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EXCITING NEW COOKBOOK FEATURES AUTHENTIC CAJUN CUISINE

CAJUN--the word conjures up a boat being lazily poled through a bayou, giant trees hung with Spanish moss and sunlight glinting off the water. Woodsmoke drifting through the air carrying the smell of roasting game and iron pots filled with jambalaya and gumbo. "They who dwell there have named it the Eden of Louisiana!" It was the French (Acadian) people, driven out of Nova Scotia in 1755, who sought the comforting, but mysterious bayous of southern Louisiana in which to make their new home.

Drawing from the abundant food supply native to the Acadiana area of Louisiana, Cajun cuisine is rich in seafood, game, pork, poultry, beef, selected vegetables, fruits, herbs, spices and rice. Cajun food differs from the Creole cooking of New Orleans. Some of the influences on Cajun food come from classical French and Spanish cuisine, as well as the exotic contributions of Africa and the native Choctaws and Chickasaws.

CAJUN CUISINE (Beau Bayou Publishing Company; \$14.95; pub. date:

November 1985) describes the food and presents the recipes developed by people living close to nature in the heart of the Louisiana bayous.

This distinguished new cookbook is an exciting contribution to American cookery. It offers exotic and succulent dishes which are Cajun classics: crawfish bisque, chicken, seafood and other gumbos, jambalayas overflowing with shrimp and sausage, oyster croquettes, seafood-stuffed eggplant, turtle soup and bouillabaisse, all made from fresh and simple ingredients.

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On the more unusual side are such recipes as Wild Duck Fricassee with Turnips, Squirrel Gumbo and Alligator Stew. A variety of the unique foods and preparations used in Cajun cooking are listed in an extensive glossary including such Cajun classics as:

ANDOUILLE - a popular reddish pork sausage made from pork stomach and other ingredients.

ETOUFFEE - a method of food preparation meaning smothered and cooked without a roux; used to cook crawfish, fish and other dishes.

FILE - ground sassafras leaves used to add flavor and as a thickening agent in gumbos and other soups.

SAUCE PIQUANTE - a hot, spicy stew made with a roux, tomato sauce and various meats such as hen, geese, duck, rabbit, squirrel or turtle and other meats.

MAQUE CHOUX - a dish made of sweet corn, smothered with onion, fat, seasoning, garlic and one red tomato.

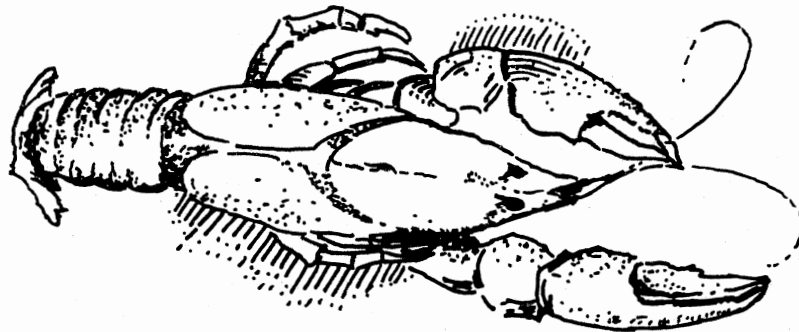
Marie Louise Comeaux Manuel, the foremost authority on Cajun cuisine and author of the introductory text, was a principle advisor in the production of this cookbook of luscious simplicity. Through her own Cajun heritage, she brings culinary tips and anecdotes which reveal the secrets of this special cuisine. The iron pot, for example, is a prerequisite in Acadian cookery because it retains heat and does not burn. "Mother said, 'Qui va doucettelement va surement' (He who goes slowly, goes surely)." She discusses the importance of the African influence on Cajun food--gumbo is a corruption of the native word for okra which exists all over Africa and was brought to America via seeds; jomba was originally a native mode for cooking meat and fish, and was shared with Acadian homemakers who added rice and produced jambalaya.

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In addition to Mrs. Manuel, the numerous recipes of M.A. "Mac" Greig, a national spokesman for Cajun cuisine, are represented. Mr. Greig has appeared on "Good Morning America" and the CBS evening news, and been interviewed or featured in House Beautiful, National Geographic, Cuisine and other national publications. Both of these knowledgeable people are available for telephone and other interviews. Other major contributors include Pat Gauthier Green and Leonard "Doc" Dauterive, as well as the staff of Beau Bayou Publishers.

CAJUN CUISINE is a delightfully illustrated book filled with two hundred and thirty-five totally authentic recipes. It represents a collection of delicious and easily prepared dishes created by a unique folk culture, one whose culinary traditions and techniques are explained and glorified through food.

"When life itself was a gamble, they made their lives pay. They got out of the iron pot what they put in it--artistry, patience, simplicity, economy, skill and infinite finesse. We owe them a tribute--the survival of their art, the survival of the Acadian Cuisine."



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