



Breakfast



How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and strong. Because someday in your life, you will have been all of these.

—George Washington Carver



I love that quote by George Washington Carver. Sometimes in one day I am all of those things.

In spite of all the obstacles he faced, Carver still had the courage to keep doing what he believed in. He was a man driven by the need to make life better for the members of his community. We owe a debt of gratitude to all those who have gone before us with that same philosophy. The best way we can repay that debt is to strive to do the same.

The walls of Dooky Chase are adorned with plaques and awards we've received over the years. My favorite is the Loving Cup because it speaks to the idea of building community. I think everybody should have a plaque hanging on their wall. Everybody has the chance to be involved in something that is worthy and honorable. Everybody can do something that will make things better for those who follow, not so much because it brings individual honor, but because it brings you the opportunity to share the glory with all the members of your community. So when you receive your honors, receive them in the name of everyone who has helped you.

Dooky's has been located in the same place in New Orleans for all these years. We've never had a restaurant in our particular community that's lasted this long. It would have been easy to relocate to what some would call a "better" place. I am a part of this community. I love the people here, and if there is any legacy I leave, it will be that I tried to uplift the people of my community. It's up to us to make everyone living in a community realize how important it is to them.

We are surrounded by the projects and small houses. Some people don't understand that you have to take a chance on humanity. They come to Dooky's and they see the restaurant in a low-income neighborhood. They say to themselves, "What's going on here?"

It's an opportunity for them to learn. I come from poor beginnings. I know what it's like to be the underdog. I understand that just because

you're poor does not mean you have to be without respect or dignity, does not mean that you cannot do good for others, does not mean that you are not honest and courageous. If there is anything I can do to help others understand that same philosophy, then I must do it.

That's what these awards mean to me. I am a part of this community. I want people to see that these plaques and awards are for all of us who live in this community. The folks here supported Dooky's when it was a struggling sandwich shop, and they still support us today. This restaurant stands as a testament to that support. These awards tell the story of that support and lift us all up a little higher. I am honored and humbled to be a part of this community's growth and achievement.

CREOLE OMELET

This omelet is turned over on the platter after being filled. But as I remember, Mother never folded omelets over. They were just cooked and served with the mixture on top!

½ stick butter

1 cup chopped ripe fresh tomatoes

¼ cup chopped onions

½ cup chopped ham

**2 cloves garlic, mashed and
chopped**

½ tsp. black pepper

1 tsp. salt

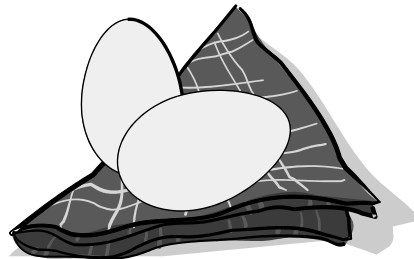
⅓ cup chopped bell pepper

6 eggs, beaten

Put 1 tbsp. of butter in pan, heat over a medium fire, and add tomatoes, onions, ham, garlic, ½ tsp. salt, and ¼ tsp. black pepper. Cook for 10 minutes and add bell peppers. Cook about 3 minutes until bell peppers are barely soft and set aside.

In a large skillet, heat remaining butter over a medium fire. Season eggs with remaining salt and pepper. Pour eggs into hot skillet. Stir eggs to cover skillet bottom so they can cook evenly. Then pour tomato mixture over eggs. Let eggs cook until hard, about 4-5 minutes, and turn over on platter.

Serves 4.



OYSTER OMELET

1 tbsp. butter	1 tsp. white pepper
1 doz. plump oysters with liquid	1 tsp. butter
1 tbsp. chopped green onions	6 eggs, well beaten
½ tsp. salt	Chopped parsley for garnish

Melt 1 tbsp. butter in a skillet over a high fire. Drain oysters and save the liquid. Chop oysters and set aside. To melted butter add green onion and oyster liquid; stir constantly. Add oysters and cook for 5 minutes. Add salt and pepper and set aside.

Heat 1 tsp. butter in a skillet over a medium fire and add the eggs, rolling eggs up the side of the pan. When eggs set, spoon half the oyster mixture in the middle and fold omelet over oysters. Remove omelet from skillet and spoon remaining oyster mixture over the omelet. Garnish with chopped parsley.

Serves 4.

STRAWBERRY OMELET

½ stick butter	4 eggs, beaten
½ pt. ripe strawberries, sliced	½ tsp. salt
1 tbsp. sugar	1 level tbsp. self-rising flour
1 tbsp. Cointreau (liquor)	

Heat half the butter in a small skillet over a medium-high fire. Add strawberries, sugar, and Cointreau. Cook for 5 minutes and set aside.

