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Cajun: A Culinary Tour Of Louisiana



Synopsis

Coming from the backwoods, swamps and plantations of the Mississippi delta just as much as from New Orleans, and descending from a melting pot of French, African and other cultures in exile, Cajun lifestyle and cuisine has earned its distinction as a true American original. Included in this intriguing presentation of Cajun food is detailed information on Cajun ingredients and spices, roux, stock and gumbo making, and Cajun specialties. Also included are recipes for 80 staple delicacies such as Pirogue Bayou Teche, Crawfish Etouffee, Crab-Stuffed with Mushrooms, Cajun Meatloaf, Jambalaya, and Smashed Potatoes, Shrimp and Okra Gumbo. Featured are wonderful recipes for Brunch, Thanksgiving, appetizers, side dishes, sauces and gravies, and desserts and coffee. Far from being just a Cajun cookbook, Cajun: Food, Land, and Culture investigates the relationships between the environment, the food, the people and their cultures, presenting a richly fascinating portrait of a place, a culture and a type of food. Explore this alluring cuisine through luscious photos and fascinating texts on classic Cajun dishes, rare delicacies, and variations on the form.

Book Information

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Customer Reviews

This was not the usual cook book; it was a font of information on the history and culinary tastes of the area. The background information on food and preparation was told in a delightful manner and piqued my interest enough to try most of the recipes. The directions were easy to follow, the results marvelous. I would love to dine in Ms Bluysen's establishment in Paris, and if not that, please publish a book of the local Parisienne recipes.

Having grown up in Louisiana, when I received this book as a gift I was sceptical that I'd find

anything interesting or new in it. But what a surprise! Variations on the classic fare (gumbo, jambalaya, etouffee, etc) as well as recipes that seem inspired by our native ingredients such as sweet potato soup proved me wrong. The photographs are beautiful, and the recipes I've tried work.

What a Wonderful Book! I received one as a gift and have given several copies to friends. We have all enjoyed the Beautiful Photos and Spectacular Recipes!

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