter or margarine

Directions

In a large saucepan, cook the beef, onion, green pepper and celery over medium heat until meat is no longer pink and vegetables are tender; drain. Add the tomatoes and Cajun seasoning; mix well. Cook, uncovered, for 15-20 minutes, stirring occasionally.

Meanwhile, prepare macaroni and cheese, using 2 tablespoons milk and 1 tablespoon butter. Stir in beef mixture; cook for 2-3 minutes or until heated through.

Cajun Boiled Peanuts

Ingredients

5 pounds raw peanuts, in shells
1 (6 ounce) package dry crab boil
1 (4 ounce) can sliced jalapeno peppers, with liquid

Directions

Place peanuts in a slow cooker. Sprinkle with dry crab boil. Cover with water. Stir in sliced jalapeno peppers and their liquid. Cover the slow cooker, and cook the peanuts on low 8 hours, or overnight, until peanuts float to the top of the water.

Cajun Ponchartrain Sauce

Ingredients

1/4 cup butter
8 fresh mushrooms, sliced
8 medium shrimp - peeled and deveined
1/4 cup whipping cream
garlic powder to taste
black pepper to taste
2 teaspoons Madeira wine

Directions

In a medium saucepan, saute mushrooms in 1 teaspoon butter until tender. Stir in shrimp, and cook until pink. Transfer to a bowl.

In the same saucepan, melt the remaining 2 teaspoons butter. Slowly mix in cream. Stir in the shrimp and mushroom mixture, and season to taste with garlic powder and black pepper. Simmer over very low heat until thick. Just before serving, stir in wine.

Crispy Coated Cajun Fries

Ingredients

2 pounds russet potatoes, cut into fries
1 cup corn flour
2 tablespoons cornmeal
2 tablespoons Cajun seasoning
1 quart oil for deep frying
salt to taste

Directions

Place cut potatoes into a large bowl of cold water. Soak for 10 minutes. In a large resealable plastic bag, combine the corn flour, corn meal, and Cajun seasoning. Shake the bag to blend. Drain the potatoes, but leave them wet. Place the fries in the plastic bag with the seasoning, and shake to coat.

Heat the oil in a deep-fryer to 375 degrees F (190 degrees C).

Cook fries in hot oil for 7 to 10 minutes, or until golden brown. Remove from the fryer to paper towels to drain. Season with a small amount of salt.

Cajun Prime Rib Roast

Ingredients

1 (4 pound) boneless prime rib roast
3 tablespoons hot pepper sauce
2 teaspoons garlic powder
2 tablespoons Cajun seasoning blend (such as Tony Chachere's®)
1 (16 ounce) package sliced mushrooms

Directions

Preheat an oven to 500 degrees F (260 degrees C).

Place the prime rib into a roasting pan, and rub all over the outside with the hot pepper sauce. Evenly sprinkle with garlic powder and Cajun seasoning.

Roast, uncovered, in the preheated oven for 20 minutes, then reduce heat to 350 degrees F (175 degrees C), and continue roasting to your desired degree of doneness, or an internal temperature of 145 degrees F (65 degrees C) for medium, about 2 hours. Remove from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 30 minutes before slicing.

While the roast is resting, scrape the drippings from the roasting pan into a skillet. Place the skillet over medium heat, and stir in the sliced mushrooms. Cook and stir until the mushrooms have softened and begun to release their liquid. Serve alongside the sliced prime rib.

Roasted Cajun Potatoes

Ingredients

2 1/2 pounds medium red potatoes
1/4 cup olive oil
2 shallots, chopped
1 garlic clove, minced
1 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon cayenne pepper
1/2 teaspoon pepper
2 tablespoons minced fresh parsley

Directions

Cut each potato lengthwise into eight wedges. In a large bowl, combine the oil, shallots, garlic, salt, paprika, cayenne and pepper; add potatoes and toss to coat. Place in greased roasting pan.

Bake, uncovered, at 450 degrees F for 45-50 minutes or until tender and golden brown, turning every 15 minutes. Sprinkle with parsley.

Cajun Style Blackened Snapper

Ingredients

2 tablespoons paprika
2 teaspoons cayenne pepper
1 1/2 teaspoons ground white pepper
1 1/2 teaspoons ground black pepper
1 tablespoon salt
2 teaspoons onion powder
2 teaspoons garlic powder
1 teaspoon dried thyme
1 teaspoon dried oregano

4 (6 ounce) fillets red snapper
1 1/2 cups butter, melted

Directions

In a small bowl, mix together paprika, cayenne pepper, white pepper, black pepper, salt, onion powder, garlic powder, thyme, and oregano.

Heat a large cast iron skillet over high heat for 10 minutes, or until extremely hot.

Dip fish into melted butter, and sprinkle each fillet generously with the seasoning mixture. Place the fish fillets in the hot skillet. Pour 1 tablespoon of butter over each fillet. Cook until the coating on the underside of the fillet turns black, 3 to 5 minutes. Turn the fish over. Pour another tablespoon of butter over the fish, and cook for 2 minutes, or until fish flakes easily with a fork.

Saucy Cajun Chicken Breasts

Ingredients

2 skinless, boneless chicken breasts
1 cup Italian-style salad dressing
1 (18 ounce) bottle barbecue sauce

Directions

Place frozen chicken breasts in a resealable plastic bag and cover with salad dressing. Seal bag and place in refrigerator and marinate until chicken is thawed (marinating frozen breasts until thawed permeates the meat with the dressing flavors).

Lightly oil grill and preheat to high heat.

Remove chicken breasts from marinade and grill 5 to 7 minutes each side, until they are barely done. Coat with barbecue sauce and cook just a few minutes more. Don't overcook, but check to make sure that the chicken is cooked through and juices run clear.

Cajun Dirty Rice

Ingredients

1 pound lean ground beef
1 pound beef sausage
1 onion, finely diced
1 (8 ounce) package dirty rice mix
2 cups water
1 (10 ounce) can diced tomatoes
with green chile peppers
2 (15 ounce) cans kidney beans,
drained
salt and pepper to taste

Directions

In a skillet over medium heat, brown the ground beef, sausage, and onion; drain.

In a large pan, combine rice mix and 2 cups water. Add diced tomatoes and chilies. Stir in the kidney beans. Bring to a boil, then add meat mixture. Season with salt and pepper. Return to boil, reduce heat, and cover, stirring occasionally. Cook for 25 minutes, until rice is easily fluffed with a fork.

Spicy Creamy Cajun Ham and Black Eyed Peas

Ingredients

2 cups fresh corn kernels
2 (15 ounce) cans black-eyed peas, rinsed and drained
1 cup cubed fully cooked ham
3 stalks celery, finely chopped
2 tablespoons chopped red onion

2/3 cup sour cream
1 tablespoon ketchup
1 tablespoon dried cilantro
1 teaspoon Cajun seasoning
2 dashes hot pepper sauce (such as Tabasco®), or to taste

Directions

Place the corn into a saucepan, cover with water, and bring to a boil. Reduce heat and simmer until the corn is fully cooked, about 2 minutes. Drain the corn in a colander set in the sink.

Mix together the warm corn, black-eyed peas, ham, celery, and onion in a salad bowl.

Whisk together the sour cream, ketchup, cilantro, Cajun seasoning, and hot pepper sauce in a bowl until smooth. Stir the dressing lightly into the black-eyed pea mixture until thoroughly mixed. Serve immediately.

Cajun Cabbage with Rice

Ingredients

1 tablespoon vegetable oil
1 pound ground beef
1 green bell pepper, chopped
1 onion, chopped
2 cloves garlic, minced
1 (10 ounce) can diced tomatoes with mild green chilies, undrained
1 (8 ounce) can tomato sauce
1/2 cup long grain rice, uncooked
1 teaspoon salt
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon ground cayenne pepper
1/4 teaspoon ground white pepper
1/4 teaspoon ground black pepper
1 small head cabbage, chopped
1 cup shredded Colby cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat the oil in a large skillet over medium heat. Brown together the beef, green pepper, onion, and garlic until the meat is no longer pink and the vegetables have softened, about 8 minutes. Drain liquid from pan.

Stir in tomatoes, tomato sauce, rice, salt, basil, oregano, and the cayenne, white, and black pepper (adding more pepper to taste, if desired). Spread mixture into an ungreased 9x12-inch baking pan. Top with cabbage and Colby cheese.

Cover and bake in preheated oven for 65 to 75 minutes, or until the rice is tender.

Cajun Scallop Chowder

Ingredients

1 (16 ounce) package mixed frozen vegetables (broccoli, corn, red pepper)
2 tablespoons butter
3/4 cup chopped onion
1 clove garlic, minced
1 (4 ounce) package sliced fresh mushrooms
1 tablespoon Cajun seasoning
2 tablespoons all-purpose flour
1 1/2 cups milk
1 pound scallops - rinsed, drained, and cut in half
1 teaspoon salt
1/8 teaspoon ground black pepper

Directions

Place the mixed vegetables in a pot with enough water to cover and bring to a boil until the vegetables are tender, about 5 minutes. Drain and set aside.

