

# GEOGRAPHY OF FOOD

Exploring Global Food Systems Through Our Favorite Meals



Photo Credit: Mckenna Latour and Willie Briggs



## UNIV 100 Recipe Book

University of Louisiana at Lafayette  
Fall 2019

# Introduction

In *UNIV 100: Geographies of Food - Fall 2019*, students developed semester-long projects based on their favorite meals. Students researched the food system of their meal, tracing how and where the different ingredients are produced, processed, and shipped. Their final papers discussed the environmental impacts and social significance of the meals and their production systems. Students designed these recipe pages in order to share their recipes and some of their research.

-Dr. Brittany Cook

# Red Beans and Rice

Aaron Foster

## Ingredients:

2 packs of Camelia's red kidney beans

2 Green bell peppers

2 Shallot onions

1 bag of Uncle Ben's long grain white rice

## Instructions:

Fill the pot, that you will place the beans in, until its halfway full. Open the packs of beans and place them in the pot with the water. Turn the stove on so the water and beans can boil for about 3 hours. After that time period, chop up the onions and bell peppers until they are fine. Place those vegetables in the pot and let them boil with the beans in the water until the red beans are creamy. Let the beans cool off; as they cool off, boil the rice until it's soft. Place rice on a plate and put the beans on top, now it's ready to be eaten.

Mondays used to be the traditional wash day of the week. Traditionally, women of the house would put on a pot of red beans to cook all day while they tended to the laundry, since the meal required little hands-on attention. The beans were largely seasoned by the leftover hambone from the previous night's dinner. This tradition was adopted from the Native Americans.



# Chicken and Sausage Gumbo

Mckenna Latour and Willie Briggs

This is an old recipe, also called “Anne’s Infamous Gumbo,” handed down through my mom’s family. It is culturally significant to me, because of my Cajun heritage. My Pawpaw is a Richard, which is one of the families that came down from Nova Scotia after being exiled. The Cajuns have a deep root in many Louisiana traditions, including gumbo.

## Ingredients

- 1 Whole chicken, raw, de-feathered
- 2-3 links Richard’s sausage
- Chicken Bouillon Cubes
- Minced Garlic
- Large Yellow Onion
- Gumbo Base
- Savoie’s Dark Roux



## Directions

Slice onion and sausage separately, set aside

Boil chicken whole

After you boil the chicken, remove it and let it cool off, debone chicken

Mix gumbo base and roux into chicken stock to desired color

Add chopped onion, and a few spoonfuls of minced garlic

Boil on medium for 30-45 mins

Add sausage, let boil for 30 mins

Add deboned chicken, let simmer 30 mins

Let cool then serve over white rice, garnish with green onions

# Crawfish Etouffee

Alec Freyou

One serving of crawfish etouffee

## Ingredients

- 1 pound crawfish
- 1 stick of butter
- 1 onion chopped finely
- 2 garlic cloves chopped
- 2 tablespoons of cornstarch
- Spices of choice (my choices are salt and Tabasco sauce)
- White rice (amount depends on how much you prefer)



This will take approximately 20 minutes to cook. Saute onions and garlic in butter but don't let the onions brown, keep them clear. Season your crawfish with salt and Tabasco, then put them in the pot. Mix and let this cook for 10 minutes on a medium fire. This will produce a lot more sauce. Mix half a cup of water with two tablespoons of cornstarch and dissolve it. Pour this into the pot and it makes a thickening sauce. Let this cook for another 7-10 minutes and you will have your etouffee. While this is cooking, you can cook up some white rice in a rice cooker for about 15-20 minutes mixed with some water to make sure the rice comes out moist and fluffy. You can pour the etouffee over the rice and you have your meal.

This dish got its start and is culturally important to Louisiana as are many dishes that include crawfish. Crawfish largely comes from Louisiana, so this dish has a deep rooted history and a deep meaning to the Cajun residents of the state.

