



Stir the Pot: The History of Cajun Cuisine

Marcelle Bienvenu, Carl A Brasseaux, Ryan A Brasseaux

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Despite the popularity of Cajun foods such as gumbo, crawfish etouffee, and boudin (a pork and rice sausage), little is known about the history of this fascinating cuisine. This book explores its origins and evolution from the seventeenth-century French settlement in Nova Scotia to the explosion of Cajun food onto the American dining scene.

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