



Welcome

Lisa's Lagniappe is my Monthly newsletter filled with great recipes and news from my websites.

News for January !

In South Louisiana one of the first thing you learn to make is....

How to Make a Roux

Made in a black skillet – its a mixture of oil & flour.

Recipe: 1 Cup of Oil, 1Cup of Flour

Place Oil & Flour in a black skillet on medium high heat...wisk and wisk...and whisk. As the roux cooks it will start changing colors, It's important the you keep on whisking so it will not burn. It takes a while -so be patient . Cook until the color you need.

From light, Peanut Butter, to Dark. Just don't burn it.

Lisa Gumbo :

1 pound andouille sausage, cut into 1/4-inch-thick slices

- 4 chicken breasts
- 3/4 vegetable oil
- 3/4 cup all-purpose flour
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 2 celery ribs, sliced
- 2 quarts hot chicken stock
- 3 garlic cloves, minced
- 2 bay leaves
- 2 teaspoons Creole seasoning
- 1/2 teaspoon dried thyme
- 1/2 to 1 teaspoon hot sauce
- 4 green onions, sliced
- Filé powder (optional)
- Hot cooked rice
- Garnish: chopped green onions



Method of Preparation:

1. Cook sausage in a Dutch oven over medium heat, stirring constantly, 5 minutes or until browned. Drain on paper towels, reserving drippings in Dutch oven. Set sausage aside.
2. Cook chicken in reserved drippings in Dutch oven over medium heat 5 minutes or until browned. Remove to paper towels, reserving drippings in Dutch oven. Set chicken aside.
3. Add enough oil to drippings in Dutch oven to measure 1/2 cup. Add flour, and cook over medium heat, stirring constantly, 20 to 25 minutes, or until roux is chocolate colored.
4. Stir in onion, bell pepper, and celery; cook, stirring often, 8 minutes or until tender. Gradually add 2 quarts hot water, and bring mixture to a boil; add chicken, garlic, and next 5 ingredients. Reduce heat to low, and simmer, stirring occasionally, 1 hour.
5. Add sausage to gumbo; cook 30 minutes. Stir in green onions; cook for 30 more minutes. Remove and discard bay leaves.
6. Remove gumbo from heat. Sprinkle with filé powder, if desired. Serve over hot cooked rice. Garnish with chopped green onions, if desired.

Serve with Rice & Enjoy - Lisa * from Louisiana Travel .com

Quick Roll Recipe

1 package yeast

2 cups warm milk

1 egg

2 tablespoon melt shortening

2 tablespoon melted -margarine

6 cups flour

4 tablespoon sugar

1 tablespoon salt

Dissolve package yeast in 2 c warm milk. Stir in egg, and Add shortening. Stir in flour, sugar, salt, to this and blend. Let Rise – Then roll out and cut with biscuit cutter . Place on greased cookie sheet & let raise. Bake at 425 degrees for 15 minutes. (3 dozen) * River Road Recipes 2



Thanks for following : Lisa Everyday Life and February newsletter will be filled with great recipes for - Mardi Gras, Valentine & Chinese New Year!

Download each months newsletter, And in December -I will send a Cover & back page. So that you will have a finish Cook book for December. Lisa



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