# Spaghetti

## Tien Nguyen

While spaghetti is commonly thought to have originated in Sicily, Italy, its history actually roots back to China. Spaghetti was invented in China and the knowledge of it was brought to Sicily by Marco Polo. Spaghetti was only popular worldwide until after the World Wars in the 20th century due to it being exposed to many international soldiers and the advancement of refrigerators. Spaghetti has no affiliation to any certain time period or holiday, but rather, it is a popular, widespread meal that is enjoyed on a regular basis by many.

### Pasta Ingredients:

- 3 large eggs, beaten to blend
- 2 cups all-purpose flour
- 1 tablespoon olive oil
- 1 teaspoon kosher salt

Mix the eggs, flour, oil, and salt until a shaggy dough forms. Knead the dough until it's smooth and elastic for about 10 minutes. Cover the dough with plastic wrap and let it rest for at least 30 minutes. Cut and roll as desired.

### Sauce Ingredients:

- 1 tablespoon olive oil
- 1 white onion, finely chopped
- 2 cloves garlic, minced
- 2 (28-oz) cans crushed tomatoes
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bay leaf

Heat the olive oil in a large pot over medium heat. Add chopped onions and sauté for 3-4 minutes, until softened but not browned. Add garlic and sauté for another 30 seconds until it's fragrant. Add the crushed tomatoes and remaining ingredients. Stir well to combine then lower the heat to medium-low and let the sauce simmer for 15-45 minutes. It helps to cover the pan partially with a lid so the steam can escape, allowing the sauce to thicken and prevent splatters. Taste the sauce then adjust the seasoning to your liking. Remove the bay leaf. Serve the sauce with spaghetti or use as a marinara for any of your favorite recipes.



# Crawfish Étouffée

Katherine Giroir

- 3 cups long grain white rice
- 6 cups water
- 3/4 cup butter
- 1 large onion, chopped
- 1 clove garlic, chopped
- 1/4 cup all-purpose flour
- 1 pound crawfish tails
- 2 tablespoons canned tomato sauce
- 1 cup water, or as needed
- 6 green onions, chopped
- salt and pepper to taste
- 1 1/2 tablespoons Cajun seasoning, or to taste
- Add all ingredients to list



## Directions

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1. Combine the rice and 6 cups water in a saucepan and bring to a boil. Cover, and reduce heat to low. Simmer for 15 to 20 minutes, until rice is tender, and water has been absorbed.
2. While the rice is cooking, melt the butter in a large skillet over medium heat. Add the onion, and sauté until transparent. Stir in the garlic and cook for a minute. Stir in the flour until well blended. Gradually stir in the tomato sauce and remaining 1 cup water, then add the crawfish tails and bring to a simmer. Add the green onions and season with salt, pepper, and Cajun seasoning. Simmer for 5 to 10 minutes over low heat, until the crawfish is cooked but not tough. Serve over hot cooked rice.

Crawfish étouffée is a Cajun food staple. If someone was asked to list some Cajun meals, Crawfish étouffée would be one of many other meals. It is also traditionally poured over rice. Breaux Bridge, Louisiana is the birthplace of crawfish étouffée which is not surprising since Breaux Bridge is considered the crawfish capital of the world. This dish was recognized in restaurants in the 1950s but could have been made in the 1920s. Crawfish étouffée truly is Cajun culture. In the south food is what brings people together. Not only is crawfish étouffée a delicious dish but it is the true culture of the south that brings joy to all that eat and make it.

# Meatloaf

Javin Rene' and Damarius Pradier

For this dish you will need the following ingredients:

- 2 pounds of ground beef
- ½ cup of diced onion
- 1 cup of bread crumbs
- Salt and pepper to taste
- Garlic clove minced
- One egg
- One cup of tomato sauce



## Instructions

1. You want to preheat your oven to 350 degrees F
2. In a bowl you want to combine your beef, onion, bread crumbs, salt and pepper, garlic, and egg. Form all of this into a loaf.
3. Then put your tomato sauce or ketchup(whichever one you prefer) on the loaf.
4. Bake at 350 degrees F for one hour
5. Enjoy :)

Meatloaf started off as mainly a scrap dish in the late 1800s. Chefs would chop up any leftover meat that had and form in into a loaf. Then later on, meatloaf became a staple in America. Even Betty Crocker came with recipes for the dish. Now when we eat meatloaf we eat it as some sort of tradition , and it is one of the best comfort foods ever.

