

What's New at the Market
Sequim Farmers Market
Downtown Sequim on the corner of Sequim Ave. and Washington St.
Saturdays 9 am to 3 pm

June 13th and 20th 2015

What's New at the Market is The Cajun Kitchen. We are lucky to have tapped into a Cajun enclave here on the peninsula. Curtis Harper and his partner Cathy Maxwell have recently moved to Sequim from Alexandria Louisiana. Curtis told me there are just two things he misses from the South, the cooking and the fishing, the cooking they have covered.

Curtis tells me he started cooking about 55 years ago, when he was about 20, though not professionally until recent years when he was cooking at a farmers market in Louisiana. Then there was also the recent years he spent as a cook in the Bear Tooth Mountain range in Montana. There he would go into the back country on pack mules and cook for groups in the wilderness. Cathy has been cooking some 60 years, since she was about 9. Both grew up in Louisiana and she says "we have both loved to cook all our lives."

So I asked Curtis how he would describe Cajun food and he says "it is a misconception that Cajun food is hot, though you can heat it up." He says even some folks in the South don't like their food spicy, but Cajun food is "well seasoned" and you always start with the roux. Cathy nods in agreement, "you always start with the roux." The roux at its minimum is sautéed onions and garlic. "There is a saying, if you take away a Cajun's garlic and onions he can't cook," Curtis explains.

At the market Curtis and Cathy are cooking up crawfish étouffée and Muffaletta. The étouffée is a savory, cajun seasoned crawfish stew that is served over rice. Curtis assures me it is not spicy, but is "well seasoned". He has tasting cups out for you to give it a try before ordering your first bowl.

The muffaletta is a large family style sandwich, as in a large bread round which is hollowed out and then filled with a wonderful succulent spread and layers of meats and cheeses. You can buy the whole round or individual pieces. That is just the beginning of a menu that we will see evolving as the season goes along.

When I asked Curtis what he would like people to know about the Cajun Kitchen he said "We like to think we are people people and we don't judge people. We were born and raised in the country. We raised our own meat and vegetables and we didn't have indoor plumbing. We drew our water from a cistern and bathed in a #2 size wash tub."

While I was interviewing them a customer came by asking if they would be serving gator dishes. Cathy explained "we will just as soon as I catch me a gator but I haven't seen any around here yet", with a good chuckle. She went on to say that it will be coming onto the menu in the future.

So come to the market and get a taste of Louisiana.

The Sunbonnet Sue Club will be in our Suzanne Arnold Community Booth on June 20th selling raffle tickets to win their gorgeous quilt.

See you at the market!