

CORPORATE REALTY

Music to your ears and food for the soul. Feast your ears and your palate with this melodic menu of soulful samplings, and you'll know what it means to taste New Orleans.



**JON ULCHATI**  
**DAVID TURKANOWSKY**  
**IRVIN MAYFIELD**  
**KERMIT RUFFINS**

## Guidelines for Edible

### IRVIN MAYFIELD'S BEIGNETS

*Irvin Mayfield was born in New Orleans in 1977 and is one of New Orleans' great jazz trumpeters. In addition to co-founding Los Hombres Calientes, his New Orleans-styled version of a Latin jazz band, Mayfield leads his own band, the Irvin Mayfield Quintet. In 2002, in his desire to strengthen awareness and appreciation of jazz in the city, Mayfield founded the Institute of Jazz Culture at Dillard University and the New Orleans Jazz Orchestra. In 2003, he was appointed to the post of cultural ambassador for the City of New Orleans. Mayfield has released nine albums on the Basin Street Records label and appeared on many more.*

9. with a sharp knife, cut the dough into 10 square beignets and deep fry, 2 at a time, immediately by dropping them into the hot oil and turning them over with a slotted spoon the moment they rise to the surface.
10. continue frying, about 3 to 5 minutes, turning the beignets often, until the beignets are crisp and golden on all sides.
11. when they are done, transfer the beignets to brown paper or towels to drain.
12. immediately sprinkle with the confectioner's sugar and serve while still warm.

#### ingredients:

- 1/4 cup of lukewarm water
- 1 package of active dry yeast
- 1/4 cup of granulated sugar
- 2 tbs. vegetable shortening (shortening not oil)
- 1/2 tsp. salt
- 1/2 cup boiling water
- 1/2 cup heavy cream
- 1 egg beaten
- 4 to 4 1/2 cups unsifted all-purpose flour
- vegetable oil for deep frying
- confectioner's (10X) sugar

#### directions:

1. pour the lukewarm water in a shallow bowl and sprinkle the yeast over it. allow the yeast to rest for 3 minutes, then mix well. set in a warm, draft-free location (ie: an unlighted oven) for 10 minutes or until the yeast bubbles up and the mixture has almost doubled in bulk.
2. meanwhile, combine the granulated sugar, shortening and salt in a deep mixing bowl.
3. add the boiling water and stir with a wooden spoon until thoroughly mixed and the beignet mixture has cooled to lukewarm.
4. add the heavy cream, the yeast mixture and the egg.
5. add 2 cups of flour, and when it's completely incorporated, beat in up to 2 1/2 cups more flour, 1/4 cup at a time. add only enough flour to make the beignets dough smooth and not sticky. when the beignets dough becomes too stiff to stir with the spoon, work in the flour with your fingers.
6. pour vegetable oil into a deep fryer to a depth of 2 or 3 inches and heat the oil until it reaches a temperature of 360°F. if your deep fryer doesn't have a thermostat, check the temperature with a deep-frying thermometer.
7. gather the beignets dough into a ball, put it on a lightly-floured surface and pat into a rectangle about 1" thick.
8. dust a little flour on both sides of the beignets dough and roll it out, lifting and turning after each pass, until the rectangle is about 1/4" thick and about 25" long by 10" wide. if your beignets dough sticks to the surface, lift it with a metal spatula and sprinkle more flour under it.