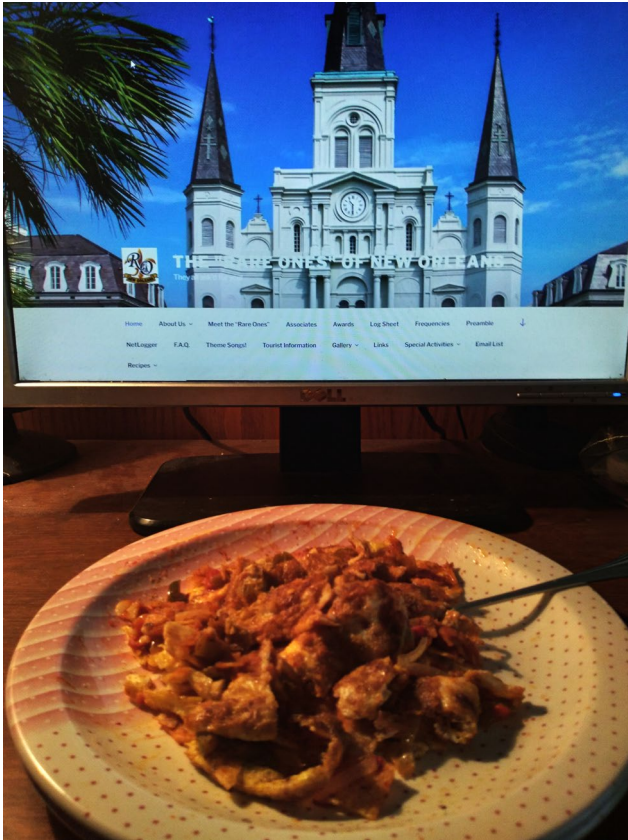


K7KJN – Cajun Mike’s “Mexi-Cajun” Omelet



Comment ca va? (C'mon Sa Va - dats “how y'all are?”)

Mais let me told you the story about how I come up with dis egg dish dat I call me, the Mexi-Cajun omelete.

Now I'm a born and bred Cajun me. I love all dem Cajun foods, especially what they call the Courtboullion (dats Coo-Be-Yon), the Crawfish Ettoufee (dats A-2-FAY), and dem boiled crawfish too yeah! And for snacking, well you jus can't beat some good Cajun cracklins and boudin no.

The problem with all dat good eatin' is it will not only for sure give you dat heart disease (which I got me, and it killed me once too but the good Lord had more people to annoy so He sent me back. For true!)... it'll eventually give you what they call that “gros cul” (dats “grow chu or chew”) or... the big ass.

Now me, I was skinny most all my life, me. I could eat any thing at all that I wanted, and never gain, not even but an ounce, no un-uh. But as I got to what they call dem post middle-aged years, I noticed me, dat all of a sudden I could gain me some weight like real damn quick with dat boudin and cracklin, and dat chicken and sausage gumbo and stuff like dat you know. And if you hooked on them Nawlins Beignets (dats Ben-Yays), oh mais no, you gon' get the gros chu for sure!

But I'll tell you true, I'm past what they call dat cavortin' time, so I don't care me. If I don't look like Rock Hudson, Robert Redford, or dat famous Cajun Cyprienne Robespierre anymore. No, dat don't bother me at all none, me. So if my pants is a lil' bit bigger, or my shirts is a lil' bit bigger den... c'est la vie (dats "such is life") as they say.

But then lately...things start hurting all over me what never hurt me anywhere before, and I tought dat I maybe I might be at dat age where you heart is tryin' to get you attentions by sayin' "Hey coullion?!?" (dats "Coo-Yon" and it means stupid or "dumbass" in Cajun).

So I believe my heart is telling me: "Coullion, don't you know that me, your heart dat is, can't take all this extra-ma heaviness, no. Mais you know how hard it is to carry around an extra 50 lbs? I'm gon' tell you what... Pick up a box dat weigh 50lbs and carry it around ALL day long. Put it down at the end of the day and see how much better you feel, hanh?"

