



# Jambalaya

*a taste of history on the Floridian table*

Jambalaya is a meat and vegetable stew served over rice that originated from an ethnic fusion of French, Spanish and African influences known as Cajun or Creole. The ingredients usually include a blend of meats, primarily sausage along with cuts of pork, chicken or shellfish cooked with onions, celery, bell peppers, tomatoes, corn, chilis and/or garlic.

To learn more about Florida's culinary history, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)

Chef decorating jambalaya



# 19TH CENTURY JAMBALAYA RECIPE

45  
MINUTES  
TOTAL

4  
TOTAL  
SERVINGS



## INGREDIENTS

flour	rice
onion	butter
tomatoes	chicken
oysters	bunch of fresh parsley
salt and pepper	

## DIRECTIONS

1. Have the lard hot, put in flour, cook to a light brown, with a medium-sized onion.
2. Take the giblets, neck, small part of the wings and feet of your chicken, and put in the lard.
3. Add half a tea-cup of prepared tomatoes, two dozen oysters, with their liquor, pepper and salt to taste.
4. Put in nearly a pint of rice, one table-spoonful of butter and stir frequently. When nearly done set back on the stove and let steam.
5. Chop parsley and sprinkle over top.

Recipe adapted from Gulf City Cook-Book (1878) St. Francis Street Methodist Episcopal Church, South (Mobile, Ala.) pg. 57

## FACTS

Archaeological evidence suggests parsley was first cultivated in the island of Sardinia more than two thousand years ago. It was used medicinally before it was a recipe ingredient, and it is mentioned in ancient texts, such as the Jewish Tanakh and Christian Gospels, several times and in Anglo-Saxon literature. Today both varieties of parsley, curly and flat, are widely used in European and Middle Eastern cuisines, and it is popular in fusion cuisine throughout the U.S.

Parsley is rich in vitamins A, C, and K; several B vitamins; calcium; and iron.

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