



Creole Chitterlings Chitlins

Oscar · 28/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

20

Description

There are some recipes for chitlins that are called Southern however the Creole and Cajun culture cooks chitterlings a bit differently than the rest of the South I believe this simple recipe does the heritage justice Serve with your favorite side dishes and store any leftovers in the refrigerator Like so many other great soul food dishes chitlins taste even better after the flavor has soaked in for a few hours

Ingredients

- - 10 pounds fresh chitterlings (or frozen chitterlings
- thawed) - 2 large onions
- peeled - 1 large potato
- peeled - 3 stalks celery
- with leaves - 1 medium green bell pepper
- chopped - 1 cup apple cider vinegar - 3 cloves garlic - 2 tablespoons salt - 1 large bay leaf - 1 teaspoon Creole seasoning to taste - 1 teaspoon red pepper flakes
- or to taste

Instructions

1. Gather the ingredients. AllRecipes / Qi Ai Clean chitterlings by removing all specks and any pieces of fat with specks on them. Rinse in several changes of salted water. AllRecipes / Qi Ai Place cleaned chitterlings into a large pot and fill with enough water to cover; bring to a boil over medium-high heat. Drain
2. rinse
3. and return to the pot. Fill again with enough water to cover. AllRecipes / Qi Ai Add whole onions
4. potato
5. and celery stalks
6. plus chopped bell pepper
7. vinegar
8. garlic
9. salt
10. bay leaf
11. Creole seasoning
12. and red pepper flakes to the pot. Bring to a boil over medium-high heat
13. then cover and simmer over medium heat for 3 to 4 hours; chitterlings should appear clear to white in color. AllRecipes / Qi Ai Use a slotted spoon to transfer chitterlings to a cutting board. Cut into 1-inch pieces. Discard onions
14. potato
15. celery
16. and bay leaf. Pour out most of the cooking liquid
17. then return chitterlings to the pot. AllRecipes / Qi Ai Cook over medium heat until chitterlings are heated through
18. 2 to 3 minutes. AllRecipes / Qi Ai Editor's Note: Nutrition data for this recipe includes cooking liquid
19. salt
20. and vegetables. The actual amount consumed will vary.