



Cajun Recipes: 101 (for beginners) - Cajun Cookbook and Food (Cajun Cookbooks - Cajun Cooking - Cajun Food - Cajun meals - Cajun Dishes - Cajun specialties)

Clara Taylor

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Cajun Food Recipes for Beginners: Simple and delicious Cajun Recipes that you can cook at home

Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

Cajun food" comes from the deepest Southern parts of Louisiana and Mississippi. Like the area it originated from, Cajun flavor is spicy, rich, and really, really good! A lot of people don't know that the typical Cajun food was developed by extremely poor people. Refugees and farmers used what they had to feed large families.

This is one reason that rice is a staple in Cajun food. Adding rice to a stew, or a dish, 'stretched' the food so that there would be plenty. Rice is still added to Cajun food, even if it is for the love of the flavor, and not for necessity. Since Cajun people are so close to the Gulf of Mexico, seafood is a big item in their dishes. Favorites are crawfish, catfish, crabs, and oysters. This is another example of the Cajun people living with what they had. Seafood was available, as there were a lot of fisherman, and that's what they had to eat.

Cajun cuisine is a "table in the wilderness," a creative adaptation of indigenous Louisiana foods. It is a cuisine forged out of a land that opened its arms to a weary traveler, the Acadian.No wonder you want to cook Cajun! This short cookbook was designed as an introduction for beginners to the rich and blended culinary Cajun traditions .

After downloading this book you will learn...

- Chapter 1. Cajun Recipes for a Breakfast
 - Creamy Strawberry and Blueberry Rice
 - Calas Rice Fritters
 - Fried Cornmeal Crisps
 - Crab Omelet with Celery and Onions
 - Crusted Cornmeal Couche

New Orleans-Style Calas Fritters

Cajun-inspired Pain Dore Breakfast

Chapter 2. A Hearty Cajun-Style Meal for Lunch

Andouille Sausages and Chicken Gumbo

Andouille Sausages, Chicken and Oysters Gumbo

Shrimp Etouffee with Cajun Crawfish

45-Minute Cajun Jambalaya

Green Beans with Bacon and Green Pepper

Cajun Shrimp Po'Boys

Authentic Cajun Rice

Baked Cajun Tilapia

- Chapter 3. Tummy-filling Cajun Dinner

Cajun Eggs with Green Bell Peppers, Onions and Rice

Ham and Eggs with Cajun Rice

Hot Grits with Cajun-Style Shrimps

Chicken Cajun Linguine Pasta

Wild Rice and Mushrooms Soup

30-minute Pork Andouille and Shrimps with Mustard Dip

- Chapter 4. Afternoon and Midnight Cajun Snacks

- Lentils and Peanut Butter Pâté

Muffuletta Bread with Sesame Seeds

Ham, Cheese and Olive Salad Sandwich

Baked Sweet and Spicy Potatoes

Cajun Chicken Clubhouse Sandwich

- Much, much more!

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