

2019 Lowell Folk Festival  
Charles Coe

## Easy Jambalaya (twelve servings)

Jambalaya, that popular Louisiana dish, is very adaptable. Traditionally made with pork sausage (often Andouille) and/or seafood it can be made with chicken or turkey sausage and chicken parts. You could make it with tofu or just go with vegetables. Make it without animal protein and use veggie stock instead of chicken stock and it's vegan. In fact, it's gluten-free, since there's no gluten in rice. Feel free to experiment. That's half the fun of cooking! – Charles Coe

### INGREDIENTS

- 3 tbsp olive oil, divided
- 1 pound Andouille sausage (optional)
- 1 pound boneless skinless chicken breasts or thighs, chopped into 1-inch cubes (optional)
- 1 large yellow onion, diced
- 2 green bell peppers, seeded and diced
- 3 stalks celery, diced
- 4 to 6 cloves garlic, minced (to taste)
- 3 tbsp Cajun seasoning, according to taste
- 1 tsp salt
- 1 tsp pepper
- 1 can (14 ½ ounces) crushed tomatoes
- 2 tsp Worcestershire sauce
- 1.5 cups uncooked long-grain white rice
- 2.5 cups low sodium chicken broth (or vegetable broth)
- A few splashes of your favorite hot sauce (optional)
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### DIRECTIONS

Add 2 tablespoons olive oil to a large stock pot or Dutch oven over medium-high heat. Add the sliced sausage, chicken pieces, and 1 tablespoon Cajun seasoning, salt, and pepper and sauté for 6-8 minutes. Stir occasionally to cook evenly and prevent burning. Transfer the chicken and sausage to a plate and set aside.

To the same pot over medium-low heat add the last tablespoon of olive oil. Stir in minced onions, bell pepper, and celery, mixing well to combine. Sauté for 8-10 minutes, stirring frequently. Add minced garlic, Cajun seasoning, salt, pepper, hot sauce and Worcestershire Sauté another minute.

Add crushed tomatoes, Worcestershire sauce, white rice, and chicken broth (or vegetable broth). Sit well. Bring mixture to a simmer, then reduce heat to low, cover, and cook for approximately 25-30 minutes, or until the rice is nearly cooked through, stirring occasionally to prevent the rice from burning and sticking. If mix seems dry, add a bit of chicken or vegetable stock or water. Stir in chicken and sausage (if using) and mix well to combine. Continue to cook on low, stirring frequently, until rice is tender. Refrigerate leftovers in sealed container for up to 4 day...enjoy!

## Indian Coconut Fish Curry Ingredients:



Swati Chalke  
2019 Lowell Folk Festival

### Marination of Fish:

500 gms of fish  
1 teaspoon of Turmeric  
1 teaspoon Red Chilli Powder  
1 lemon Juice  
Salt

### For Fish Curry:

1 teaspoon. Coriander seeds  
1 teaspoon Cumin seeds  
1-2 teaspoon of mustard seeds  
3-4 Garlic Cloves - chopped  
½ inch Ginger - chopped  
2-3 Dry Kashmiri chillies (for color)  
2 Medium Onions (Slice 1 onion and chop finely the other onion)  
1 tomato finely chopped  
1 teaspoon garam masala  
1-2 teaspoon chilli powder  
¼ teaspoon Turmeric powder  
1 golf ball-sized lump of tamarind (soak in 1 cup of hot water) or Vinegar  
3 tablespoons. of dry coconut powder or flakes  
1 cup of Coconut Milk  
2 cups of Water  
3-4 tablespoon of oil



