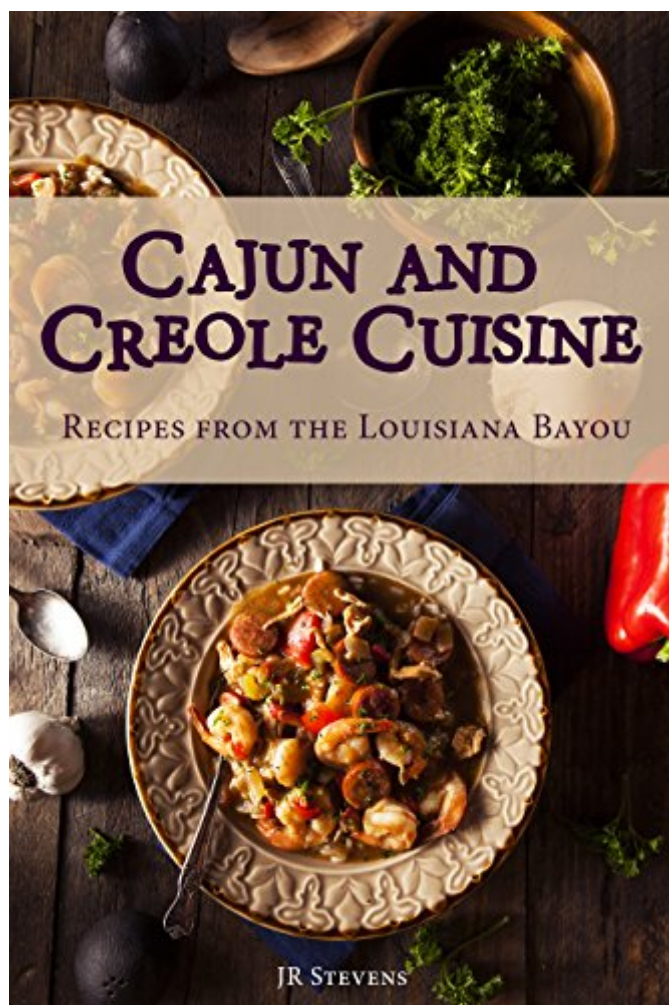


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# Cajun And Creole Cuisine: Recipes From The Louisiana Bayou



## Synopsis

Cajun flavor is spicy, rich, and really, really good! In Cajun and Creole Cuisine, you will find over 50 carefully selected totally authentic cajun and creole recipes including gumbos, jambalayas, etouffees, sauce piquantes, seafood and much more. Cajun and Creole food was originally developed by the very poor of the deep Louisiana Bayou along the Gulf of Mexico. Refugees and farmers used what they had to feed their large families that they could find locally. A vastly over-simplified way to describe the differences in cajun and creole cuisines is to deem Creole cuisine "city food" and Cajun cuisine "country food." While many of the ingredients in Cajun and Creole dishes are similar, the real difference between the two styles is the people behind these famous cuisines. The main difference between Creole and Cajun arguably is in migration history, where Cajun's come from Canada and the former combines people from Spain, Africa, the Caribbean and many other regions. Their cuisine is also different, varying in spiciness and the ingredients typically used for similar dishes. Although both types of people use French as a basis for their speech, Creoles rely more heavily on other languages. They also tend to include elements of African, Native American or Caribbean culture into their music and faith, while Cajuns usually use a jazz or blues style and lean toward Catholicism. Steep yourself into Cajun and Creole culture and grab a copy of Cajun and Creole Cuisine now!

## Book Information

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## Customer Reviews

I'm very critical of recipes for gumbo that look like a tomato stew. All these recipes are authentic Creole and Cajun.

I just wish there was info on each of dishes origin or some type of info. Nonetheless, nice addition the a chef's library.

I can't wait to try all these new exciting recipes. They are so easy to make and the couple that I have done were winners with my entire family.

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