Melt the butter in a pot over medium-low heat; cook and stir the onion, garlic, mushrooms, and Cajun seasoning in the melted butter until the onion is tender, but not yet browned, about 5 minutes. Stir in the flour. Pour in the milk; cook and stir until thickened and beginning to bubble. Add the scallops, salt, and pepper; continue cooking until the scallops are opaque, 5 to 7 minutes. Fold the vegetables into the mixture and cook until the vegetables are reheated, 2 to 3 minutes. Serve immediately.

Cajun Chicken Pasta

Ingredients

2 ounces uncooked fettuccine
2 boneless, skinless chicken breast halves, cut into 1 inch pieces
1 teaspoon Cajun seasoning
4 teaspoons olive oil, divided
1 cup sliced fresh mushrooms
1/2 cup thinly sliced green onions
1/2 medium green pepper, chopped
2 teaspoons minced garlic
1 tablespoon cornstarch
1 cup half-and-half cream
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons grated Parmesan cheese

Directions

Cook fettuccine according to package directions. Meanwhile, sprinkle chicken with Cajun seasoning. In a large skillet, cook chicken in 2 teaspoons oil over medium heat until no longer pink. Remove with a slotted spoon and keep warm. Add remaining oil to the drippings; saute the mushrooms, onions, green pepper and garlic until crisp-tender.

Combine cornstarch and cream until smooth; stir into vegetable mixture. Bring to a boil over medium heat; cook and stir for 1 minute or until thickened. Add salt if desired and pepper. Return chicken to the pan. Drain fettuccine and add to pan; toss gently. Cook for 1-2 minutes or until heated through. Sprinkle with Parmesan cheese.

Cajun Red Snapper

Ingredients

1 teaspoon paprika
1/4 teaspoon ground cayenne pepper
1 teaspoon ground black pepper
1/2 teaspoon onion powder
1 teaspoon dried thyme
1 teaspoon dried basil
1 teaspoon garlic powder
1/4 teaspoon dried oregano
2 tablespoons butter
1 tablespoon olive oil
6 (6 ounce) fillets red snapper
salt to taste

Directions

On a large piece of wax paper, mix together paprika, cayenne pepper, black pepper, onion powder, thyme, basil, garlic powder, and oregano.

In a small saucepan, over medium heat, melt butter or margarine with oil. Brush both sides of the snapper filets with the butter mixture, reserve the remaining butter mixture. Coat both sides of the filets with the seasoning-mixture.

Heat a large cast-iron skillet over high heat until a drop of water sizzles on it. Drizzle half of the remaining butter-oil mixture on one side of fish fillets. Place fillets butter side down in pan. Cook over a high heat until the fish is deeply browned, about 5 minutes. Drizzle remaining butter-mixture over the fish and flip the fish over. Cook until fish is browned and flakes when tested with a fork, about 5 minutes more. Season to taste with salt.

Cajun Style Corn Soup

Ingredients

4 cups water
1 1/3 (6 ounce) cans tomato paste
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon ground cayenne pepper
1 green bell pepper, chopped
1 red bell pepper, chopped
2 cups fresh corn kernels
1 tablespoon vegetable oil
1/2 onion, chopped
4 cloves garlic, minced
1/2 pound ground beef

Directions

In a large pot over high heat, combine the water, tomato paste, salt, ground black pepper, cayenne pepper, green bell pepper, red bell pepper and corn. Bring to a boil, reduce heat to medium low and allow to simmer at a slow boil for 35 minutes.

In a large saucepan over medium heat, combine the oil, onion and garlic and saute for 3 to 5 minutes. Add to the simmering soup. In the same saucepan over medium heat, saute the ground beef for 10 minutes or until well browned, and add to the soup. Stir well and simmer for 10 more minutes.

Rachael's Superheated Cajun Boiled Peanuts

Ingredients

1 pound raw peanuts, in shells
1 (3 ounce) package dry crab boil
(such as Zatarain's® Crab and
Shrimp Boil)
1/2 cup chopped jalapeno
peppers
1 tablespoon garlic powder
1/2 cup salt
2 tablespoons Cajun seasoning
1/2 cup red pepper flakes

Directions

Place peanuts, crab boil, jalapenos, garlic powder, salt, Cajun seasoning, and red pepper flakes into a slow cooker. Pour in water to cover the peanuts and stir to combine. Cover and cook on Low until peanuts are soft, at least 24 hours. Stir occasionally, and add water as needed to keep peanuts covered. Drain; serve hot or cold.

Cajun Spice Mix

Ingredients

2 tablespoons paprika
1 tablespoon chili powder
2 teaspoons onion powder
2 teaspoons garlic powder
1 1/2 teaspoons salt
1 1/2 teaspoons white pepper
1 1/2 teaspoons pepper
1 teaspoon dried oregano
1 teaspoon dried thyme

Directions

In a bowl, combine all ingredients. Store in an airtight container in a cool dry place for up to 6 months.

Cajun Chicken and Sausage Gumbo

Ingredients

1 cup vegetable oil
1 cup all-purpose flour
1 large onion, chopped
1 large green bell pepper,
chopped
2 celery stalks, chopped
1 pound andouille or smoked
sausage, sliced 1/4 inch thick
4 cloves garlic, minced
salt and pepper to taste
Creole seasoning to taste
6 cups chicken broth
1 bay leaf
1 rotisserie chicken, boned and
shredded

Directions

Heat the oil in a Dutch oven over medium heat. When hot, whisk in flour. Continue whisking until the roux has cooked to the color of chocolate milk, 8 to 10 minutes. Be careful not to burn the roux. If you see black specks in the mixture, start over.

Stir onion, bell pepper, celery, and sausage into the roux; cook 5 minutes. Stir in the garlic and cook another 5 minutes. Season with salt, pepper, and Creole seasoning; blend thoroughly. Pour in the chicken broth and add the bay leaf. Bring to a boil over high heat, then reduce heat to medium-low, and simmer, uncovered, for 1 hour, stirring occasionally. Stir in the chicken, and simmer 1 hour more. Skim off any foam that floats to the top during the last hour.

Cajun Pasta Fresca

Ingredients

1 pound vermicelli pasta
2 tablespoons olive oil
1 teaspoon minced garlic
13 roma (plum) tomatoes,
chopped
1 tablespoon salt
1 tablespoon chopped fresh
parsley
1 tablespoon Cajun seasoning
1/2 cup shredded mozzarella
cheese
1/2 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

While the pasta water is boiling, in a large skillet over medium heat, briefly saute garlic in oil. Stir in tomatoes and their juice and sprinkle with salt. When tomatoes are bubbly, mash slightly with a fork. Stir in parsley, reduce heat and simmer 5 minutes more.

Toss hot pasta with tomato sauce, Cajun seasoning, mozzarella and Parmesan.

Cajun Spaghetti

Ingredients

1/2 cup vegetable oil
8 ounces tomato sauce
1 cup water
1/4 teaspoon dried basil
1 teaspoon ground black pepper
1 teaspoon crushed red pepper flakes (optional)
1 teaspoon salt
1 pound small shrimp, peeled and deveined
1 green bell pepper, chopped
1 red bell pepper, chopped
1/2 onion, chopped
3 cloves garlic, minced
2 teaspoons cornstarch
1 fluid ounce cold water
12 ounces spaghetti
8 green onions, minced

Directions

In a 4 to 6 quart pot over medium heat, mix 4 ounces oil, tomato sauce, 8 to 12 ounces water, basil, 1/2 teaspoon ground black pepper, 1/2 teaspoon crushed red pepper flakes and 1/2 teaspoon salt. Reduce heat to medium-low after reaching a boil; stir occasionally.

Season shrimp with 1/2 teaspoon salt, 1/2 teaspoon ground black pepper and 1/2 teaspoon crushed red pepper flakes; mix thoroughly and reserve.

In a medium saucepan over medium-high heat, warm 1 ounce oil and add green bell pepper, red bell pepper, onion and garlic for 3 to 5 minutes; stir occasionally.

Add vegetables to tomato sauce and cook over medium heat. After 3 minutes reduce heat to low and cook for 20 to 25 minutes; stir occasionally.

When sauce has approximately 7 to 10 minutes to cook until completion, add seasoned shrimp to sauce; mix well. Bring heat to medium and stir occasionally.

In a small dish, mix cornstarch and 1 ounce cold water; add mixture to sauce when sauce has 2 minutes left until completion and mix well.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and place in a serving bowl.

Pour sauce over pasta and sprinkle with green onions; serve.

Simple Cajun Seasoning

Ingredients

2 1/2 tablespoons salt
1 tablespoon dried oregano
1 tablespoon paprika
1 tablespoon cayenne pepper
1 tablespoon ground black pepper

Directions

Combine the salt, oregano, paprika, cayenne pepper, and black pepper in a plastic bag and shake to mix.