# Crawfish/Shrimp Etouffee Over Rice

## Charlaigha Morris

- 3/4 cup extra-virgin olive oil
- 1 medium onion, finely chopped
- 2 celery stalks, finely chopped
- 2 garlic cloves, minced
- diced tomatoes, canned or fresh
- salt
- black pepper
- crawfish tails, defrosted (if frozen), rinsed & drained
- paprika
- all purpose flour
- Cream of mushrooms
- 3/4 cup chopped green onions
- 1/8 teaspoon cayenne pepper
- Butter



### Instructions

1. In a large saucepan or dutch oven, heat oil over medium heat until warm
2. Add onion and celery and sauté until softened, about 3 minutes
3. Add garlic and cook for another minute
4. Stir in tomatoes, salt, black pepper, crawfish, and paprika. Cook over medium heat for 2 minutes
5. Add the flour mixed with a few tablespoons of cream of mushrooms to make a runny paste
6. Add remaining cream of mushrooms and stir
7. Add green onions and cayenne. Stir and cook over medium heat for 15 minutes or until sauce thickens slightly. Add additional salt, if needed.
8. Serve with white rice

Crawfish etouffee is a thick stew that comes from the French word “to smother.” It is a creole dish (Southern Louisiana), that is often made with a roux, but giving it is a lighter color and very different almost sweet flavor. Thing about crawfish etouffee, it doesn’t have a season it can be eaten, because it is not a seasonal dish. There is never a bad time to eat crawfish etouffee it is a comforting food to eat anytime of the year. Etouffee is a dish found in both Cajun and Creole cuisine typically served with shellfish over rice. Many people would only put shrimp or crawfish, but I always like to put both.

# Grilled Chicken

Nathan Schenk

- 1) Get some chicken and put it in a big bowl
- 2) Put about 1/4-1/2 of a bottle of dales in it
- 3) Put a good bit of tony's in the bowl
- 4) You marinate it for about 4 hours
- 5) After those 4 hours prepare your cooking area (put coals in preheat propane grill etc.)
- 6) Then you put your chicken on the prepared cooking area.
- 7) You flip it over when you see the sides start to be cooked.
- 8) After you finish doing that put it on a plate and put whatever you want on as a side



I didn't find a particular cultural meaning behind this dish. My mom just loves making it. It reminds her of her dad on the weekends. You can do it anytime because all it is Tony's, Dale's, chicken, and Crystal with a grill. That's a great thing about this dish is it can be made at any time, anywhere.

# White Beans and Rice

Tristyn Thomas and Bryson Hammond

## **About:**

The dish originated in the United States and is still found on the Senate's menu.

Although this has no real meaning to my family, it is known to us from my step-dad making the best white beans and rice there is. We enjoy it as our comfort food and it is made often in my house. -Tristyn

## **What you will need:**

Pressure Cooker & instant pot.

## **Ingredients:**

Navy beans

Smoked ham hock

Smoked sausage

Creole seasoning

Habanero

Cayenne

Salt & Black pepper

Onion powder & garlic

Smoked paprika

Rice

Butter

Cornbread mix

Chicken Stock



## **Directions:**

Add a little bit of bacon grease to bottom of Pressure cooker and brown ham hocks & sausage. Remove ham hocks & Sausage and add 2tbsp of butter and Creole seasoning to cook down. Once veggies are cooked down add back the ham hocks.

Then add the beans and water to cover around 2 in. Add 2 minced cloves of garlic, onion powder, garlic powder, cayenne, smoked paprika 1 chopped habanero, black pepper, salt and Chicken stock.

Close pressure cooker and turn on high for 1 hour.

During this time cook your rice in an instant pot.

Then release pressure & remove lid and test seasoning levels

And the tenderness of the beans.

If more water is needed add at this point then stir and cook to your liking.

As for the cornbread, use Jiffy CornBread mix and follow the directions on the box.