

Cooking with the Movies

Written by Debbi Covington
Tuesday, 07 February 2017 18:08



Roll out the red carpet! The 11th annual Beaufort International Film Festival will soon be in full swing with filmmakers, directors, screen writers, movie stars and lots of film-loving fans. Food has always been a key ingredient on the big screen. The recipes this week celebrate filmmaker Julie Dash's critically acclaimed movie, ***Daughters of the Dust***, and feature Gullah-Geechee inspired dishes from our own South Carolina sea islands.

It's not too late to purchase your golden ticket! For more information about the Beaufort International Film Festival and to purchase movie and event tickets visit www.beaufortfilmfestival.com. I'll be catering the Awards Ceremony Cocktail Hour on Sunday, February 19th. Hope to see you there!

P.S. Thank you, **Susan DeLoach**, official photographer for the Beaufort International Film Festival, for taking these beautiful photos of my ***Daughters of the Dust***-inspired culinary creations!

Gullah-Geechee Gumbo (above)

2 tablespoons vegetable oil

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1 pound boneless, skinless chicken breasts, cut into bite-sized pieces

Salt and pepper

1 pound spicy smoked sausage, cut into ¼-inch slices

2 tablespoons butter

¼ cup all-purpose flour

5 cups chicken stock, heated

3 tablespoons Worcestershire sauce

3 cloves garlic, minced

1 (10-ounce) package frozen seasoning blend (onion, bell pepper & celery), thawed and drained

1 (28-ounce) can diced tomatoes, undrained

1 bay leaf

1/8 teaspoon cayenne pepper

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¼ teaspoon dried thyme leaves

¼ teaspoon dried oregano

1 pound medium shrimp, peeled and deveined

2 cups frozen sliced okra

1 cup white rice, cooked

Tabasco sauce

Heat vegetable oil in a large heavy-bottomed Dutch oven over medium-high heat. Season chicken with salt and pepper. Cook the chicken and sausage until browned and cooked through. Remove and drain on paper towels. Add 2 tablespoons of butter to hot pot and stir to melt. Sprinkle melted butter with ¼ cup flour and whisk for about 2 minutes until smooth and cooked through. Add hot chicken stock, whisking constantly, until smooth. Add worcestershire sauce, garlic, seasoning blend and tomatoes. Season with bay leaf, cayenne pepper, thyme leaves and oregano. Bring to a simmer. Add shrimp and cook until just pink. Stir in frozen okra. Return cooked chicken and sausage to the pot. Stir in cooked rice and heat through. Remove and discard bay leaf. Season with salt, pepper and tabasco sauce. Serves 8 to 10.

Black-Eyed Peas and Collard Greens Soup

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1. I believe that the world is full of people who are not thinking for themselves, but are simply following the crowd.



Figure 5: Retention of the sediment in the sediment traps. The sediment traps were placed in the sediment traps for 24 h. The sediment traps were placed in the sediment traps for 24 h. The sediment traps were placed in the sediment traps for 24 h.



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