Cajun Skillet Surprise

Ingredients

1 teaspoon oil
1/2 onion, chopped
1/2 stalk celery
1/2 red bell pepper, chopped
1/2 green bell pepper, chopped
1/2 zucchini, sliced into rounds
1 teaspoon finely chopped green chile peppers
1 tablespoon butter
1/2 cup all-purpose flour
1 teaspoon salt
black pepper to taste
1 (1 ounce) envelope dry onion soup mix
2 1/2 cups water
cayenne pepper to taste
crushed red pepper flakes to taste
2 boneless skinless chicken breasts, cut into bite-size pieces
1/2 pound kielbasa sausage, sliced
1/2 pound shrimp

Directions

Heat oil in a large heavy skillet over medium heat. Saute onion, celery, red bell pepper, green bell pepper, zucchini, and green chiles until the onion is tender. Remove vegetables from skillet, and set aside.

Melt the butter in the same skillet on medium heat, being careful not to burn. Stir in flour until combined, then stir in salt and pepper. Cook flour mixture until brown, 3 to 5 minutes; stir continuously. **DO NOT ALLOW THIS MIXTURE TO BURN.**

Stir in onion soup mix and water. Increase heat to medium high. Season with red cayenne pepper and crushed red pepper flakes. Stir in vegetables. If gravy is too thick, stir in warm water. Reduce heat to low.

Heat a separate large heavy skillet over medium high heat. Saute chicken, sausage and shrimp until chicken is no longer pink, and juices run clear. Stir into vegetable mixture. Simmer for 35 minutes.

Cajun Potato Soup

Ingredients

2 tablespoons butter
2 tablespoons olive oil
1/2 onion, diced
5 cloves garlic, minced
2 pounds andouille sausage,
sliced into rounds
6 russet potatoes, peeled and cut
into bite-sized pieces
3 cups chicken broth
2 cups milk
1 3/4 cups heavy cream
2 teaspoons Italian seasoning
1 bunch fresh spinach, chopped
1/4 cup grated Parmesan cheese

Directions

Heat the butter and oil together in a large stock pot over medium heat. Cook the onion and garlic in the butter and oil until the onions are translucent, about 5 minutes. Add the sausage slices; cook and stir another 5 minutes. Stir in the potatoes; cook and stir 15 minutes. Pour in the chicken broth, milk, heavy cream, and Italian seasoning. Bring to a simmer and cook 10 to 12 minutes until the potatoes are tender. Mix in the spinach. Remove from heat. Top with Parmesan cheese.

Cajun Shrimp Soup

Ingredients

1/2 cup butter
1 small onion, chopped
1/2 bunch green onions, chopped
3 stalks celery, chopped
1 small orange bell pepper, chopped
1 (10.75 ounce) can reduced sodium cream of mushroom soup
1 (10.75 ounce) can reduced sodium cream of celery soup
10 3/4 fluid ounces water
1 (14.75 ounce) can creamed corn
1 (10 ounce) package frozen corn
2 pounds peeled and deveined medium shrimp
1 pint half-and-half cream
1/2 cup chopped fresh parsley
1/2 teaspoon liquid shrimp and crab boil seasoning
1/4 teaspoon Creole seasoning, or to taste
salt and black pepper to taste

Directions

Melt the butter in a large pot over medium heat. Mix in onion, green onions, celery, and bell pepper. Cook and stir until tender.

Pour cream of mushroom soup, cream of celery soup, 1 soup can of water, creamed corn, and frozen corn into pot. Cook 20 minutes, stirring occasionally, until heated through.

Mix in shrimp, and cook until opaque. Stir in half and half and parsley. Reduce heat to low; continue to cook and stir 15 minutes. Mix in liquid shrimp and crab boil seasoning and Creole seasoning; season to taste with salt and pepper.

Cajun Deviled Eggs

Ingredients

6 eggs
2 tablespoons mayonnaise
1 teaspoon prepared Dijon-style mustard
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon ground cayenne pepper

Directions

Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool and peel.

Slice eggs in half lengthwise. Remove yolks and place in a medium bowl. Set aside egg whites. Mashing with a fork, mix mayonnaise, Dijon-style mustard, salt and black pepper with the egg yolks.

Fill the hollowed egg white halves with the yolk mixture. Sprinkle with cayenne pepper, adjusting the amount to taste. Cover and chill in the refrigerator until serving.

Cajun Compromise Catfish

Ingredients

2 pounds catfish fillets, cut into 2 inch pieces
1 cup milk, or as needed
1 egg
1/4 cup all-purpose flour
1/4 cup cornmeal
2 teaspoons ground black pepper
2 teaspoons ground mustard
2 tablespoons Cajun seasoning
1 dash pepper sauce (such as Frank's Red Hot®) (optional)
1/4 cup oil for frying, or as needed

Directions

Soak the fish pieces in milk for at least 30 minutes.

In a small bowl, whisk together the egg and hot pepper sauce. In a separate bowl, stir together the flour, cornmeal, pepper, mustard and Cajun seasoning. Dip fish pieces into the dry mixture, then into the egg, then back into the dry mix. Set on a plate in the refrigerator and chill for about 15 minutes. This will help the batter stick to the fish.

Heat more than enough oil to cover the bottom of a large heavy skillet over medium-high heat. Fry fish pieces for 3 to 4 minutes per side, or until golden brown. Depending on how much and what kind of Cajun seasoning you used, some of the breading may get darker than the rest.

Drain the fish on paper towels and serve with hot sauce or tartar sauce. Enjoy!

Cajun Fried Rice

Ingredients

2 cups uncooked long grain rice
3 tablespoons canola oil
1 medium green pepper, diced
1 small onion, chopped
1 celery rib, thinly sliced
2 1/4 cups water
1 (14.5 ounce) can chicken broth
1 medium tomato, diced
1 1/2 teaspoons salt
1/2 teaspoon ground cumin
1/4 teaspoon pepper
1 cup cubed cooked pork

Directions

In a large skillet, saute rice in oil until lightly browned. Add the green pepper, onion and celery; saute for 2-3 minutes. Stir in the water, broth, tomato, salt if desired, cumin and pepper. Bring to a boil. Reduce heat; cover and simmer for 18-20 minutes or until rice is tender. Stir in pork; heat through.

Cajun Shrimp Orecchiette

Ingredients

2 cups uncooked orecchiette pasta
1/3 cup butter
1/2 cup chopped shallots
3 cloves garlic, chopped
1/4 cup chopped green onion
1 1/2 teaspoons Cajun seasoning, or to taste
1 teaspoon cracked black pepper
1 cup white wine
1 cup diced plum tomatoes
1 pound medium shrimp - peeled and deveined
1 cup baby spinach

Directions

Bring a large pot of lightly salted water to a boil. Add orecchiette pasta, and cook for 9 to 11 minutes, until almost al dente; drain.

Melt butter in a medium skillet over medium heat. Stir in shallots, garlic, and green onion. Season with Cajun seasoning and pepper, and cook about 2 minutes. Mix in wine, tomatoes, and shrimp. Continue to cook and stir until shrimp are opaque. Mix in the pasta and spinach, cover, and simmer 3 to 5 minutes, until pasta is al dente and spinach has wilted.

Cajun Corn and Crab Bisque

Ingredients

3 tablespoons butter
3 tablespoons all-purpose flour
1 tablespoon vegetable oil
1 large onion, chopped
1 tablespoon minced garlic
1 large celery stalk, minced
Cajun seasoning to taste
1 cup chicken broth
1 1/2 cups frozen corn kernels
1 bay leaf
2 cups milk
2 cups heavy cream
1 teaspoon liquid shrimp and crab
boil seasoning
1 pound fresh lump crabmeat
1/4 cup chopped green onions
1/2 teaspoon Worcestershire
sauce
salt and black pepper to taste
Additional chopped green onions

Directions

Melt the butter in a small saucepan over medium heat; then gradually whisk in the flour. Cook 5 to 7 minutes, whisking constantly, until a golden roux forms; set aside.

Heat the oil in a Dutch oven over medium heat. Combine the onion, garlic, and celery and cook 1 minute. Add the Cajun seasoning to taste. Stir in the broth, corn, and bay leaf. Bring to a simmer, then pour in the milk, cream, and liquid crab boil. When the mixture begins to simmer, reduce heat to low and simmer 7 minutes. Stir in the roux, 1 tablespoon at a time, blending thoroughly. Continue to cook, on low heat, whisking until mixture thickens. Stir in crabmeat, green onions, and Worcestershire sauce. Simmer 6 to 8 minutes more. Season with salt and pepper to taste.

