



New Orleans Cajun Rémolade Sauce

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

slice: to cut into thin pieces using a sawing motion with your knife.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Medium mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)
- ☐ Whisk
- ☐ Rubber spatula

Ingredients

New Orleans Cajun Rémolade Sauce

- ☐ 2/3 C mayonnaise ****(for EGG ALLERGY sub egg-free vegan mayonnaise)****

- ☐ 1 tsp ground mustard
- ☐ 1 tsp paprika ******(for NIGHTSHADE ALLERGY sub nutritional yeast)******
- ☐ 1 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 1/2 tsp garlic powder
- ☐ 1/2 tsp onion powder
- ☐ 1/2 tsp dried parsley
- ☐ 1 tsp hot sauce ******(for NIGHTSHADE ALLERGY sub apple cider vinegar)******
- ☐ 1/2 lemon

Food Allergen Substitutions

New Orleans Cajun Rémoulade Sauce

Egg: Substitute egg-free vegan mayonnaise.

Nightshade: Substitute apple cider vinegar for hot sauce.

Instructions

New Orleans Cajun Rémoulade Sauce

measure + add

In a medium mixing bowl, measure and add **2/3 cup mayonnaise, 1 teaspoon ground mustard, 1 teaspoon paprika, 1 teaspoon salt, 1/2 teaspoon black pepper, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, 1/2 teaspoon dried parsley,** and **1 teaspoon hot sauce.**

slice + juice + whisk

Then, slice a lemon in half and squeeze the juice from **1/2 lemon** into the bowl. Whisk until well combined. Drizzle and spread this amazing sauce over any sandwich or "**Laissez Les Bons Temps Rouler**" **Pan-Fried Mushroom Po-Boy Sandwich Bites!** Enjoy! "Laissez les bon temps rouler" or "Let the good times roll" in Louisiana (Cajun) French!

Featured Ingredient: Hot Sauce!

Hi! I'm Hot Sauce!

"In some households, I'm a very important condiment! I'm a sauce made from chili peppers, and you can

tell by my name, I add a little or a lot of heat to food. You can add me to cooked eggs, veggies, and meat, to salad dressings, noodles, and even to ice cream or popcorn!"

People have been cooking with chili peppers for thousands of years. Sauces made with chili peppers were introduced in the United States in the early 1800s. Many US states and other countries have their own versions of hot sauce that use chili peppers grown there or imported.

Tabasco sauce, made with Mexican tabasco peppers, is one of the earliest hot sauces still being sold. It was first produced in Louisiana by Edmund McIlhenny in 1868.

Frank's RedHot sauce, created with cayenne peppers in 1920, is often used in buffalo wing recipes.

Sriracha is another popular hot sauce originally made in the 1930s or 40s by a housewife, Thanom Chakkapak, in Si Racha, Thailand, using red Thai chilis. The version sold in the US is made from red jalapeño peppers.

In addition to several varieties of chili peppers, hot sauces may include vinegar, wine, lemon or lime, salt, garlic, onions, tomatoes, carrots, and a sweetener.

The heat rating of a sauce depends on the peppers it was made with. Ancho and jalapeño peppers produce the mildest sauces. Cayenne, serrano, and tabasco peppers are found in medium hot sauces. The Carolina Reaper, ghost, habanero, Scotch bonnet, and Trinidad Moruga scorpion peppers make the hottest sauces. Many hot sauces use a combination of chili peppers.