

CAJUN CORNBREAD DRESSING submitted by James Menard

1 lb ground beef	1/2 lb ground pork
1 lb smoked sausage	2 cup beef broth or stock
1 cup onions, finely chopped	1 cup bell peppers, finely chopped
2 cloves garlic, minced	1/4 cup fresh parsley, chopped (optional)
2 eggs	2/3 cup milk
Salt & Tabasco to taste	2 tsp Cajun seasoning, divided
2 tbsp Worcestershire sauce	2 boxes of Jiffy cornbread mix

Make cornbread according to package directions in 8 X 8 pan the day before you make dressing. Brown ground meat with 1 tsp Cajun seasoning in a large heavy skillet. Remove meat, add sausage and brown. Remove sausage. Sauté trinity (onions, bell peppers, celery) and garlic. Add meats. Stir in Worcestershire sauce and a few shakes of Tabasco. Add beef broth, parsley and 1 tsp Cajun seasoning. Bring to boil. Lower heat, cover and simmer for 1 hour. Crumble day old cornbread and add to meat mixture. Mix well. If too dry, add more stock until desired consistency. Add other seasonings to taste.

Meeting, Greeting, Cooking & Eating

Gathering on the 2nd Saturday of each
month at Palmetto Island State Park



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