

# Get cooking with LCI Leisure Classes!

“There was a great amount of food to take home. The food is great and easy to prepare with instructions.” –

Natalie D.

These classes are a great way to get exposed to the professional way of cooking.

It is also a good way to see if a culinary degree is a good path for your educational future.

ALL leisure classes are held in the state-of-the-art kitchen facilities on the LCI campus.

All classes are hands-on unless otherwise noted.

So, what are you waiting for?

**[www.lci.edu](http://www.lci.edu)**



## Alligator Sauce Piquant

Yield: 6 Servings

### Ingredients for Sauce Piquant

1 pound cleaned alligator meat

½ cup vegetable oil

½ cup all purpose flour

1 cup onion, small dice

½ cup celery, small dice

½ cup bell pepper, small dice

2 tablespoon garlic, minced

¼ cup tomato paste

1 cup diced tomatoes

1 cup tomato sauce

1 jalapeno, chopped

1 bay leaf

¼ teaspoon thyme

1 tablespoon hot sauce

Salt to taste

Black Pepper to taste

Cayenne Pepper to taste

1 quart chicken stock or water

½ cup green onion, sliced

1 tablespoon parsley, chopped

6 cups cooked rice

### Method:

In a heavy bottomed cast iron pot, heat the oil over medium heat. Whisk in the flour, stirring constantly until a dark brown roux is achieved. Once the roux is dark enough add onion, celery, bell pepper, and garlic, sautéing 4-5 minutes or until tender.

Next add the tomato paste, diced tomatoes, tomato sauce, jalapeno pepper, bay leaves, thyme, and hot sauce. Slowly add the stock stirring constantly. Bring the sauce to a simmer and cook it at least 30 minutes, in order to cook the flour taste out. Gently stir in the alligator meat and continue to cook another 30-45 minutes. Season the piquant with salt and pepper. Additional stock may be added if the piquant becomes too thick. Add the green onion and parsley, and then serve over steamed rice.