Well you know, the ol' heart is right yeah. Tink about how hard it gotta' work to get that blood around you body, and dat's even before you get the big ass! And what was happenin' y'all, was my bathroom scale dere, was tellin' me I had gotten the "grow chu," and it was more "grow" than it had ever been before, let me told you!

So I tought me, wellllll boog, you better had maybe cut out some of dem calorics. in you diet dere. But what am I gonna' cut out, me? Mais I don't mange (mon-zhay, dats "eat" in Cajun) DAT much me! Least I don' tink so!

You know... I like dem fried pot-tots (dats potatoes) and on-yon (dats onion) with my eggs for breakfast me. I heard somewhere me, that dem pot-tots, if you eat them all da time dere, will give you the "grow chu." So I decided to cut out the pot-tot I chopped up and fried in that Virginia olive oil every day me. Well dat left me with plain eggs and I was still some hungry afterwards you know. So I tought me, I gotta' come up with somethin' to make my stomach feel more full on just dem eggs, without that pot-tot. And dis is what I got. And it's some good yeah, un huh! Y'all check dis out y'all!

Cajun Mike's Mexi-Cajun Omelet

What You Put In

Three eggs
Jalapeno Slices (fresh or from a jar)
Red Bell Pepper (fresh or from a jar)
Sliced Onion
Tortilla Chip pieces
Black Pepper
Cumin
Virgin Olive Oil

How To Done It

Now, because I got dat heart disease me, I try to watch what they call dat cholestmerol. So I done heard this way and dat way, dat dem egg yolks got dat high cholestmerol. And I also heard some people say no, un uh, dat ain't true. Well I ain't takin' no chances, me. And I know dat what I'm gon' say next is gon' make some peoples fache'd (fah-shayed, dats "mad") yeah, but it is what it is.

So I take out MOST of dem yolks and put 'em aside in a lil' bowl for later. Now I do put me, a lil' bit of dat yolk in with my egg whites you know, for some tastes dere, and just cause most people would yell at you and say: "WHAT YOU DOIN' COULLION?!? DAT'S THE BEST PART OF THE EGG! MAIS ENFIN!" (dats "for crying out loud").

Anyhow, I get my eggs prepared and put dem off to dat side. Then I get out my Jalapeno slices, my Roasted Red Bell Pepper slices, and my on-yon and dice dem up a lil' bit you know. Now you can use fresh Jalapeno and fresh Red Bell Pepper if you like, dats entirely up to you yeah. For me, I use dat brand in the jar what you see in dem pictures. They last for many, many a breakfast and I don't have to worry about using them or they won't keep, you know.



So then I put me, some of dat extra Virginia olive oil enough to just cover the bottom in my fry pan me, and I turn up dat heat to high. Then I quickly put dem jalapeno slices, red bell pepper and on-yon into that Virginia olive oil, even before it heats up. Why? Well I'm gonna' told you why right here and now. You gotta' be careful with searing dem jalapeno pepper slices. The smoke dem things give off can choke you like some tear gas yeah! I didn't know dat me, until I found dat out by trowing dem vegetables in a smokin' hot skillet of Virginia oil. Dem jalapeno peppers started sizzlin' right now and all of a sudden I'm chokin' me, and I'm like what da hell!?!?

So now I put dem vegetables in while the oil is just warm, me. They don't need to be saw-tayed too long you know. Jus a few minutes is all, about the time you hear dem vegetable start sizzlin' in dat Virginia oil, you can stir 'em another minute or two and then take 'em out a put them aside on dat plate what you took 'em from in da first place.



But now you Virginia oil is hot enough to trow dem eggs in, yeah. And dey won' take too long to cook sha, I guarantee. So flip dem eggs and cook 'em jus like you like 'em. The ones in my pictures got jus a lil' bit dark 'cause I took longer to took dem pictures of it, but it's all good yeah. Cook 'em like you want sha!

