

Chef Carolyn's Corner

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The Forward Times Family welcomes back Chef Carolyn Shelton as our Food Editor.

Chef Carolyn will share exciting recipes, healthy menu planning, and etiquette tips weekly. Featured by Chef Carolyn will also be Chef interviews, restaurant reviews, and recipes from her recent cookbook, "Zydeco, Blues and Gumbo."

Our first featured recipe is for Po Man's Gumbo, and as her Mother would say, "First you make the roux here; this is a staple in the Louisiana diet. If you learn to make a roux you're on your way,"

Enjoy Chere!!!!

Chef Carolyn