Cajun Oyster Pie

Ingredients

3 thick slices bacon
1 tablespoon vegetable oil
2 tablespoons all-purpose flour
3/4 cup milk
18 shucked oysters, drained with liquid reserved
1 teaspoon Worcestershire sauce
1/2 teaspoon Cajun seasoning
2 (9 inch) unbaked 9 inch pie crusts

Directions

Preheat oven to 350 degrees F (175 degrees C). Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain bacon, reserving 1 tablespoon bacon grease. Crumble bacon and set aside.

Heat bacon grease and vegetable oil over medium heat. Stir in flour and cook until flour is light brown. Slowly whisk in milk and 1 cup reserved oyster liquid. Stir until a thick gravy has formed.

Stir in Worcestershire sauce, Cajun seasoning and oysters. Pour mixture into a 9 inch pie shell and cover with top crust.

Bake in preheated oven for 30 minutes, until crust is golden.

Cajun Buttered Corn

Ingredients

8 medium ears sweet corn
2 tablespoons butter
1/4 teaspoon chili powder
1/4 teaspoon coarsely ground pepper
1/8 teaspoon garlic powder
1/8 teaspoon cayenne pepper
1 teaspoon cornstarch
1/4 cup reduced sodium chicken broth or vegetable broth

Directions

In a large kettle, bring 3 qts. of water to a boil; add corn. Return to a boil; cook for 3-5 minutes or until tender.

Meanwhile, in a small saucepan, melt butter. Stir in the chili powder, pepper, garlic powder and cayenne; cook and stir for 1 minute. Combine cornstarch and broth until smooth; gradually whisk into butter mixture. Bring to a boil; cook and stir for 1-2 minutes or until slightly thickened. Drain corn; serve with seasoned butter.

Cajun Spice Seasoning Mix in a Jar

Ingredients

3/4 cup salt
1/4 cup ground cayenne pepper
2 tablespoons ground white pepper
2 tablespoons ground black pepper
2 tablespoons paprika
2 tablespoons onion powder
2 tablespoons garlic powder

Directions

While holding a pint canning jar at an angle, add ingredients to create a "sand art" look. The salt and cayenne may be divided into smaller portions and used to separate other spices. I found it simplest to use 7 cups--one with each spice in it--and add them to my jar with a spoon, as I want to create the special look.

Cajun Style Stuffed Peppers

Ingredients

6 large green bell peppers
3 tablespoons olive oil
1 onion, diced
2 cloves garlic, minced
1/2 teaspoon dried oregano
1 tablespoon Creole seasoning
black pepper to taste
3/4 pound shrimp, peeled and deveined
1 1/2 links of andouille sausage, diced
1 cup uncooked long-grain white rice
2 1/2 cups chicken broth
1 (8 ounce) can tomato sauce
1 lemon - cut into wedges, for garnish (optional)
Louisiana-style hot sauce

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease an 8x12 inch baking dish. Bring a large pot of water to a boil. Remove tops and seeds from peppers. Blanch in boiling water 3 minutes. Drain on paper towels.

Heat olive oil in a large, deep skillet over medium heat. Saute onion until translucent. Stir in garlic, and season with oregano, Creole seasoning and black pepper. Stir in shrimp and sausage, and cook until shrimp turns pink, 5 minutes. Stir in rice, and cook 1 minute. Pour in chicken broth and tomato sauce. Cook until thick, 15 to 20 minutes. Fill peppers with stuffing mixture, and place in baking dish.

Bake in preheated oven for 15 to 20 minutes, or until heated through. Serve with lemon wedges and hot sauce.

Cajun Catfish With Fruit Salsa

Ingredients

6 (6 ounce) fillets catfish
3 tablespoons butter, melted
2 tablespoons Cajun seasoning
SALSA:
2 medium navel oranges, peeled,
sectioned and diced
1 cup diced cantaloupe
1/2 cup diced honeydew
2 tablespoons lime juice

Directions

Brush both sides of fillets with butter; sprinkle with Cajun seasoning. Place on a broiler pan; broil 6 in. from the heat for 8-10 minutes or until fish flakes easily with a fork.

For salsa, in a small bowl, combine the remaining ingredients. Serve with fish.

Cajun Boudin

Ingredients

2 1/2 pounds boneless pork shoulder, cubed
1 pound pork liver, cut into pieces
4 cups water

2 cups uncooked white rice
4 cups water

1 1/4 cups green onions, chopped
1 cup chopped onion
1/2 cup minced celery
1 red bell pepper, chopped
1 cup chopped fresh parsley
2 tablespoons finely chopped cilantro
1 teaspoon minced garlic
4 teaspoons salt
2 1/2 teaspoons cayenne pepper
1 1/2 teaspoons ground black pepper
1/2 teaspoon red pepper flakes

4 feet 1 1/2 inch diameter hog casings

Directions

Combine the pork shoulder, liver, and 4 cups of water in a large saucepan. Bring to a boil; reduce heat to medium-low, cover, and simmer until the pork cubes are tender, about 1 1/2 hours.

Bring the rice and 4 cups of water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes. Set aside.

Once the pork is tender, remove from the saucepan with a slotted spoon and allow to cool a bit. While the pork is cooling, stir the green onion, chopped onion, celery, bell pepper, parsley, cilantro, and garlic into the simmering pork broth. Season with salt, cayenne pepper, black pepper, and red pepper flakes. Cook until the onion is tender. Meanwhile, grind the meat using the coarse plate of a meat grinder. Stir the ground meat into the vegetable mixture, and cook, stirring frequently until the water has nearly evaporated, about 10 minutes. Stir in the cooked rice, and set aside to cool.

While the meat mixture is cooling, rinse the sausage casings inside and out with plenty of warm water. Keep the casings in a bowl of warm water until ready to stuff. Once the sausage mixture is cool enough to handle, stuff into the prepared casings using a sausage stuffer. Prick the sausage with a needle every 4 to 6 inches.

Bring a large pot of salted water to a boil over high heat. Reduce the heat to keep the water at a very gentle simmer. Add the sausage and cook gently until the sausage is hot on the inside, firm to the touch, and has plumped, about 5 minutes. Serve immediately.

Cajun Spiced Pork Chops

Ingredients

1 teaspoon paprika
1/2 teaspoon ground cumin
1/2 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon rubbed dried sage leaves
1/2 teaspoon garlic salt
1 1/2 teaspoons extra-virgin olive oil
4 center cut pork chops

Directions

Mix paprika, cumin, black pepper, cayenne pepper, sage, and garlic salt on a plate. Liberally coat each pork chop with the spice mixture.

Heat olive oil and several pumps of non-stick, butter-flavored spray in a large skillet over high heat. Place pork chops in the skillet, reducing heat to medium. Cook until the pork is no longer pink in the center, 8 to 10 minutes. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Cajun Crabmeat Au Gratin

Ingredients

2 egg yolks
12 fluid ounces heavy cream
1/4 cup butter
1 large yellow onion, minced
1 stalk celery, minced
1 1/2 teaspoons salt
1/2 teaspoon cayenne pepper
1 teaspoon garlic powder
1 teaspoon Creole seasoning
1/4 cup all-purpose flour
1/2 cup shredded Cheddar cheese
1/2 cup shredded American cheese
1 pound cooked crabmeat
1 cup shredded sharp Cheddar cheese
1 bunch green onions

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x9 inch baking dish. In a bowl, whip together the egg yolks and heavy cream.

Melt the butter in a large saucepan over medium heat. Sauté the onion and celery about 5 minutes. Season with salt, cayenne pepper, garlic powder, and Creole seasoning. Reduce heat to low, cover, and simmer 20 minutes, stirring occasionally, until very tender.

Mix the flour into the saucepan, and cook and stir continuously for 5 minutes. Mix in the egg yolk mixture. Stir in the 1/2 cup Cheddar cheese and American cheese until melted. Remove from heat and fold in the crabmeat. Transfer the mixture to the prepared baking dish.

Bake 20 minutes in the preheated oven, until bubbly and lightly browned. Remove from heat and top with the sharp Cheddar cheese and green onions. Allow the cheese to melt before serving.

Creamy Cajun Shrimp Pasta

Ingredients

1 (8 ounce) package angel hair pasta
1/4 cup butter
1 pound shrimp, peeled and deveined
1 clove garlic, minced
1/4 cup all-purpose flour
2 tablespoons Cajun seasoning
2 cups milk
1/4 teaspoon salt
1 tablespoon lemon juice

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 4 minutes or until al dente; drain.

Melt butter in a large heavy skillet over medium heat. Saute shrimp for 1 minute on each side. Stir in garlic, and cook for 1 minute. Remove shrimp with a slotted spoon; set aside. Stir in flour and Cajun seasoning. Cook, stirring for 5 minutes. Gradually whisk in milk, then cook until thickened. Remove from heat, and season with salt and lemon juice. Return shrimp to sauce, and spoon over cooked pasta.

