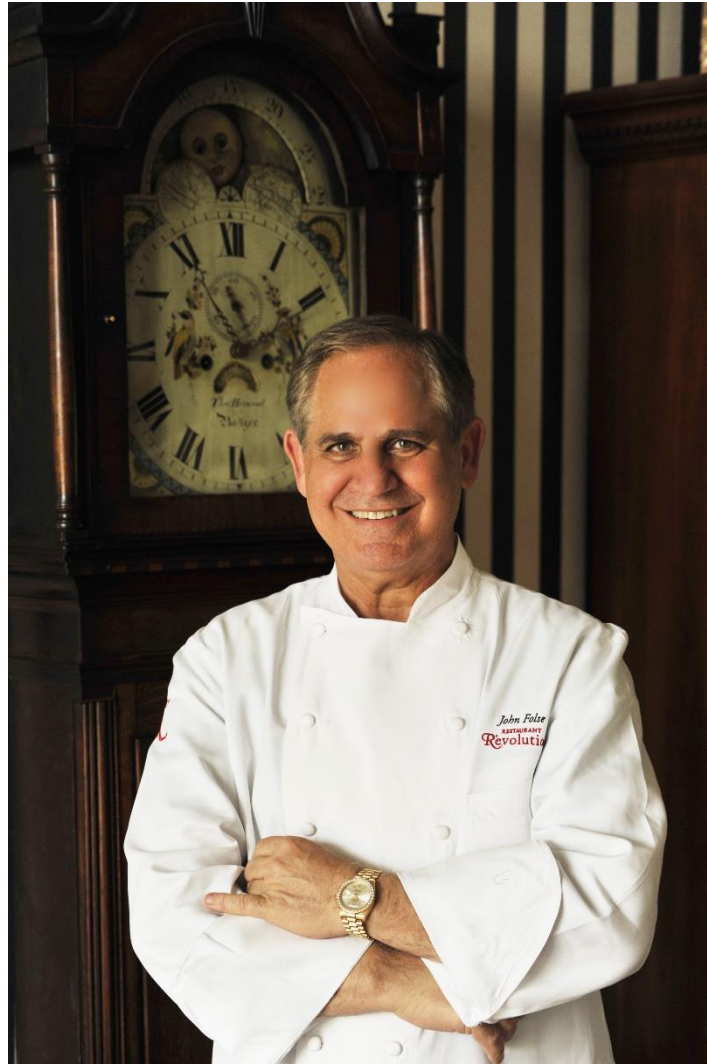


TRINITY OF LOUISIANA COOKING



***Presented by
Chef John Folse, CEC, AAC***
**American Culinary Federation
New Orleans, LA
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CHEF JOHN FOLSE, CEC, AAC

Chef John Folse, born in St. James Parish in 1946, learned early that the secrets of Cajun cooking lay in the unique ingredients of Louisiana's swamp floor pantry. Folse seasoned these raw ingredients with his passion for Louisiana culture and cuisine, and from his cast iron pots emerged Chef John Folse & Company.

When Folse opened Lafitte's Landing Restaurant in 1978 in Donaldsonville, he set out to market his restaurant by taking "a taste of Louisiana" worldwide. He introduced Louisiana's indigenous cuisine to Japan in 1985, Beijing in 1986 and Hong Kong and Paris in 1987. In 1988, Folse made international headlines with the opening of "Lafitte's Landing East" in Moscow during the Presidential Summit between Ronald Reagan and Mikhail Gorbachev. In 1989, Folse was the first non-Italian chef to create the Vatican State Dinner in Rome. Promotional restaurants also included London in 1991 and 1993, Bogota in 1991, Taipei in 1992 and 1994 and Seoul in 1994. In 1988, the Sales and Marketing Executives of Greater Baton Rouge named Folse "Marketer of the Year" and the Louisiana Legislature gave him the title of "Louisiana's Culinary Ambassador to the World."

