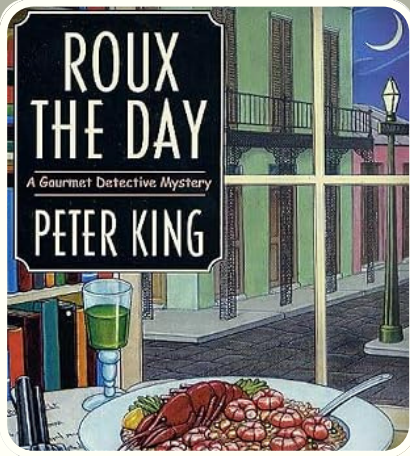
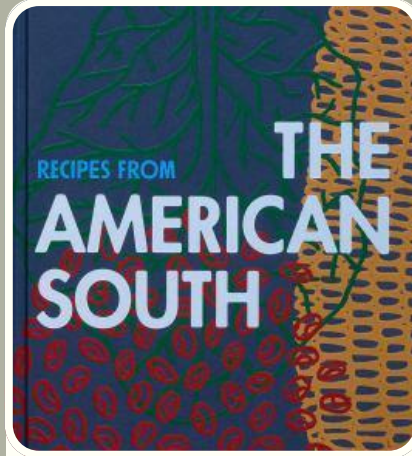


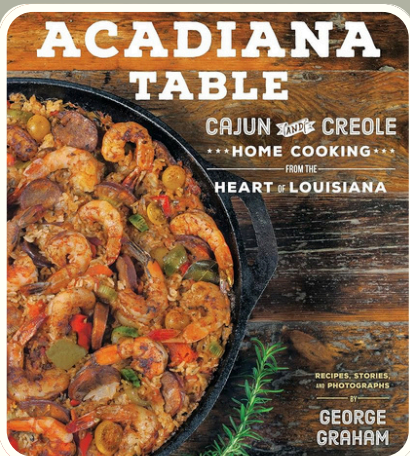
COOKBOOKS FOR MORE INSPIRATION



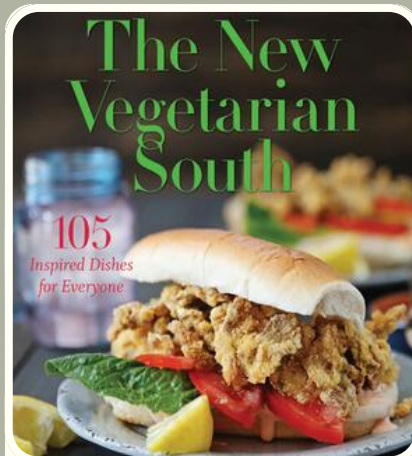
Roux the Day
Peter King
available from Roseburg



**Recipes from the
American South**
Michael W Twitty



Acadiana Table
Steven Raichlen
available from Roseburg



The New Vegetarian South
Jennifer Brulé
available on Libby



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SPICE CLUB

SEPTEMBER 2026 SPICE: LOUISIANA CREOLE SEASONING

This Particular Seasoning Contains:

paprika, kosher salt, granulated onion powder, granulated garlic powder, cayenne pepper, white pepper, black pepper, dry thyme, dry oregano

Best Ways to Use this Rub:

- Add it to any Creole or Cajun dish like gumbo, jambalaya, dirty rice, etouffée, or po-boys
- Sprinkle on steamed vegetables, salad, chicken, fish, or burgers

"Creole cuisine (French: *cuisine créole*; Portuguese: *culinária crioula*; Spanish: *cocina criolla*) is a cuisine style born in colonial times, from the fusion between African, European, and pre-Columbian traditions. *Creole* is a term that refers to those of European origin who were born in the New World and have adapted to it (melting pot)."

Source: Wikipedia, "Creole cuisine."



**"THE SPICE! IT'S IN
EVERYTHING HERE!"**
— FRANK HERBERT

Homemade Creole Seasoning

Source: Kenneth Temple, "Homemade Creole Seasoning"
kenneth temple.com/homemade-creole-seasoning

- ½ cup paprika
- 3 tablespoons kosher salt
- 2 tbsp plus 2 tsp granulated onion powder
- 2 tbsp plus 2 tsp granulated garlic powder
- 2 tbsp white pepper
- 2 tbsp black pepper
- 2 tsp dry thyme
- 2 tsp dry oregano

In a medium bowl or food processor, combine all ingredients until blended.

Gumbo Z'Herbes

modified from Michael Twitty's
Recipes From the American South, p. 147

Gumbo z'herbes is traditionally served as a Lenten meal as a meatless gumbo.



- | | |
|-------------------------------------|---|
| • ½ cup vegetable oil | • 1 cup chopped collard greens |
| • ½ cup all-purpose flour | • 1 cup chopped scallions (spring onions) |
| • 1 cup chopped onion | • 1 cup chopped kale |
| • 1 cup chopped celery | • 1 cup chopped fresh flat-leaf parsley |
| • 1 cup chopped green bell peppers | • 1 cup chopped spinach |
| • 4 cloves garlic, minced | • 1 cup chopped Swiss chard leaves |
| • 8 cups vegetable or chicken stock | • 1 cup chopped turnip greens |
| • 1 bay leaf | • Fine salt and freshly ground pepper |
| • 2 tsp Creole Seasoning | • Hot sauce (optional) for serving |
| • ½ tsp cayenne pepper | • Cooked white rice, for serving |
| • 1 cup chopped beet leaves | |
| • 1 cup shredded cabbage | |

"Gumbo Z'Herbes" continued from previous page

1. In a large pot, heat the oil over medium heat. Gradually whisk in the flour to make a **roux**, stirring constantly until it reaches a medium brown color, 15-20 minutes.
2. Add the onion, celery, bell peppers, and garlic to the roux. Stir frequently, until the vegetables are soft, 5-7 minutes.
3. Gradually pour in the stock, stirring constantly to incorporate it into the roux. Add the bay leaf, **Creole Seasoning**, and cayenne. Bring the mixture to a boil, then reduce the heat and simmer uncovered, stirring occasionally, for 30 minutes deepen the flavors.
4. Add the beet leaves, cabbage, collard greens, scallions (spring onions), kale, mustard greens, parsley, spinach, Swiss chard, and turnip greens to the pot. Stir well to combine and season with salt and black pepper. Simmer the gumbo uncovered until everything is tender and the flavors have come together, another 30-50 minutes. Taste and adjust the seasoning as needed.
5. Spoon over rice in individual bowls. *Store in an airtight container in the refrigerator for up to 4 days.*

Brown Roux

Source: Michael Twitty's *Recipes From the American South*, p. 282

- ½ cup vegetable oil
- ½ cup all-purpose flour

1. In a seasoned cast-iron skillet or enameled frying pan, stir together the oil and flour until smooth, making sure there are no visible pockets or clumps of flour in the pan.
2. Cook over low heat, stirring constantly, until the roux has slightly thickened, about 1 minute. Continue to cook until it appears to be foaming, about 5 minutes.
3. Continue cooking, stirring frequently to prevent it from burning or clumping, until the mixture has a nutty aroma, is a light walnut brown, and begins to thicken, about 30 minutes. (If it looks like it's getting too dark, take it off the heat and keep stirring--a burned roux is a lost roux.)
4. *Store in an airtight container in the refrigerator for a few weeks.*
Makes ½ cup.