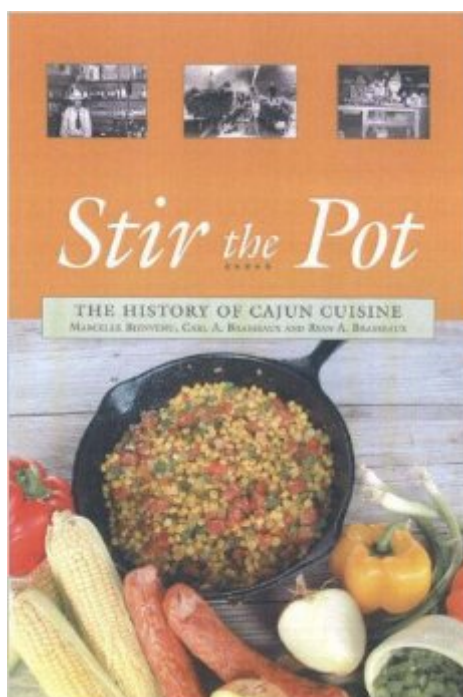


The book was found

# Stir The Pot: The History Of Cajun Cuisine



## Synopsis

Cajun foods such as gumbo, crawfish *À©touffÀ©e*, and boudin are increasingly popular, yet relatively little is known about the history of this fascinating cooking tradition. Stir the Pot explores how Cajun cuisine originated in a seventeenth-century French settlement in Nova Scotia and came to be extremely popular on the American dining scene over the past few decades. From debunking myths about Cajun cooking to exploring the fascinating place that food holds in everyday life and special occasions in Acadia, the authors present the complex history of this well-loved ethnic cuisine in a most palatable manner. Includes sections on "The Evolution of Cajun Cuisine," "The Role of Food in Cajun Society," and "The Cajun Culinary Landscape" as well as a glossary of terms and extensive bibliographic resources.

## Book Information

Paperback: 208 pages

Publisher: Hippocrene Books (June 30, 2008)

Language: English

ISBN-10: 0781812127

ISBN-13: 978-0781812122

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â  See all reviewsÂ  (3 customer reviews)

Best Sellers Rank: #898,683 in Books (See Top 100 in Books)   #185 inÂ  Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Cajun & Creole   #1114 inÂ  Books > Cookbooks, Food & Wine > Cooking Education & Reference > History   #17185 inÂ  Books > History > Americas > United States > State & Local

## Customer Reviews

Louisiana Food. Louisiana History. Louisiana Culture. All three of these alluring topics are blended and cooked-down to a flavorful *À©touffÀ©e* in Stir the Pot. The authors themselves - a chef, a historian, and a folklorist - form the perfect mixture to create this heart-warming collection of historical accounts, stories, techniques, and economic to religious influences that have driven the evolution of Cajun cooking for over two centuries. But don't just take my word for it. The back cover of the book boasts commendations from renowned historians and authors John Mack Faragher and Jay Gitlin, and from Comander's Palace owner Ella Brennan. Emeril Lagasse, the star chef of the Food Network, states "I'm happy to see the real story of the evolution of Cajun cuisine finally put in

print. For anyone who is unfamiliar with the subject, this book will be a great reference." And I believe that everyone, familiar or not, will enjoy this book throughout.

I really like this book, it's full of a lot of history and proven facts with essential recipes in the back of it. I highly recommend it for anyone who likes to cook Southern food.

Excellent guide to Cajun food and French/Cajun history. A must read for any food history enthusiast.

[Download to continue reading...](#)

Stir the Pot: The History of Cajun Cuisine The Complete INSTANT POT ONE POT Recipes Cookbook: 131 Healthy ONE POT Instant Pot Pressure Cooker Recipes For Every Mum (+Instant Pot Time Guide For Over 300 Recipes) Cajun Greats: Delicious Cajun Recipes, The Top 100 Cajun Recipes Good Time Eatin' in Cajun Country: Cajun Vegetarian Cooking (Healthy World Cuisine) Cajun Cuisine: Authentic Cajun Recipes from Louisiana's Bayou Country Top 500 Instant Pot Pressure Cooker Recipes: (Fast Cooker, Slow Cooking, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner) Pot Belly Pigs. Pot Belly Pigs Complete Owners Guide. Pot Bellied Pigs care, health, temperament, training, senses, costs, feeding and activities. Cajun Self-Taught : Learning to Speak the Cajun Language Stir Crazy! : More than 100 Quick, Low-Fat Recipes for Your Wok or Stir-Fry Pan Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying) The Double Musky Inn Cookbook: Alaska's Mountain Cajun Cuisine The Unexpected Cajun Kitchen: Classic Cuisine with a Twist of Farm-to-Table Freshness The Encyclopedia of Cajun & Creole Cuisine Modern Dutch Oven Cookbook: Fresh Ideas for Braises, Stews, Pot Roasts, and Other One-Pot Meals One-Pot Pasta: From Pot to Plate in Under 30 Minutes Instant Pot Cookbook: The Quick And Easy Pressure Cooker Guide For Smart People - Healthy, Easy, And Delicious Instant Pot Recipes Instant Pot Pressure Cooker Cookbook: Top 50 Original Instant Pot Meals-Speed Up Cook Time And Use Up To 70% Less Energy Mel Bay 15 Louisiana Cajun Classics for Accordion Real Cajun: Rustic Home Cooking from Donald Link's Louisiana Acadiana Table: Cajun and Creole Home Cooking from the Heart of Louisiana

[Dmca](#)