

Chef Carolyn's Corner - Michael Jordan's Gumbo

Written by Carolyn Shelton

Thursday, 06 October 2011 00:00



Michael Jordan and Otis Wilson joined Chef Carolyn during her Cookin Creole show in Chicago.

Michael Jordan's Slam Dunk Gumbo



Michael Jordan and Otis Wilson joined Chef Carolyn on her cooking show.

Photo by
Carl Sissac

Michael Jordan and Otis Wilson joined me in my kitchen during my "Cookin' Creole" show in Chicago and we created a spectacular dish of Slam-Dunk Gumbo. As I anticipated, they were both super guests. The most refreshing information they shared with me was not only their love for good food and entertaining, but also their voluntary participation in youth activities.

This recipe for Gumbo is really simple -the only difference is you add chicken. Instead of adding oysters, crab meat and sausage, use the same ingredients as listed on the previous page for Seafood Sausage Gumbo.



Follow instructions for Seafood Sausage Gumbo, substituting these ingredients:

- 1 whole chicken fryer skinned, seasoned with Bayou Magic or Tony Chachere's
- 3-4 pounds of shrimp
- 2 pounds okra

Bake chicken for 30 minutes.

Add chicken, shrimp and okra to gumbo

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Makes 10 servings.

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Buttermilk Biscuits

This is a photo of my Great Great Grandmother, Malee Richard. She is actually standing at the gate of the old house my grandmother was born in. At any rate, I was fortunate enough to know her for a short time. She died at the age of 95.

In the later years of Malee's life, I remember how playful she was, often hiding under the house. When she ate, she would always have crumbs and a milk mustache around her mouth, and we would say to her "Good, Good Malee." Her favorite meal was Mama's Homemade Buttermilk Biscuits, to this day, I love eating these biscuits with butter and syrup.

Talk about the country coming out... and that is an understatement.

- 2 cups self rising flour
- pinch soda
- 3 tbsp. oil
- 3/4 cup buttermilk

Mix all ingredients together. Dough should be soft and sticky. Scrape out on a floured board. Now get your hands covered with flour and knead all around and over until you have a dough that is not so sticky. Pat out until dough is about 1/2 inch thick then cut with a biscuit cutter. Place biscuits on a slightly greased cookie sheet allowing a little space between them.

Bake at 400° F for 15 to 20 minutes until golden brown.



*Great, Great Grandmother
Malee Richard*



LITTLE COOKING TIP:

When our Grandmothers and Mothers greased a pan they often times used their hands. Now thanks to ZipLock bags there is an easier way. Just place your hand in one and use as a glove...No mess on your hands.

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