

# MAQUE CHOUX

## Ingredients

4 Tbsp oil	6 tomatoes, peeled, seeded, and diced
2 Tbsp butter or margarine	8 oz. fresh corn kernels or frozen corn
2 medium-sized onions, peeled and finely chopped	1 cup chicken or vegetable stock
1 clove garlic, crushed	Pinch of salt
1 medium-size green pepper, seeded and finely diced	1/2 tsp cayenne pepper
	4 Tbsp heavy cream

## Directions

1. Heat the oil in a large casserole and add the butter. When foaming, add the onions and garlic and cook, stirring frequently, for about 5 minutes or until both are soft and transparent but not browned.
2. Add the green pepper, tomatoes, corn, and stock. Bring to the boil over high heat. Reduce the heat, partially cover the casserole and allow to cook slowly for about 10 minutes, or until the corn is tender.
3. Add the cayenne pepper and salt and stir in the cream. Heat through and serve immediately.

Serves 6

\*\*The name, pronounced “mock shoe,” could be from the Cajun French term *maigrchou*, translated as “thin child,” referring to the addition of cream to thin out the dish. It could also be a French interpretation of the name for a Native American dish made with one of their indigenous “Three Sisters” crops, corn.

Source: *Cajun & Creole Cooking* (Thompson)