## How to make Fish Curry Recipe - Delicious And Spicy Fish Curry

- 1) To begin making the Fish Curry Recipe, first wash the fish well with water, drain water completely. Add in red chilli powder, turmeric, salt to taste and lemon juice. Give it a mix and marinate the fish for at least 10-15 minutes.
- 2) Heat a saucepan. Add cumin, coriander seeds and dry chillies. Roast until 5 mins in medium flame. Remove the cumin seeds and coriander seeds and keep it aside.
- 3) In the same saucepan add sliced onion. Sprinkle some salt and cook onion a bit. Add a tablespoon on oil in the onion mixture Now add the dry coconut powder and stir well. Add the chopped garlic and ginger and give it a good stir. Let the mixture cook a bit on the low flame. Remove the mixture from gas and let it cool down.
- 4) Grind the cumin-coriander and Chillies along with above onion-coconut mixture. Put 2-3 tablespoon of water if required. This is our Curry Masala paste.
- 5) Heat 2 tablespoon of oil in saucepan. Once the oil is heated add 1 teaspoon of mustard seeds. Add curry leaves and let the leaves and mustard seed crackle. Add finely chopped onion and cook it a bit. Once Onions turns little golden, add the chopped tomatoes. Cook this for 3-5 mins. Add garam masala and 1 teaspoon of chilli powder. Stir it and cook it for another 2 mins. Add the curry masala paste and give it a good stir. Let it cook for another 5-6 mins on medium flame or until mixture is boiled.
- 6) Add the coconut milk along with 1 to 2 cups of water (as per the thickness of the curry you need). Add tamarind water/Vinegar as per the tangy taste you need. Let the mixture start boiling.
- 7) Add salt to this mixture.
- 8) Once the mixture starts boiling lower the burner to slow and add the fish pieces. Cover the saucepan with lid and cook the curry for 5-8 mins.
- 9) Your fish curry is ready. Enjoy with Rice or Roti or bread

Fish Plaki



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Eleni Zohdi

2 pounds of fish haddock fillet  
Or any other white fish  
2 onions thin sliced  
3 cups puréed fresh tomatoes or can  
1/2 cup dark raisins  
Stick of cinnamon  
2 cloves  
Salt  
Pepper  
1 cup Olive oil  
1 cup Flour for coating fish

Cut fish in portions , pat dry with paper towel  
Salt and pepper to taste

Heat olive oil in pan  
In a zip bag put flour add the fish and shake bag.  
Fry /sauté fish until golden place on paper towels in a dish.  
Add onions in remaining oil or add little more, and cook until almost caramelized. Add spices and raisins . Cook for a few minutes  
Add purée tomatoes and cook for 5 to 10 minutes.  
Add the fish, cover with sauce and simmer for 5-8 minutes until the sauce thickens .

Fish, curtesy of New England Fish Mongers  
You can find them every Friday at Lowell Farmers Market,  
Lucy Larcom Park and Farmer Markets around New England

<http://www.newenglandfishmongers.com>

Kali orexi

Eleni Zohdi

# Patricia James-Perry's Wampanoag Wild Rice Salmon Salad

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1 box of wild rice*	fresh blueberries*
box of organic bone broth	fresh mint leaves
1 lb. wild salmon, cubed	butter or olive oil
fiddlehead ferns, * washed	

**Instructions:** Cook the wild rice in bone broth and water until soft. In a separate pan, cook salmon in a pat of butter, and remove from heat. Sauté the fiddleheads in butter until soft, but still crisp. Toss the fiddleheads and salmon in with wild rice, mix in blueberries. Use mint leaves as garnish. Serves 3-4.

Fish (*Nemah* in Wampanoag) and wild rice are local indigenous food staples, along with wild berries, and a variety of fresh greens. This meal is delicious with Oswego tea (bee balm/Earl Grey tea) or ginger tea (commercial ginger tea is a good substitute for Native wild ginger).

- \* Green beans, or kale, are good alternatives when spring fiddleheads aren't in season.
- \* Cranberries, blackberries, or beach plum slices are good alternatives, depending upon the season.
- \* or a wild rice mix

# Frankie Lieberman's grandmother's Hungarian Jewish Chicken Soup

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1=2 lb fowl (soup chicken)  
1 carrot, cleaned and chunked  
1 stalk celery, cleaned and chunked, include greens  
1 parsnip, cleaned and chunked  
1 onion, chunked  
salt  
white pepper

Clean chicken, remove excess gobs of fat, remove liver and other offal. Keep neck and giblets.

Put the whole mess in a pot, cover with water. Bring to a boil. Reduce to a simmer. Skim fat off with paper towels (or it will taste greasy).

Cook about an hour, or until chicken is done. Cool. Remove whatever fat rises to the surface.

Can be served with the vegetables and pieces of chicken if desired.

Frankie writes:

This is the recipe of my Hungarian grandmother, Pesel Weiss. She made this soup every Friday. Most often she served it as a clear broth, reserving the chicken and veg for a future meal.

My mother made soup this way. The chicken frequently went into Chinese veg for a chow mein.

I make it the same way in my grandmother's enamel soup pot. Yum.