The international success of Folse's cornerstone property, Lafitte's Landing Restaurant, spawned the incorporation of several other Chef John Folse & Company properties. White Oak Estate & Gardens in 1986 established Folse's catering and events management division. Chef John Folse & Company Publishing, since 1989, has produced ten cookbooks in his Cajun and Creole series, plus a novel, two children's books and a religious memoir by other authors. His *Can You Dig It* vegetable cookbook won the Benny award for Best Cookbook, the highest honor in the 2015 Premier Print Awards. "A Taste of Louisiana" is Folse's international television series produced by Louisiana Public Broadcasting since 1990. Chef John Folse & Company Manufacturing, since 1991, is one of the few chef-owned food manufacturing companies in America producing custom-manufactured foods for restaurants as well as retail and foodservice industries. In January 2005 he opened a USDA manufacturing plant in Donaldsonville, and in 2007 growing demands pushed the plant to expand. In 2008, Folse cut the ribbon of his expanded 68,000 square-foot food manufacturing plant.

The Chef John Folse Culinary Institute at Nicholls State University (NSU) in Thibodaux, La., opened in October 1994 and is devoted to the preservation of Louisiana's rich culinary and cultural heritage. In August 2015, an independent culinary arts building was dedicated.

In August 1996, Folse began broadcasting his radio cooking talk show, "Stirrin' It Up." In 2001, "Stirrin' It Up" expanded to a television cooking segment during the 5 p.m. newscast on WAFB-TV Channel 9 in Baton Rouge, La.

The bakery division was launched in 1996 to create specialty desserts, pastries and savorys. In October 1998, a fire destroyed the 200-year-old Viala Plantation, which housed Lafitte's Landing Restaurant, and in May 1999 Folse opened his former Donaldsonville home as Lafitte's Landing Restaurant at Bittersweet Plantation offering fine dining and bed and breakfast accommodations.

Folse has received numerous national and international accolades. In 1987, the Louisiana Restaurant Association (LRA) named him "Louisiana Restaurateur of the Year." In 1989, *Nation's Restaurant News* inducted Lafitte's Landing Restaurant into its "Fine Dining Hall of Fame." In 1990, the American Culinary Federation (ACF) named Folse the "National Chef of the Year." In 1991, Folse was inducted into The Honorable Order of the Golden Toque, indicating a lifetime of dedication to the pursuit of excellence in the culinary arts. In 1992, Johnson & Wales University in Providence, R.I., recognized Folse with an Honorary Doctorate of Culinary Arts, as did Baltimore International Culinary College in 1995. In 1994, he assumed the role of national president of the American Culinary Federation, the largest organization of professional chefs in America. In 1995, Folse was one of 50 people recognized in *Nation's Restaurant News*' "Profiles of Power." In

1996, Lafitte's Landing Restaurant received the Award of Excellence from Distinguished Restaurants of North America. (Folse served two terms as DiRōNA Chairman.) In 1998, Chef John Folse & Company Manufacturing received TGI Friday's Inc. Procurement Product Development Award for assisting in the development of Friday's Jack Daniels© Glaze; in 2011 and 2016, Folse received their "Food Vendor of the Year" Award; and in 2012, he received TGI Fridays Purposeful Innovation Award. In 1998, *Food Arts* magazine awarded Folse the "Silver Spoon Award" for his sterling performance and contributions to the food service industry. In 1999, the Research Chefs Association (RCA) named Chef John Folse & Company "Pioneers in Culinology" because of the efforts of Folse and his culinary research team. In 2001, Folse was elected to RCA's Board of Directors and served as RCA president from 2005-2007. In 2006, Folse was inducted into the National Restaurant Association Educational Foundation's College of Diplomates. He was appointed by Louisiana's Governor as the Marketing Specialist for the Louisiana Seafood Promotion & Marketing Board in 2008, and also served as Chairman in 2013.