When you tink dem eggs is good enough, turn off dat stove heat, 'cause you don't need dat no more if you got one of dem electricmacal stoves like what I got, dat booger gon' keep heating that stovetop for a while anyway.

Okay, if you want, sprinkle you eggs with some black pepper. I like dat black pepper me, and I don't it got no calorics. Then I put my saw-tayed vegetables on top dem eggs, and then we get to the good part yeah.



You know how you always got dem tortilla chip pieces at da bottom of you chip bag, dat ain't big enough to dip in you favorite salsa? Well I keep dem lil' pieces of chips me, and I put 'em in my chili, my chicken-tortilla soup, and now in my breakfast eggs. So reach in you chip bag and just get a handful of dem small chip pieces and put that on top of you eggs in dat pan dere. Once you don' dat, you can move you Mexi-Cajun Omelet to dat plate dem vegetables was once on.



Now we gon' do sometin' real good for our best fren, dere. We gon' cook a quick snack for the Chien (she-anh, dats "dog"), what is named Fi-Deaux, you know. Take dem egg yolks you separated (if you did separate them dat is), and put 'em in dat still-hot pan right quick. It won' take more den tirty seconds on each side, and you got a great snack for you best fren Fi-Deaux. I ain't go no Fi-Deaux me, but my neighbor, he got a Fi-Deaux and man let me told you, dat dog love me to death when I give her dem egg yolk treats, yeah!



Now it's time to put somethin' on top dem eggs that's really gon' make them Mexi-Cajun, and for me, dat's some Cholula Habanero Sauce, and some Hot Duck Sauce. El Pato (dat means "the duck" in es-pan-yole) Tomato Sauce Hot (or not sha, you choose!). You can put ketchup, Tabasco, Steens Maple Syrup, or whatever you like on you eggs sha, I don't care me. But if you want Cajun Mike's Omelet, you gon' put dat Cholulua and dat Hot El Pato on dere, I guarantee!



Now what you gonna done with all that Mexican Duck Sauce left in the can dere? I take that and put it and empty jar of Sadie's Roasted Green Chili Salsa HOT! I like dat Sadie's me, and I go troo a lot of it me, here at da house yeah. And it really is "hot" too sha, let me told you. So I always got an empty Sadie's jar to save my El Pato Hot Duck Sauce in, me.



Now I take my eggs and fold 'em in half like what they do in dem fancy restaurants like IHOP and Dennys, when you order dat Omelet. Then I put that in the microwave for about 45 seconds, while I'm getting my fork, my paper napkins, and my breakfast drink.



When dat microwave oven say it's done, you ready to enjoy Mike's Mexi-Cajun Omelete.

WAIT... Keeyaaaaaaw, mais I almost forgot me. Sprinkle you some of dat what they call Cumin (dats Koo-men from what I'm told), on dem eggs to give it a "Tamale" flavor, which really makes the dish come alive yeah!



Okay, now you ready to mange (mon-zhay, dats “eat”) and read the latest goin’s on, on THE RARE ONE’S OF NEW ORLEANS website for sure, yeah.

After I have my Omelet, I follow that up with a nice piece of fruit. I like dem big juicy seedless Navel Orange slices, me. Dat seems to be enough what to convince my belly dere dat it’s full yeah, and so da mouth don’ need to mange (mon-zhay) no more.



I didn’t do no count me, but I’m gon’ guess dat this lil’ breakfast probably can’t make no more than 4 or tree hundred calorics, 500 tops. And it’s all low cholestmerol and healthy too! I been doin’ this a couple weeks me, and the weight is comin’ down yeah for true! (according to dat bathroom scale). And it’s so good, I don’t really miss dem pot-tots all dat much, me.

Mais dere it is sha. That’s how you done it, right there.

Y’all be happy, healthy, and good to one another yeah!

I’m gon’ say Au revoir mon amis (dats so long my frens) and 73 to all y’all for now,

Cajun Mike – K7KJN