Cajun Jambalaya

Ingredients

1/2 pound boneless, skinless chicken breasts, cut into bite-size pieces
1/2 pound uncooked large shrimp
3 tablespoons vegetable oil, divided
2 medium red and/or green bell peppers, sliced
4 ounces andouille sausage or kielbasa, chopped
2 cups water
1 (5.6 ounce) package Knorr® Fiesta Sides, Spanish Rice
1 clove garlic, chopped

Directions

Season chicken and shrimp, if desired, with salt and ground black pepper. Heat 1 tablespoon oil in 12-inch nonstick skillet over medium-high heat and cook chicken, stirring occasionally, 4 minutes or until chicken is thoroughly cooked. Remove chicken and set aside.

Heat 1 tablespoon oil in same skillet and cook shrimp, stirring occasionally, 2 minutes or until shrimp turn pink. Remove shrimp and set aside.

Heat remaining 1 tablespoon oil in same skillet over medium heat and cook red peppers and sausage, stirring occasionally, 4 minutes or until sausage is browned and peppers are crisp-tender. Stir in garlic and cook 1 minute. Add water and Knorr® Fiesta Sides, Spanish Rice. Bring to a boil over high heat. Reduce heat to medium and cook covered, stirring occasionally, 7 minutes or until rice is tender. Stir in chicken and shrimp.

Cajun Chow Mein

Ingredients

1 pound lean ground beef
1/2 teaspoon minced garlic
1 onion, finely chopped
1 small green bell pepper, finely chopped
1 (14.5 ounce) can diced tomatoes
B
1 (15 ounce) can dark red kidney beans, undrained
1 cup converted long-grain white rice
1 cup water
1 1/2 teaspoons chili powder
salt and black pepper to taste

Directions

Preheat an oven to 375 degrees F (190 degrees C).

Heat a large saucepan over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in the garlic, onion, and green bell pepper; cook and stir until the onion has softened and turned translucent, about 7 minutes. Pour in the tomatoes, and simmer until the liquid has been absorbed, about 5 minutes.

Once the liquid from the tomatoes has been absorbed, stir in the kidney beans, rice, and water. Season with the chili powder and salt and pepper to taste. Pour into a 9x13-inch baking dish and cover tightly with aluminum foil.

Bake in the preheated oven until the rice has absorbed the liquid and is tender, 45 minutes to 1 hour.

Cajun Seafood Pasta

Ingredients

2 cups heavy whipping cream
1 tablespoon chopped fresh basil
1 tablespoon chopped fresh thyme
2 teaspoons salt
2 teaspoons ground black pepper
1 1/2 teaspoons crushed red pepper flakes
1 teaspoon ground white pepper
1 cup chopped green onions
1 cup chopped parsley
1/2 pound shrimp, peeled and deveined
1/2 pound scallops
1/2 cup shredded Swiss cheese
1/2 cup grated Parmesan cheese
1 pound dry fettuccine pasta

Directions

Cook pasta in a large pot of boiling salted water until al dente.

Meanwhile, pour cream into large skillet. Cook over medium heat, stirring constantly, until just about boiling. Reduce heat, and add herbs, salt, peppers, onions, and parsley. Simmer 7 to 8 minutes, or until thickened.

Stir in seafood, cooking until shrimp is no longer transparent. Stir in cheeses, blending well.

Drain pasta. Serve sauce over noodles.

Cajun Corn and Bacon Maque Choux

Ingredients

6 ears corn, husked and cleaned
2 tablespoons vegetable oil
1 large onion, thinly sliced
1 cup green bell pepper, chopped
1 large fresh tomato, chopped
1/4 cup milk
salt to taste
cayenne pepper
1/4 cup chopped green onions
8 strips crisply cooked bacon,
crumbled

Directions

Cut corn off the cobs by thinly slicing across the tops of the kernels; place in a medium bowl. Cut across the kernels again to release milk from the corn, add milk to bowl. Set aside.

Heat the oil in a large skillet over medium-high heat. Add onion and green pepper, cook until onion is transparent, about 5 to 8 minutes. Combine corn, tomatoes, and milk with the onion mixture. Reduce heat to medium low, and cook 20 minutes longer, stirring frequently to prevent sticking. Do not boil. Season with salt and cayenne pepper. Lower heat, cover skillet, and cook 5 to 10 minutes longer. Stir in green onions and bacon. Remove from heat and serve.

Cajun Style Baked Sweet Potato

Ingredients

1 1/2 teaspoons paprika
1 teaspoon brown sugar
1/4 teaspoon black pepper
1/4 teaspoon onion powder
1/4 teaspoon dried thyme
1/4 teaspoon dried rosemary
1/4 teaspoon garlic powder
1/8 teaspoon cayenne pepper
2 large sweet potatoes
1 1/2 teaspoons olive oil

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a small bowl, stir together paprika, brown sugar, black pepper, onion powder, thyme, rosemary, garlic powder, and cayenne pepper.

Slice the sweet potatoes in half lengthwise. Brush each half with olive oil. Rub the seasoning mix over the cut surface of each half. Place sweet potatoes on a baking sheet, or in a shallow pan.

Bake in preheated oven until tender, or about 1 hour.

Cajun Style Red Bean and Rice Soup

Ingredients

1 tablespoon olive oil
8 ounces bacon, cooked and cubed
1 1/2 cups chopped onion
1/4 cup chopped green bell pepper
1 tablespoon minced garlic
4 bay leaves
6 ounces sliced andouille sausage
1 small smoked ham hock
2 cups dry kidney beans, soaked overnight
1 teaspoon Cajun seasoning
1 teaspoon Worcestershire sauce
8 cups chicken broth
1 teaspoon salt
1 1/2 cups cooked rice
6 tablespoons thinly sliced green onion

Directions

In a large pot over high heat, heat the oil. Add the bacon and saute for 2 minutes. Add the onions, bell pepper, garlic, bay leaves, sausage and ham hock and saute for 2 more minutes.

Add the beans and saute for 2 more minutes. Stir in the Cajun-style seasoning, Worcestershire sauce and stock. Bring to a boil, reduce heat to low and simmer for 1 hour, stirring occasionally.

Add the salt, cover the pot and simmer for an additional 15 minutes. Turn off the heat and allow the pot to sit, covered, for about 20 minutes. Discard the ham hock.

Ladle soup into individual bowls. Top each serving with 1/4 cup rice and 1 tablespoon green onion.

Cajun Corn Soup

Ingredients

1 1/2 cups chicken broth
1 cup water
1 green bell pepper, chopped
3/4 (14.5 ounce) can diced tomatoes, drained
3/4 (15 ounce) can whole kernel corn, drained
1/2 teaspoon garlic salt
1/4 teaspoon cayenne pepper
1/4 teaspoon paprika
1 tablespoon vegetable oil
1 leek, chopped
1 clove garlic, chopped
1/2 (15 ounce) can black beans

Directions

Mix the broth and water in a pot, and bring to a boil. Stir in the green bell pepper, tomatoes, and corn. Season with garlic salt, cayenne pepper, and paprika. Reduce heat to low, and simmer 10 minutes. Transfer 1/2 the mixture to a blender, blend until smooth, and return to pot.

Heat the oil in a skillet over medium heat. Stir in the leek and garlic, and cook 5 minutes, until tender. Transfer to blender. Place black beans and about 1/2 cup of the soup into blender. Blend until smooth. Mix into the soup, and continue cooking 10 minutes, until heated through.

Spicy Cajun Shrimp

Ingredients

4 1/2 teaspoons salt
1 1/2 teaspoons onion powder
1 1/2 teaspoons garlic powder
1 1/2 teaspoons paprika
1 1/2 teaspoons cayenne pepper
3/4 teaspoon dried thyme
1/2 teaspoon pepper
1/4 teaspoon dried oregano
1/4 teaspoon white pepper
2 tablespoons olive or vegetable oil
1/2 pound large shrimp - peeled and deveined

Directions

In a bowl, combine the seasonings. In another bowl, combine oil and 1-1/2 teaspoons of seasoning mixture (save remaining mixture for another use). Add shrimp; toss until well coated. Thread shrimp onto two metal or soaked wood skewers. Broil shrimp 4-6 in. from the heat for 2 minutes. Turn shrimp; baste with remaining oil mixture. Broil 1-2 minutes longer or until shrimp turn pink.

Cajun Crab Stuffed Mushrooms

Ingredients

1 (8 ounce) package cream cheese, softened
1/2 cup shredded Colby-Monterey Jack cheese
1 teaspoon seafood seasoning (such as Old Bay®)
1/2 teaspoon Cajun seasoning
1/4 teaspoon cayenne hot pepper sauce, or to taste (optional)
1/4 teaspoon garlic powder
1 (8 ounce) package imitation crabmeat, flaked
1/4 cup Italian seasoned bread crumbs
1 (8 ounce) package crimini mushrooms, stems removed

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x5 inch baking dish.

Stir the cream cheese, Colby-Monterey Jack cheese, seafood seasoning, Cajun seasoning, hot pepper sauce, and garlic powder in a mixing bowl until smooth. Stir in the crabmeat and bread crumbs until evenly blended. Spoon the cheese mixture into the mushroom caps; set them filling-side-up into the prepared baking dish.

