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Cajun Cooking: Discover the Richly-Spiced World of Traditional Cajun and Creole Cooking

By Valerie Ferguson

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Cajun Cooking: Discover the Richly-Spiced World of Traditional Cajun and Creole Cooking, Valerie Ferguson, This book helps you discover the richly-spiced world of traditional Cajun and Creole cooking. You can bring the authentic taste of Cajun and Creole cuisine into your kitchen with this collection of 30 recipes. It features classic dishes, such as Creole Onion Soup, Louisiana Seafood Gumbo, Crab Bayou, Roast Pork with Cajun Stuffing, and French Quarter Beignets. It includes an illustrated guide to a variety of typical Cajun ingredients, from redfish and crab to okra, sweet potato, corn and pecan nuts. It features recipes for all tastes, from spicy bisque to creamy fruit-filled puddings. Step-by-step techniques show you how to prepare seafood and vegetables and grind spices. Cajun cuisine began when French settlers moved south to Louisiana and adapted their cooking to the local ingredients, particularly seafood, wild vegetables and herbs. Simplicity is at the heart of this culinary tradition with slow-cooked meats and plenty of rice to soak up the stock; fast-fried, spicy blackened fish; and warming fruit desserts. Creole cuisine contributes a love of black and white peppercorns to add extra spice to stews, piquant sauces...



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