



Maquechoux

American Regional Cuisine

Cajun and Creole cooking are widely recognized as two of America's oldest and richest cuisines. Each is full of culture and history dating back almost 300 years, with roots in classic French cuisine. Maquechoux which is pronounced, "MOCK SHOE," is a dish that the Cajuns got from the Native American tribes that populated southwest Louisiana.

Number of Servings: 4

<u>Amount</u>	<u>Measure</u>	<u>Ingredient</u>
2 each		Chicken breasts, ½" dice
6 each	(5.25 cups, 34.5 ounces, 978g)	Corn, fresh sweet
2 ounces	(56.7 g)	Butter, unsalted
1 cup	(4 ounces, 113.4 g)	Onions, yellow, ½" dice
½ cup	(2 ½ ounces, 70.87 g)	Green bell pepper, ½" dice
½ cup	(2 ½ ounces, 70.87 g)	Red bell pepper, ½" dice
½ cup	(2 ounces, 56.7 g)	Celery, ½" dice
1 ¼ cups	(8 ounces, 226.8 g)	Tomatoes, peeled, seeded, ½" dice
1 teaspoons		Salt
1/2-teaspoon		Cayenne pepper
1 teaspoons		Black pepper
2 tablespoons		Sugar, granulated
½ cup (4 ounces, 0.1185 l)		Heavy cream

Procedure:

1. Remove skin and bones of chicken breast, dice into half in cubes, add butter or oil to pan and brown chicken, about 2 to 3 minutes, remove and reserve.
2. Shuck the corn and remove all of the corn silk.
3. Hold each cob over a bowl and cut the kernels away in layers (do not cut whole kernels).
4. Scrape the knife along the cob to get all of the "milk" out of it.
5. Melt the butter over medium-high heat.
6. Add the onions, bell peppers, celery, tomatoes, and sauté until the onions are transparent, about 10 minutes.
7. Stir in the salt and pepper.
8. Add the corn and milk from the cobs, the sugar, and cream and stir well.
9. Reduce heat to medium and cook until the corn is tender, about 10 more minutes.
10. Return chicken to pan for about 3 to 5 minutes.
10. Adjust seasonings to taste.