In November 1999, the Acadiana Chapter of the American Culinary Federation inducted Folse into the Louisiana Chef's Hall of Fame for his lifetime contributions to the promotion of Louisiana cuisine. Additionally, Folse received the Antonin Carême Medal in November 2000 and has served on the National Dairy Council Chef's Advisory Panel. In 2007, Folse served as the American judge for the Bocuse d'Or World Cuisine Contest in Lyon, France. In October 2008, Folse was awarded the Louisiana Governor's Cultural Economic Development Arts Award and Southern Foodways Alliance Lifetime Achievement Award. In August 2011, Folse was honored with the Grace "Mama" Marino Lifetime Achievement Award by Baton Rouge Epicurean Society and in December he received an Honorary Doctorate of Commerce from NSU.

In August 2010, Folse announced his partnership with Chef Rick Tramonto and the formation of Home on the Range: Folse Tramonto Restaurant Development, LLC. They opened Restaurant R'volution in June 2012 at 777 Bienville St. at the Royal Sonesta Hotel in New Orleans, a highly acclaimed, award-winning restaurant. In November 2019, Folse opened Folse Market in the state-of-the-art New Orleans International Airport. As the anchor restaurant of Concourse C, Folse Market serves a traditional taste of New Orleans cuisine to travelers.

In August 2012, Folse was honored to represent Louisiana and the Gulf Coast with BP's *Spirit of the Gulf* campaign at the London Olympics. He led a group of eight Gulf region chefs who prepared and served seafood dishes to guests at USA House in an effort to promote Gulf Seafood. In spring 2013 Folse received the Lifetime Achievement Award from Research Chefs Association. In March 2014, Folse received St. Joseph Cathedral Community Award given by Bishop Robert Muench, Bishop of the Diocese of Baton Rouge. In August 2015, LRA honored him with the Hall of Fame award. In July 2017 Folse was inducted into the American Academy of Chefs (AAC) Culinary Hall of Fame, the highest honor AAC can bestow upon any individual. He also received the Chaine de Rôtisseurs Academie Brillat-Savarin Medal at the same time. In 2019 he was awarded ACF's Hermann G. Rusch Chef's Achievement and Humanitarian Award. In January 2020, New Orleans Wine & Food Experience (NOWFE) honored Folse with the Ella Brennan Lifetime Achievement in Hospitality Award. The Greater Baton Rouge Business Report also inducted him into its Hall of Fame in 2021. Folse was also recognized as 2023 Humanist of the Year Award by The Louisiana Endowment for the Humanities (LEH), and is being awarded Chef Good Taste Award by AAC. Currently, he serves as President of the Sister Dulce Foundation Board of Trustees.

Forty years of culinary excellence later, Folse is still adding ingredients to the corporate gumbo he calls Chef John Folse & Company, which is as diverse as the Louisiana landscape, and he would not want it any other way.



LOUISIANA SEAFOOD GUMBO

Prep Time: 1½ Hours

Yields: 12 Servings

Comment:

Seafood gumbo is the premier soup of Cajun Country, and it is known worldwide as the dish to seek out when visiting South Louisiana. Every Louisiana home has its own unique ingredients and methods for cooking gumbo.

Ingredients:

1 pound (35-count) shrimp, peeled, deveined and divided
1 pound jumbo lump crabmeat
2 dozen shucked oysters, liquid reserved
1 pound claw crabmeat
1 cup sliced frozen okra
1 cup vegetable oil
1 cup flour
2 cups (¼-inch) diced onions
1 cup (¼-inch) diced celery
1 cup (¼-inch) diced bell peppers
¼ cup minced garlic
½ pound sliced andouille sausage
3 quarts hot shellfish stock
2 cups sliced green onions
½ cup chopped parsley
salt and cayenne pepper to taste
granulated garlic to taste
Louisiana hot sauce to taste

Method:

In a 7-quart Dutch oven, heat oil over medium-high heat. Whisk in flour, stirring constantly until a brown roux is achieved. Add onions, celery, bell peppers and minced garlic and sauté 3–5 minutes or until vegetables are wilted. Stir in andouille and sauté an additional 3–5 minutes. Stir in ½ cup shrimp, claw crabmeat and okra. Slowly add hot shellfish stock, one ladle at a time, stirring constantly. Bring mixture to a low boil, reduce to simmer and cook 30–45 minutes. Additional stock may be needed to retain volume. Add green onions and parsley. Season to taste using salt, cayenne pepper, granulated garlic and hot sauce. Fold in remaining shrimp, lump crabmeat, oysters and reserved oyster liquid. Return to a low boil and cook approximately 5 minutes. Adjust seasonings if necessary. Serve over cooked rice.

