

# The Virginian-Pilot

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## LEFTOVERS

# Recipes offers taste of Boogaloo

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**J**UMP-START YOUR taste buds for the Bayou Boogaloo and Cajun Food Festival, slated for downtown Norfolk Friday through Sunday, with a serving of Cajun Potato Salad With Cajun Mayonnaise. The recipe appears today and is provided by Duke's Mayonnaise and the C.F. Sauer Company.

Duke's Mayonnaise will have its mobile kitchen at the festival to give local residents a chance to sample a variety of salads made with the company's mayo. It has been around since 1917 when Eugenia Duke of Greenville, S.C., started making sandwiches for soldiers stationed at Fort Sevier. After the war, soldiers wrote their sandwich-maker, requesting her mayonnaise recipe. Those requests launched the Duke's brand, which is available today in supermarkets and grocery stores throughout the

### Cajun Potato Salad with Cajun Mayonnaise

Makes 6-8 servings.

#### Potato salad:

3 pounds potatoes, cooked, peeled, and cubed  
¼ to 1 pound bacon, fried and chopped fine  
1 pound cooked salad shrimp  
1 medium onion, chopped  
1 large green or red bell pepper, chopped  
Pepper to taste  
1 cup Cajun Mayonnaise

#### Cajun Mayonnaise:

¼ cup mayonnaise (light or non-fat)  
¼ cup plain, nonfat yogurt  
½ teaspoon dried oregano, crumbled  
¼ teaspoon garlic salt  
¼ teaspoon ground cumin  
2 pinches cayenne pepper  
2 pinches black pepper

#### Potato salad:

■ In a large bowl, combine potatoes, bacon, shrimp, onion and pepper. Add Cajun mayonnaise.

Mix well to combine flavors. Cover and refrigerate. Chill potato salad thoroughly before serving.

#### Cajun Mayonnaise:

■ Prepare at least 24 hours in advance to allow flavors to blend. Combine all ingredients in a small bowl. Cover and refrigerate until ready to use.

■ Note: Duke's Mayonnaise products and Sauer's or Spice Hunter seasonings were used to make this recipe.

from Duke's Mayonnaise and C.F. Sauer Company.

#### NOTES:

along the cob's surface, easily cutting the kernels free.

The stainless steel zipper features an angled handle to keep fingers safe from the cutting edge. It's 7½ inches long and is dishwasher safe. Suggested retail price is \$12. Look online at [www.chefsresource.com](http://www.chefsresource.com), [www.kitchenkapers.com](http://www.kitchenkapers.com), or [www.factorydirect2you.com](http://www.factorydirect2you.com).

### Healthier chips, too

Chip-maker Frito-Lay says it's removing nearly 60 million pounds of saturated fat consumed annually by Americans, thanks to a switch to healthier oil for cooking its Lay's and Ruffles potato chips. Saturated fat in Frito-Lay's chips is reduced by more than 50 percent when sunflower oil is used for cooking, yet taste isn't compromised, the company says. Three years ago, the company eliminated trans-fats from its snack chips. Frito-Lay says