Bake in the preheated oven for 7 minutes; set the oven to broil and broil until the tops are crisp and brown, about 3 minutes.

Cajun Prime Rib

Ingredients

1 (7 pound) 3 rib prime rib beef roast
1/4 cup black pepper
1/4 cup garlic powder
1/4 cup salt
1 large onion, sliced
1 pound sliced bacon
1 tablespoon Cajun seasoning, or to taste

Directions

Carefully slice the fat cap from the top of the prime rib roast, being careful not to slice into the meat. Set the fat aside. Completely cover the roast with black pepper, then with garlic powder, then with salt. Cover the layer of salt with sliced onion. You may have to secure some of the onion with toothpicks. Lay the fat cap back in place over the onions, and secure to the roast with toothpicks. Use bacon to cover the rest of the onions, and secure with toothpicks as well. Wrap tightly in aluminum foil, and refrigerate overnight.

In the morning, preheat the oven to 550 degrees F (285 degrees C) - basically all the way up! open all of the windows and turn on all your fans. Unwrap the roast, and pierce with a knife several times. Rewrap, and place in a shallow baking dish.

Roast for 35 minutes in the preheated oven. Remove from the oven, and let cool slightly - no longer than 30 minutes. Return to the refrigerator for at least 3 hours.

Preheat a grill for high heat. Remove the fat cap and bacon, and scrape off the onions and seasoning. Use a sharp knife to slice the roast into steaks. Each rib will yield 2 steaks, one with a bone, and one without. Season steaks with your desired amount of Cajun seasoning. Bacon may be grilled, or set aside for other uses.

Lightly oil the grill grate. Grill steaks to your desired degree of doneness.

Easy and Fast Cajun Chicken Caesar Salad

Ingredients

1/4 pound bacon
4 skinless, boneless chicken breast halves - cut into strips
1 teaspoon Cajun seasoning
1 tablespoon light olive oil
1 head romaine lettuce- rinsed, dried and chopped
1/2 cup Caesar salad dressing
1/3 cup grated Parmesan cheese

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside.

In a preheated skillet, add the chicken, seasoning mix and oil. Cook until chicken is golden brown. Remove from heat and set aside.

In a salad bowl, combine Romaine, enough salad dressing to coat, Parmesan cheese and bacon. Toss and place on individual salad plates. Top with the sliced chicken and serve.

Easy Cajun Jambalaya

Ingredients

2 teaspoons olive oil
2 boneless skinless chicken breasts, cut into bite-size pieces
8 ounces kielbasa, diced
1 onion, diced
1 green bell pepper, diced
1/2 cup diced celery
2 tablespoons chopped garlic
1/4 teaspoon cayenne pepper
1/2 teaspoon onion powder
salt and ground black pepper to taste
2 cups uncooked white rice
4 cups chicken stock
3 bay leaves
2 teaspoons Worcestershire sauce
1 teaspoon hot pepper sauce

Directions

Heat oil in a large pot over medium high heat. Saute chicken and kielbasa until lightly browned, about 5 minutes. Stir in onion, bell pepper, celery and garlic. Season with cayenne, onion powder, salt and pepper. Cook 5 minutes, or until onion is tender and translucent. Add rice, then stir in chicken stock and bay leaves. Bring to a boil, then reduce heat, cover, and simmer 20 minutes, or until rice is tender. Stir in the Worcestershire sauce and hot pepper sauce.

Cajun Spiced Chicken

Ingredients

1/2 cup all-purpose flour
2 teaspoons Cajun seasoning
1 cup skim milk
4 skinless, boneless chicken
breast halves

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a shallow plate or bowl, mix together the flour and at least 1 teaspoon of Cajun seasoning (more if you really like the zip of Cajun seasoning!). Pour milk for dipping into a bowl and dip the chicken breasts into it. Dredge the chicken through the flour and seasoning mixture, coating evenly on both sides and around the edges.

Place the chicken breasts in a lightly greased 9x13 inch baking dish and bake in the preheated oven for 35 minutes.

Cajun Chicken Pasta

Ingredients

4 ounces linguine pasta
2 skinless, boneless chicken breast halves
2 teaspoons Cajun seasoning
2 tablespoons butter
1 red bell pepper, sliced
1 green bell pepper, sliced
4 fresh mushrooms, sliced
1 green onion, chopped
1 cup heavy cream
1/4 teaspoon dried basil
1/4 teaspoon lemon pepper
1/4 teaspoon salt
1/8 teaspoon garlic powder
1/8 teaspoon ground black pepper
1/4 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Place the chicken and the Cajun seasoning in a plastic bag. Shake to coat. In a large skillet over medium heat, saute the chicken in butter or margarine until almost tender (5 to 7 minutes).

Add the red bell pepper, green bell pepper, mushrooms and green onion. Saute and stir for 2 to 3 minutes. Reduce heat.

Add the cream, basil, lemon pepper, salt, garlic powder and ground black pepper. Heat through. Add the cooked linguine, toss and heat through. Sprinkle with grated Parmesan cheese and serve.

Tex-Mex Burger with Cajun Mayo

Ingredients

- 1/2 cup mayonnaise
- 1 teaspoon Cajun seasoning
- 1 1/3 pounds ground beef sirloin
- 1 jalapeno pepper, seeded and chopped
- 1/2 cup diced white onion
- 1 clove garlic, minced
- 1 tablespoon Cajun seasoning
- 1 teaspoon Worcestershire sauce
- 4 slices pepperjack cheese
- 4 hamburger buns, split
- 4 leaves lettuce
- 4 slices tomato

Directions

Preheat grill for medium-high heat. In a small bowl, mix together the mayonnaise and 1 teaspoon of Cajun seasoning. Set aside.

In a large bowl, mix together the ground sirloin, jalapeno pepper, onion, garlic, 1 tablespoon Cajun seasoning, and Worcestershire sauce using your hands. Divide into 4 balls, and flatten into patties.

Lightly oil the grilling surface, and place the patties on the grill. Cook for about 5 minutes per side, or until well done. During the last 2 minutes, lay a slice of cheese on top of each patty. Spread the seasoned mayonnaise onto the insides of the buns. Put burgers in the buns, and top with lettuce and tomato to serve.

Cajun Barbecued Chicken

Ingredients

1/4 cup vegetable oil
1/2 cup white wine
2 tablespoons Cajun seasoning
6 skinless, boneless chicken
breast halves

Directions

In a bowl, mix the oil, white wine, and Cajun seasoning. Place chicken in the bowl, and coat with the mixture. Cover, and refrigerate for at least 3 hours.

Preheat the grill for high heat.

Lightly oil the grill grate. Discard marinade, and place chicken on the grill. Cook for 6 to 8 minutes on each side, until juices run clear.

Cajun-Crusted Snapper Fillets

Ingredients

1 1/2 cups dry bread crumbs
1 1/2 teaspoons Cajun seasoning
salt to taste
2 eggs
1 cup buttermilk
1 1/2 pounds red snapper fillets,
bones removed
1 cup flour
vegetable oil as needed

Directions

Toss together bread crumbs, Cajun seasoning, and salt in a bowl. In a separate bowl, beat the eggs with the buttermilk. Toss the fish with the flour, shake off the excess, and dip into the egg. Shake off excess egg, and press into breadcrumb mixture. Set aside.

Heat about 1/8 inch of oil in a heavy bottomed skillet over medium-high heat. Cook for 3 to 5 minutes per side until the fish flakes easily and has browned nicely.

Southern Cajun Boiled Peanuts

Ingredients

5 pounds raw peanuts, in shells
3/4 cup salt
1 1/4 cups dill pickle slices, with brine
5 small jalapeno peppers, sliced
5 tablespoons dry crab boil (such as Zatarain's® Crab and Shrimp Boil)

Directions

Place peanuts, salt, pickles with brine, jalapenos, and crab boil in a large pot. Pour in water to cover the peanuts; stir to combine. Bring to a boil over medium-high heat, and cook until soft, at least 4 hours, adding water as needed to keep peanuts covered. Scoop peanuts out of the pot with a slotted spoon and serve hot.

Cajun Vegetables

Ingredients

1 (16 ounce) package frozen vegetable blend
1 cup frozen cut green beans
1 cup sliced fresh mushrooms
2 tablespoons butter
1 tablespoon olive oil
1 (15.25 ounce) can whole kernel corn, drained
2 teaspoons Cajun seasoning

Directions

Cook the vegetable blend and green beans according to package directions. Meanwhile, in a large skillet, saute mushrooms in butter and oil for 1 minute. Add corn; saute for 1 minute. Drain vegetable blend and beans; add to skillet. Stir in Cajun seasoning.

