

## German Coast Turnip Stew - by Holly Hudson

"German Coast" here refers to the area along the Mississippi River between New Orleans and Baton Rouge where I grew up. A lot of Germans settled here and integrated into the French-speaking Cajun culture. Our local cuisine is French at heart, but with strong African and German influences. [https://en.wikipedia.org/wiki/German\\_Coast](https://en.wikipedia.org/wiki/German_Coast)

This is a dish my great grandmother made often. She grew up on a farm, so this is stick-to-your-ribs comfort food. Basically it's chicken and a root vegetable, cooked in a stew that is thickened with a roux, served over rice. This is most often made with chicken, but since it's farm cooking, feel free to substitute whatever meat you have around. You can also substitute the turnips for another root vegetable like potatoes or carrots (but why would you do that?).

- Chop equal parts yellow onions and green onions. Don't leave the green onions out!
- Peel turnips and cut them in cubes or wedges. (Stew-sized)
  
- Mix up some Cajun seasoning. DO NOT use store-bought Cajun seasoning. I've looked at the ingredients of all the ones sold in the Netherlands, and none of them are right. Mix together:
  - equal parts thyme and oregano
  - black pepper
  - cayenne pepper (I prefer to use Aleppo pepper for less heat and more flavor)
  
- Salt chicken pieces (bone-in or bone-out, it's your choice) and brown them in a stew pot. Remove them to a plate when they're brown on the outside.
  
- Make a roux in the same pot. Use a wooden spoon or a wooden spatula for stirring because a roux can get very hot and you also want to be able to scrape the pan without damaging it:
  - Mix equal parts flour and either butter or oil
  - Stir while cooking until the mixture reaches a milk chocolate color
  - Do not let it burn!

When the roux is done, add all the onions and sauté until the onions start to turn translucent. Then add water or chicken stock, and put the chicken back in the pot. Add chopped garlic, Cajun seasoning, turnips, and salt to taste. Cook until the chicken and turnips are cooked through. (Note: If you're wondering where the tomatoes, peppers, or celery are -- they don't go in this dish. Feel free to make a side dish with those ingredients :) ).

Near the end of cooking, add some chopped parsley. Serve over rice.