

## **Lisa Rochon's Quasi Succotash**

**Peachtree Road Chef Demo – 9/14/19**

### **Ingredients**

1 lb. Okra, sliced  
1 small eggplant, 1/2" diced, salted and covered with water  
1 ear corn, kernels cut off cob  
2 links, 8 oz. Andouille or Smoked Sausage (optional), sliced  
1 cup fresh shrimp, peeled and veined (optional)  
3 medium tomatoes, coarse large chopped  
1 medium red bell pepper, 1/4" dice cut  
1 medium/large yellow onion, 1/4" dice cut  
3 – 4 cloves garlic, chopped fine  
1/4 teaspoon whole thyme  
1 Tablespoon parsley, chopped fine  
1/4 teaspoon Tony Chachere Creole Seasoning  
2 – 3 Tablespoons of butter  
Olive oil  
Salt and Pepper to taste

1. Coat a 3" deep large saucepan with olive oil. Turn fire on medium heat. Add cut okra and begin to fry and brown the okra to extract the slime. Allow okra to cook for about three minutes before stirring the okra. Continue to stir occasionally until all okra is evenly browned on both sides. Once browned, take off fire and place in a bowl. Set aside for later. Note: You want to cook the okra until almost all slime is gone and each piece of okra is individual to itself.
2. In the same saucepan, coat the pan again with olive oil. Drain salt water off eggplant, rinse. Add - onion, eggplant, corn and red bell pepper to pan. Saute for about 10 minutes.
3. Add andouille and shrimp if adding meat. Stir in well. Saute another 5 minutes.
4. Add spices and seasoning, okra, garlic and tomatoes. Stir well. Saute/Simmer another 5 to 10 minutes.
5. Add butter. Adjust salt and pepper to taste.
6. This dish can be served as a main, side or bruschetta topping.
7. If dish is served as main or side, you can serve with cooked rice of your choice.

Note: Dish can be prepared in advance, cooled and placed in freezer bags, frozen for at least one month for a special occasion or holiday. Remove from freezer and thaw in refrigerator. Place in baking dish, dot with butter. Optional: Top with light layer of plain bread crumbs. Warm 350 degree for 15 – 20 minutes until hot.