Cajun Catfish Supreme

Ingredients

1 1/2 pounds catfish fillets, cut in strips
2 teaspoons Cajun-style blackened seasoning
4 tablespoons mayonnaise
1/2 cup butter
1 cup sliced fresh mushrooms
1/2 cup chopped fresh parsley
1 cup sliced green onions
1 pound small, peeled shrimp
2 (10.75 ounce) cans condensed cream of shrimp soup

Directions

Sprinkle catfish strips with blackened fish seasoning. Spread catfish with mayonnaise. Place in a shallow dish, cover, and refrigerate for 1 hour.

In a large skillet, heat 4 tablespoons butter until it begins to sizzle. Sear the fish strips until golden, turning once. Transfer to a 9x13 inch baking dish, and arrange fish in a single layer.

In the same skillet, heat remaining 4 tablespoons butter over medium heat. Cook and stir mushrooms in butter until golden. Stir in parsley, green onions, and shrimp. Reduce heat to low, and cook until shrimp are pink and tender. Stir in cream of shrimp soup, and blend well. Ladle soup mixture over fish in baking dish.

Bake at 375 degrees F (190 degrees C) for 30 minutes.

Cajun Chicken Pasta

Ingredients

4 ounces linguine pasta
2 boneless, skinless chicken breast halves, sliced into thin strips
2 teaspoons Cajun seasoning
2 tablespoons butter
1 green bell pepper, chopped
1/2 red bell pepper, chopped
4 fresh mushrooms, sliced
1 green onion, minced
1 1/2 cups heavy cream
1/4 teaspoon dried basil
1/4 teaspoon lemon pepper
1/4 teaspoon salt
1/8 teaspoon garlic powder
1/8 teaspoon ground black pepper
2 tablespoons grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add linguini pasta, and cook for 8 to 10 minutes, or until al dente; drain.

Meanwhile, place chicken and Cajun seasoning in a bowl, and toss to coat.

In a large skillet over medium heat, saute chicken in butter until no longer pink and juices run clear, about 5 to 7 minutes. Add green and red bell peppers, sliced mushrooms and green onions; cook for 2 to 3 minutes. Reduce heat, and stir in heavy cream. Season the sauce with basil, lemon pepper, salt, garlic powder and ground black pepper, and heat through.

In a large bowl, toss linguini with sauce. Sprinkle with grated Parmesan cheese.

Cajun Grilled Corn

Ingredients

6 ears corn, husked and cleaned
1/2 cup butter, softened
6 tablespoons Cajun seasoning

Directions

Peel back husks from the corn, remove strings and leave just a few layers of husk on the corn.

Spread butter or margarine over each ear of corn. Sprinkle Cajun seasoning lightly over each ear, or to taste. Fold corn husks back over the corn. Wrap in foil.

Place on grill for 25 minutes, turning occasionally. Unwrap foil, peel back husks and enjoy.

Spinach Dip With Cajun Pita Chips

Ingredients

2 cups sour cream
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
1/4 cup finely chopped sweet red pepper
1/4 cup chopped green onions
1 garlic clove, minced
1/4 teaspoon salt
1/4 teaspoon hot pepper sauce

CHIPS:

5 pita breads, halved and split
1/2 cup butter, melted
1/2 teaspoon Cajun seasoning
1/4 teaspoon ground cumin

Directions

In a bowl, combine the sour cream, spinach, red pepper, onions, garlic, salt and hot pepper sauce. Cover and refrigerate for at least 1 hour.

Meanwhile, for chips, cut each pita half into four wedges. Combine the butter, Cajun seasoning and cumin; brush over rough side of pita wedges. Place on ungreased baking sheets. Bake at 400 degrees F for 8-10 minutes or until chips are golden brown and crisp. Serve with dip.

Cajun Rice Dish

Ingredients

5 cups beef broth
2 cups uncooked long grain rice
1 pound ground beef
1 medium onion, chopped
1 cup sliced carrots
1/2 cup sliced celery
1/2 cup frozen corn
1/2 cup frozen peas
1/2 cup chopped sweet red pepper
1 teaspoon salt
1 teaspoon Cajun seasoning

Directions

In a roasting pan, combine broth and rice; mix well. Cover and bake at 350 degrees F for 30 minutes. Meanwhile, in a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add to rice with vegetables, salt and Cajun seasoning; mix well. Cover and bake 30 minutes longer or until rice is tender.

Cajun Bread Pudding

Ingredients

4 3/4 cups milk, divided
4 eggs
2/3 cup sugar
1/4 teaspoon salt
1 teaspoon vanilla extract
1/3 cup butter, softened
11 cups cubed French bread (1 inch cubes)
1/2 teaspoon ground cinnamon
2/3 cup raisins
2/3 cup chopped pecans
PRALINE SAUCE:
1/4 cup water
1/3 cup packed brown sugar
1/3 cup corn syrup
1/2 cup coarsely chopped pecans
1/2 teaspoon vanilla extract
2 tablespoons butter
Dash salt

Directions

In a saucepan, heat 4 cups of milk until warm; set aside. In a large mixing bowl, combine remaining milk, eggs, sugar, salt and vanilla. Gradually add warmed milk, stirring constantly. Stir in butter. Add bread cubes; soak 10 minutes. Add cinnamon, and raisins and/or pecans if desired. Pour into a 13-in. x 9-in. x 2-in. baking pan. Bake at 400 degrees F for 45-60 minutes or until a knife inserted in center comes out clean. Meanwhile, for sauce, bring water to a boil in a saucepan. Add sugar; stir to dissolve. Add corn syrup. Bring to boil; cook 15-20 seconds. Remove from the heat; add remaining ingredients. Cut pudding into squares and serve with sauce.

Cajun Popcorn

Ingredients

1 teaspoon salt
1/2 teaspoon ground cumin
1/2 teaspoon garlic powder
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/2 teaspoon paprika
1/4 teaspoon pepper
1/8 teaspoon cayenne pepper
2 tablespoons vegetable oil
3 quarts popped popcorn

Directions

In a small bowl, combine the first eight ingredients; set aside. In a small saucepan, heat oil over medium for 1 minutes; add seasonings. Cook and stir over low heat for 1 minute. Place the popcorn in a large bowl; add seasoning mixture and toss to coat. Serve immediately.

Cajun Seasoning Mix

Ingredients

2 tablespoons salt
1 teaspoon cayenne pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon paprika
1 teaspoon white pepper
1 teaspoon pepper
ADDITIONAL INGREDIENTS FOR
CAJUN POTATO WEDGES:
4 medium sweet potatoes or
baking potatoes
3 tablespoons vegetable oil
1/2 teaspoon hot pepper sauce

Directions

In a bowl, combine the first seven ingredients. Store in an airtight container in a cool dry place for up to 6 months.

Garlic Cajun Ribs

Ingredients

1 1/2 gallons water
2 tablespoons minced garlic
4 tablespoons Cajun seasoning
4 tablespoons seasoned salt
4 pounds pork baby back ribs
1 (18 ounce) bottle barbeque sauce
2 tablespoons minced garlic
2 tablespoons Cajun seasoning
2 tablespoons seasoned salt
6 tablespoons Worcestershire sauce

Directions

Preheat grill for medium heat.

In a large pot, bring the water to a boil. Season boiling water with 2 tablespoons garlic, 4 tablespoons Cajun-style seasoning, and 4 tablespoons seasoned salt. Boil ribs in seasoned water for 15 to 20 minutes.

In a mixing bowl, mix together barbeque sauce, 2 tablespoons garlic, 2 tablespoons Cajun-style seasoning, 2 tablespoons seasoned salt, and Worcestershire sauce.

Place ribs in large baking dishes, and apply a generous amount of the barbeque sauce mixture to the ribs. Set aside for 10 to 15 minutes to marinate.

Grill the ribs for 7 to 12 minutes per side, until nicely browned.

Cajun Crab Rangoon

Ingredients

6 slices bacon, chopped
1/2 onion, minced
2 (8 ounce) packages cream cheese, softened
2 tablespoons hot pepper sauce (such as Tabasco®)
2 tablespoons Worcestershire sauce
3 tablespoons chopped fresh dill
1 cup cooked and peeled crawfish tails, coarsely chopped
1 cup lump crabmeat, picked over salt and black pepper to taste
B
1 (16 ounce) package wonton wrappers
1 egg, beaten
B
2 cups vegetable oil for frying

Directions

Cook the bacon in a saucepan over medium heat until the bacon is limp, and is beginning to release its grease, about 3 minutes. Stir in the onion, and cook until the onion has softened and turned translucent, about 5 minutes. Scrape the onion mixture into a mixing bowl, and stir in the cream cheese, hot pepper sauce, Worcestershire sauce, dill, and crawfish tails. Gently fold in the crabmeat, then season to taste with salt and pepper.

To make the wontons: Separate and place the wonton wrappers onto your work surface. Spoon about 1 tablespoon of the seafood filling onto the center of each wrapper. Use your finger or a pastry brush to lightly moisten the edges of the wonton wrappers with the beaten egg. Fold each corner of the wrapper over the filling, and press together over the center of the won ton. Press the edges together to seal.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Fry the won tons in the hot oil until they turn golden brown and float, about 2 minutes. Drain on a paper towel-lined plate before serving.

