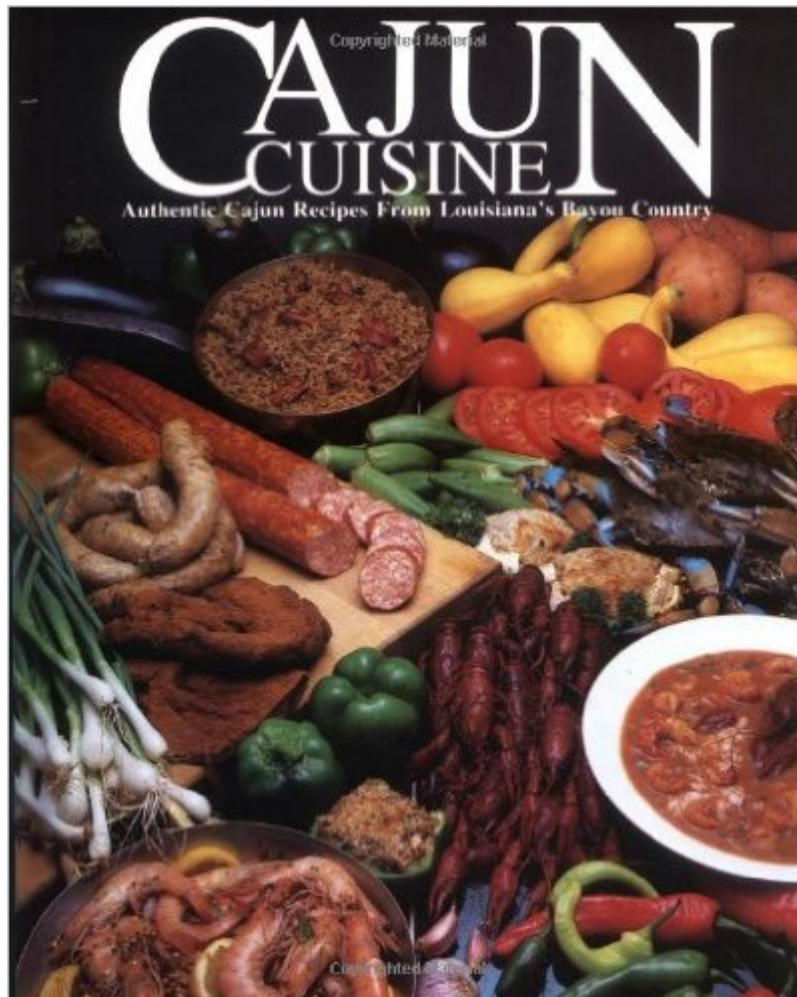


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# Cajun Cuisine: Authentic Cajun Recipes From Louisiana's Bayou Country



## Synopsis

Cajun Cuisine is a carefully selected compilation of totally authentic cajun recipes screened by several career cajun home economists for authenticity and quality. It was compiled by W. Thomas Angers, a member of a second generation Louisiana publishing family. The introduction was written by Marie Louise Comeaux, the worlds leading authority on cajun cuisine, and contains critical information on the origins and component parts of authentic cajun food. The title includes Louisiana classics including gumbos, jambalayas, bisques, fricassees, etoufees, sauce piquantes, wild game, seafood and much more. An extraordinary effort was made to identify and publish truly authentic and tasty cajun recipes so the world would know the real thing.

## Book Information

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## Customer Reviews

It's hard to learn to cook Cajun food from a cookbook; the food traditions of the Cajuns of Southwest Louisiana have been passed down orally for 400 years, and only in the "Cajun Cuisine" craze of the late '80s-early '90s did Cajun cookbooks really start to become popular. These recipes are stripped down to the bare basics, because that's how Cajuns do it. Cajuns don't customarily use Emeril's Essence (remember, Emeril is from Boston) or carefully measured spices. It's a dash of this, a dash of that, until it tastes right. Don't make it too spicy; you can add your hot sauce later. You will never be able to make authentic-tasting Cajun food if you follow a recipe to a T.... that's not how it's done! You also need to learn how to modify recipes to suit your tastes... if you don't like file' powder, don't add it (many Cajun cooks don't add file' to anything, some put it on the table for you to sprinkle in yourself, some use it heavily). If you don't like okra, don't use it! Again, not all Cajun cooks do (although in response to the reviewer below, when Cajuns do use okra in gumbo, it is always sliced,

and it is always slimy. Some people like it that way.) This book provides excellent framework-style recipes for you to do what you want with. If you want to add tomatoes, go ahead! No one's stopping you! If you want to pour in a half gallon of Tabasco, feel free! If that's how you like it, that's how you like it. If you want to make your roux with butter (or oil or lard or bacon grease) do it that way! It won't change anything important, the recipe will still be fine. That's the beauty of Cajun food.

This is a book about cajun cuisine. That is all you are getting. That may seem odd to say that since this is the name of the book but many know that cajun cookbooks will often have numerous other recipes that may be creole, traditional southern, soul or classical french. Even italian. This is specifically cajun and not southern louisiana. You get what you pay for. Because the book operates from a narrower scope you may not have the recipes you want. No red beans and rice for example that is a creole dish. You may also notice the lack of tomatoes in many dishes that you normally think would have them. The crawfish etoufee for example has no tomatoes which is classical cajun. This etoufee is little more than butter and the trinity. You get a down to basics recipe for maque choux and i use it often. This book gives you everything you need to be a cajun cook but maybe not everything you want. There are many dishes here that you may have never heard of. Try the louisiana pear cake one time. A spice cake with fresh pears is all the rage now at my little restaurant here in tennessee and some of the recipes have allowed me to expand and my offerings to my customers who are not cajun. In fact cajun cake recipes are one of the real strong points of this book. There are about 10 of them compared to only 2 in prudomme's book. You get everything from that pear cake to wine cake and syrup cake. All are wonderful. This book has helped me as a restaurant owner to become a self taught cajun chef. Everything from cajun ginger cake to vegetarian gumbo. You can't help but love this book. Why the 4 stars? No dry spice measurements. The dry spice mix is the standard of paul prudomme's recipes but all this book gives you is cayenne, salt and pepper to taste.

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