From Chef John Folse's

Hooks, Lies & Alibis: Louisiana's Authoritative Collection of Game Fish & Seafood Cookery



LOUISIANA-STYLE CRAWFISH ÉTOUFFÉE

Prep Time: 1 Hour

Yields: 6 Servings

Comment:

The French word, *étouffée* means to stew, smother or braise. This technique is found in dishes using shrimp, crab, crawfish, meat or game. Though more Creole in origin, étouffées are found throughout Louisiana.

Ingredients:

2 pounds crawfish tails, cleaned
¼ pound butter
1 cup diced onions
½ cup diced celery
½ cup diced green bell peppers
½ cup diced red bell peppers
½ cup diced tomatoes
2 tbsps minced garlic
2 bay leaves
1 cup flour
½ cup tomato sauce
2 quarts crawfish stock or water
1 ounce sherry
1 cup sliced green onions
½ cup chopped parsley
salt and cayenne pepper to taste
2 cups steamed white rice
Louisiana hot sauce to taste

Method:

In a 2-gallon saucepot, melt butter over medium-high heat. Add onions, celery, bell peppers, tomatoes, garlic and bay leaves. Sauté 3–5 minutes or until vegetables are wilted. Whisk in flour, stirring constantly until a white roux is achieved. Blend crawfish tails and tomato sauce into mixture then cook 5 minutes, stirring to prevent tomato sauce from scorching. Slowly add crawfish stock or water until a sauce-like consistency is achieved. Add more stock as necessary to retain consistency. Bring to a rolling boil then reduce to simmer and cook 30 minutes, stirring occasionally. Add sherry, green onions and parsley. Cook 5 minutes then season with salt and cayenne pepper. Serve over steamed white rice with a few dashes of hot sauce.

From Chef John Folse's
The Encyclopedia of Cajun & Creole Cuisine



CREOLE JAMBALAYA

Prep Time: 1 Hour

Yields: 6 Servings

Comment:

The original jambalaya of New Orleans was tomato-based and flavored with a combination of sausages, ham and chicken. Often, the dish was "thrown together" at a moment's notice when unexpected friends dropped by and a quick entrée was needed. In such a case, sometimes heavy smoked sausage and tomatoes were the only ingredients needed for a great spur-of-the-moment lunch.

Ingredients:

1 pound sliced smoked sausage
1 pound chopped boneless chicken meat
1 cup baby shrimp, peeled and deveined
2 (8-ounce) cans tomato sauce
1 cup diced tomatoes
¼ cup vegetable oil
1 cup diced onions
1 cup diced celery
½ cup diced red bell peppers
1 tbsp minced garlic
3 cups chicken stock or water
3 cups long grain rice
salt and cracked black pepper to taste
granulated garlic to taste
Louisiana hot sauce to taste
½ cup sliced green onions
¼ cup chopped parsley

Method:

In a Dutch oven, heat oil over medium-high heat. Sauté onions, celery, bell peppers and minced garlic 3–5 minutes or until vegetables are wilted. Mix in smoked sausage and chicken and cook 5 minutes. Blend in tomato sauce, diced tomatoes and chicken stock. Bring to a rolling boil then stir in rice. Return to a boil then reduce heat to low. Season with salt, pepper, granulated garlic and hot sauce. Cover pot and cook 20 minutes. Do not stir or remove lid. Remove cover, add shrimp, green onions and parsley. Stir mixture once to ensure that rice is not sticking and scorching. Cover and cook 10–15 minutes longer. Remove from heat and allow to steam 15 minutes before serving.