Marcelle Bienvenu Carl A Brasseaux Ryan A Brasseaux

Stir the Pot: The History Of Cajun Cuisine

Despite the popularity of Cajun foods such as gumbo, crawfish etouffee, and boudin a pork, few people are familiar with the history and origin of these dishes. Marcelle Bienvenu, with Carl A. Brasseaux and Ryan A. Brasseaux, have written Stir the Pot: The History Of Cajun Cuisine, a book that explores the origins of these dishes and their evolution from a seventeenth-century French settlement in Nova Scotia to the explosion of Cajun food onto the American. Gumbo Entries KnowLA, Encyclopedia of Louisiana

The book provides a detailed account of the history of Cajun cuisine, including the development of dishes such as gumbo, crawfish etouffee, and boudin. It also discusses the role of African and Native American influences in the creation of Cajun cuisine. Stir the Pot: The History Of Cajun Cuisine is a must-read for anyone interested in the history of food and its impact on culture.