

Jorge's New Orleans recipes: Red beans with sausage and dirty rice

See the video cooking lesson at <https://christinarebuffet.com/blog/typical-new-orleans-dishes/>

Dirty rice

Ingredients

2 pounds / 900g ground beef
2 white onions chopped
1 bunch of celery chopped
2 green bell peppers chopped
1 full clove of garlic minced
2 cups / 370g of long grain rice
64 ounces / 1.9 liters beef broth
1/8th cup / 30 ml oil or bacon drippings

Directions

In a large boiling pot (preferably a cast iron pot) heat the oil or bacon drippings, once heated, add in all chopped vegetables and sauté for about 4 minutes.

Then add the ground beef and brown the meat. Once the meat is browned, add the rice and the beef broth.

Bring pot to a boil, and then cover and lower the heat. Let simmer, stirring often until rice is tender.

Remove from heat and let stand 5 minutes and serve.

Red Beans

Ingredients

2 pounds / 900g of dry red kidney beans

2 pounds / 900g smoked sausage

2 white onions chopped

2 green bell peppers chopped

1 full clove of garlic minced

Tony Chachere's Creole Spice to taste

(If you can't find Tony Chachere's you can create your own spice mix with this recipe: <http://bit.ly/TonyChachereSpice>)

TonyChachereSpice

Directions

Put beans in a large bowl and add water until water covers 1 inch / 2-3cm above beans. Let soak for about 3 hours.

After 3 hours drain the water out of the bowl. Put 64-80 oz / 2-2.4 liters of water in a large pot and add soaked beans. Bring to a rolling boil. Boil for 30 minutes.

Add all other ingredients and lower heat to a slow boil. Cover and simmer for 40 minutes, stirring every 5 to 10 minutes, and adding water if necessary.

Lower heat again and let simmer until beans are tender, stirring every 5 to 10 minutes.

Once the beans are tender, remove one cup of beans and crush them with a fork. Put them back in the pot and let simmer for 20 minutes. Remove from heat and let stand for 5 minutes.

To serve, put some dirty rice in a bowl, and then put the red beans and sausage on top.

As Jorge says, "Bon appétit, ya cher!"

Notes*

- White rice can be substituted for dirty rice. Typically, white rice is served with red beans.
- Dirty rice is traditionally served as a standalone main dish. I just prefer serving red beans with dirty rice.