To beaten eggs, add salt and flour. Continue to beat until mixture is smooth. Heat remaining butter in a skillet over a medium fire. Pour egg mixture in the hot skillet, rolling eggs up the sides and pulling them down with a fork. Cook about 4-5 minutes until eggs set. Pour half the strawberry mixture in the middle of the omelet, fold omelet over strawberry mixture, and turn over on a plate. Pour remaining strawberries over the omelet.

Serves 4.

JAM OMELET

4 eggs
2 tbsp. milk
**3 tbsp. strawberry or your
favorite jam**
1 tbsp. butter

Beat eggs well. Stir in milk and jam and mix well. Heat butter in a skillet over a medium fire, pour in eggs, and stir well. Let set and cook about 4-5 minutes. Turn omelet over onto a hot plate. May be served with biscuits or toast.

Serves 4.

EGGS IN TOMATOES

¼ cup finely chopped onions
3 cups whole tomatoes
1 tsp. Lawry's Seasoned Salt
¼ tsp. cayenne pepper
½ tsp. chopped garlic
1 tbsp. chopped parsley
½ cup water
4 eggs
French bread slices

Spray a large skillet with nonstick cooking spray and heat over a medium fire. Add onions and cook about 5 minutes until they are clear. Add tomatoes, breaking them up with a spoon as you stir and cook. Add salt, cayenne, garlic, parsley, and water and bring mixture to a boil. Break the eggs one at a time in the boiling tomato sauce, taking care not to break the yolks. Turn to a low fire and cook slowly until whites are set. Serve over slices of French bread.

Serves 4.

RED ONION AND POTATO SCRAMBLE

¼ cup vegetable oil	1 tsp. salt
6 eggs, beaten	1 tsp. black pepper
1 large red onion, chopped	
2 cups diced cooked frozen French fries	

Heat oil in a large skillet over a high fire. To beaten eggs add onions and potatoes and beat in salt and pepper. Pour into the hot skillet and move the mixture around so it can scramble and set, about 3 minutes. Serve on a warm platter.

Serves 4.

BAKED CHEESE GRITS WITH JALAPENO PEPPERS

2 cups yellow grits	2 eggs, beaten
4 cups cold water	¼ cup chopped jalapeño peppers
1 cup shredded cheddar cheese	Butter for greasing
1 tsp. Lawry's Seasoned Salt	Paprika and parsley for garnish
½ cup heavy cream	

Cook grits over a high fire in water, stirring well, until it boils. Lower fire and cook for 15 minutes. Remove from fire and add cheese and seasoned salt.

Add cream to eggs and stir well. Add peppers. Pour into grits and stir well.

Grease a Pyrex baking dish with butter and pour in grits. Sprinkle with paprika and parsley. Bake at 375 degrees for 20 minutes.

Serves 4.

HERBED GRITS

2 cups grits
6 cups cold water
1 tsp. whole thyme leaves
¼ tsp. Herbes de Provence
1 tsp. salt
1 tbsp. butter

Pour grits in a pot and add water. Stir in herbs and salt and bring to a boil. Stir well and lower fire. Cook for 15 minutes. Add butter and cook for another 5 minutes.

Serves 4.

FRIED GRITS CAKES WITH ROSEMARY AND BLUE CHEESE

2 cups grits
4 cups cold water
1 tsp. salt
¼ tsp. cayenne pepper
1 tbsp. chopped rosemary
½ cup crumbled blue cheese
1 egg, beaten
1 cup evaporated milk
½ cup water
2 cups white cornmeal
Deep fat for frying

Stir grits into the 4 cups water and add salt. Bring to a boil. Stir well to keep grits smooth. Lower fire; cook slowly for 15 minutes.

Stir in cayenne, rosemary, and blue cheese and whip grits well. Pour grits into a well-greased square pan, to about ½ inch thick. Refrigerate overnight.

Cut grits in squares, then halve squares diagonally, to form two triangles each. In a bowl, add egg to milk. Mix in the ½ cup water and stir well. Dip grits in milk mixture, then into cornmeal, coating well. Fry in deep fat at 350 to 375 degrees until coating is crisp, about 3 minutes per side.

Serves 4.

PLAIN OLD FRITTERS

This was our breakfast on many cold mornings. Mother served these with cane syrup.

2 cups self-rising flour
2 tbsp. sugar
1 egg, beaten

1¼ cups milk
1 tsp. vanilla
Hot oil for frying

Sift flour in a bowl. Add sugar, egg, milk, and vanilla. Mix until you have a smooth batter. Heat oil over a high fire to 375 degrees. Drop spoonfuls in hot oil, turning with a spatula to brown on each side, about 3 minutes per side. Drain on paper towel.

Serves 4.

