



Cooking in Cajun Country

Cheré Dastugue Coen, Karl Breaux

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Travel through southern Louisiana and you'll quickly learn that Cajun cooking is more than a heavy dose of black pepper or a splash of tangy hot sauce. With more than 100 authentic Cajun recipes from Louisiana's Acadian parishes, now home cooks can create lip-smacking recipes such as Andouille-Stuffed Pork Loin, Butter Beans with Sausage, Grand Chenier Crawfish Jambalaya, Sweet Potato en Brochette, and Tried-and-True Pecan Pie. You will also learn a little about the history, people, and culture from which the Cajun cuisine originated. Breaux shows how a true Cajun cooks traditional meals as well as the modern methods of preparing delicious home-cooked meals.

Karl Breaux is a French-speaking Cajun, born in Lafayette, who has received awards from the governments of France and Louisiana for his efforts to protect the French language. Karl has cooked for many years at hunting camps, family outings, and public events. Journalist Cheré Dastugue Coen has been covering the food scene of Louisiana for years, first in her hometown of New Orleans and now in Lafayette, the heart of Cajun Country, where she writes a weekly food column.

100 authentic recipes for enjoying Cajun dining at its finest

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