Cajun Spicy Potato Wedges

Ingredients

2 tablespoons olive oil
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon hot paprika
1 teaspoon ground turmeric
1/2 teaspoon dried oregano
1/2 teaspoon ground black pepper
1/4 teaspoon chili powder
2 egg whites, slightly beaten
2 pounds potatoes, cut into wedges

Directions

Preheat oven to 375 degrees F (190 degrees C). Prepare a large baking pan with cooking spray.

Whisk together the olive oil, cumin, coriander, paprika, turmeric, oregano, pepper, and chili powder in a large bowl. Place the egg whites in a separate large bowl.

Toss the potato wedges first with the egg whites and then with the olive oil mixture. Arrange the seasoned wedges in a single layer on the prepared baking pan.

Bake in the preheated oven, turning occasionally, until crispy, about 40 minutes.

Cajun Corn and Shrimp

Ingredients

1 large onion, chopped
1 medium green pepper, chopped
2 garlic cloves, minced
1/4 cup butter or margarine
2 (16 ounce) packages frozen corn
1 (10 ounce) can diced tomatoes
and green chilies, undrained
1 tablespoon sugar
1/4 teaspoon salt
1/8 teaspoon pepper
cayenne pepper to taste
1 (5 ounce) can evaporated milk
1/3 cup chopped green onions
2 pounds uncooked medium
shrimp, peeled and deveined

Directions

In a large skillet, saute onion, green pepper and garlic in butter until crisp-tender. Add the corn, tomatoes, sugar, salt, pepper and cayenne. Cook for 10 minutes or until heated through. Stir in the milk and green onions; simmer for 10 minutes. Add shrimp; cook for 8 minutes or until shrimp turn pink.

Cajun Chicken

Ingredients

1 (6.8 ounce) package Spanish rice mix
1 tablespoon all-purpose flour
1 teaspoon poultry seasoning
3/4 teaspoon garlic powder
1/2 teaspoon paprika
1/4 teaspoon black pepper
1/4 teaspoon cayenne pepper
2 tablespoons margarine
3 skinless, boneless chicken breast halves, cut into bite size pieces
1 cup mixed nuts

Directions

Prepare Spanish rice mix according to package directions. Keep warm.

Meanwhile, combine the flour, poultry seasoning, garlic powder, paprika, black pepper, and cayenne pepper in a large bowl. Toss the chicken pieces in the seasoned flour to coat.

Heat the margarine in a large skillet over medium-high heat. Add the chicken, and cook until lightly browned and almost cooked through. Stir the nuts into the chicken; cook and stir until the chicken is cooked through and no longer pink in the middle. Serve chicken on top of prepared Spanish rice.

Cajun Shrimp

Ingredients

2 teaspoons paprika
1 teaspoon dried thyme
1/2 teaspoon salt
1/4 teaspoon ground nutmeg
1/4 teaspoon garlic powder
1/8 teaspoon cayenne pepper
1 tablespoon olive or canola oil
1 pound uncooked medium shrimp, peeled and deveined

Directions

In a large nonstick skillet, saute the paprika, thyme, salt, nutmeg, garlic powder and cayenne in oil for 30 seconds, stirring constantly. Add shrimp; saute for 2-3 minutes or until shrimp turn pink, stirring occasionally.

Cajun Chicken Club

Ingredients

4 pounds skinless, boneless chicken breast halves
1/2 teaspoon Cajun seasoning
1 tablespoon vegetable oil
4 slices Swiss cheese
1/4 cup creamy Parmesan salad dressing
4 sandwich rolls, split and toasted
8 tomato slices
8 bacon strips, cooked

Directions

Flatten the chicken to 3/8-in. thickness; sprinkle with Cajun seasoning. In a skillet, cook chicken in oil for 5 minutes on each side or until juices run clear. Place cheese over chicken. Remove from the heat; cover and let stand for 1 minute or until cheese begins to melt. Spread dressing over both halves of rolls. Layer bottom halves with two slices of tomato, chicken and two strips of bacon; replace tops.

Cajun Cake

Ingredients

3 cups all-purpose flour
1 1/2 cups white sugar
2 teaspoons baking soda
1/4 teaspoon salt
2 eggs
1 (20 ounce) can crushed pineapple with juice
3/4 cup white sugar
3/4 cup evaporated milk
1/2 pound butter
1 cup chopped pecans
1 1/2 cups flaked coconut

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.

In a large bowl, sift together flour, 1 1/2 cup sugar, salt and baking soda. Add eggs, pineapple and juice. Mix at low speed until well blended.

Pour batter into prepared 9x13 inch pan and bake at 350 degrees F (175 degrees C) for 30 to 35 minutes or until done. Have topping ready when cake is done.

To Make Topping: In a saucepan, combine milk, 3/4 cup sugar and butter. Bring to a boil and cook for 2 minutes, stirring constantly. Add pecans and coconut and combine. Remove from heat.

When cake comes out of the oven, Pour on the topping and carefully spread on while cake is still hot.

Cajun Chicken Lasagna

Ingredients

1 (16 ounce) package lasagna noodles
1 pound andouille sausage, quartered lengthwise and sliced
1 pound skinless, boneless chicken breast halves - cut into chunks
2 teaspoons Cajun seasoning
1 teaspoon dried sage
1/2 cup chopped onion
1/2 cup chopped celery
1/4 cup chopped red bell pepper
1 tablespoon finely chopped garlic
2 (10 ounce) containers Alfredo Sauce, divided
1 1/2 cups shredded mozzarella cheese
1/2 cup grated Parmesan cheese

Directions

Preheat oven to 325 degrees F (165 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente; drain.

In a large skillet over medium-high heat, combine sausage, chicken, Cajun seasoning and sage. Cook until chicken is no longer pink and juices run clear, about 8 minutes. Remove meat from skillet with a slotted spoon, and set aside. Saute onion, celery, bell pepper and garlic until tender. Remove from heat, and stir in cooked meat and one container Alfredo sauce.

Lightly grease a 9x13 inch baking dish. Cover bottom with 4 lasagna noodles. Spread with 1/2 of the meat mixture. Repeat layers, and cover with a layer of noodles. Spread remaining Alfredo sauce over top. Top with mozzarella cheese and sprinkle with Parmesan cheese.

Bake in preheated oven for 1 hour. Let stand 15 minutes before serving.

Cajun Beef Pepper Steak

Ingredients

1 pound boneless beef top sirloin steak, cut 3/4 inch thick
2 teaspoons Cajun or Creole seasoning blend
2 medium green or red bell peppers, cut into quarters
2 teaspoons vegetable oil
1 (5.5 ounce) package Cajun or Creole rice mix with seasonings

Directions

Press 1-1/2 teaspoons seasoning blend evenly onto beef steak. Toss bell peppers with oil and remaining 1/2 teaspoon seasoning blend.

Place steak in center of grid over medium, ash-covered coals; arrange bell peppers around steak. Grill, uncovered, 13 to 16 minutes for medium rare (145 degrees F) to medium (160 degrees F) doneness and peppers are tender, turning occasionally.

Meanwhile prepare rice blend according to package directions, omitting oil or margarine.

Carve steak into slices. Serve with peppers and rice.

Cajun-Style Catfish

Ingredients

4 1/2 teaspoons paprika
1 teaspoon onion powder
1 teaspoon dried oregano
1 teaspoon pepper
1/2 teaspoon white pepper
1/2 teaspoon dried thyme
1/4 teaspoon cayenne pepper
4 (6 ounce) fillets catfish
Refrigerated butter-flavored spray*

Directions

In a shallow bowl, combine the first seven ingredients. Spritz both sides of fish with butter-flavored spray. Dip one side of each fillet in spice mixture; place spice side down in a large skillet coated with butter-flavored spray. Cook over medium-high heat for 8-10 minutes or until fish flakes easily with a fork, turning once.

Cajun Potato Latkes

Ingredients

2 cups peeled, shredded potatoes
1/4 onion, shredded
1/3 cup chopped green onion
2 eggs, beaten
2 tablespoons all-purpose flour, or as needed
1 1/2 teaspoons Cajun seasoning, or to taste
1 cup canola oil, or as needed

Directions

Place the potatoes in a cloth, and wring them to remove as much moisture as possible. Mix the potatoes, onion, green onion, eggs, flour, and Cajun seasoning together in a bowl until thoroughly combined.

Heat the oil in a large, heavy skillet over medium heat until it shimmers (oil should be about 1/3 inch deep). Drop about 2 tablespoons of the potato mixture per patty into the hot oil, and flatten the potatoes to make the patties 1/4 to 1/2-inch thick. Brown the patties in the hot oil until golden and crisp on the bottom, about 5 minutes, then flip and cook on the other side. Drain the latkes on paper towels, and serve hot.