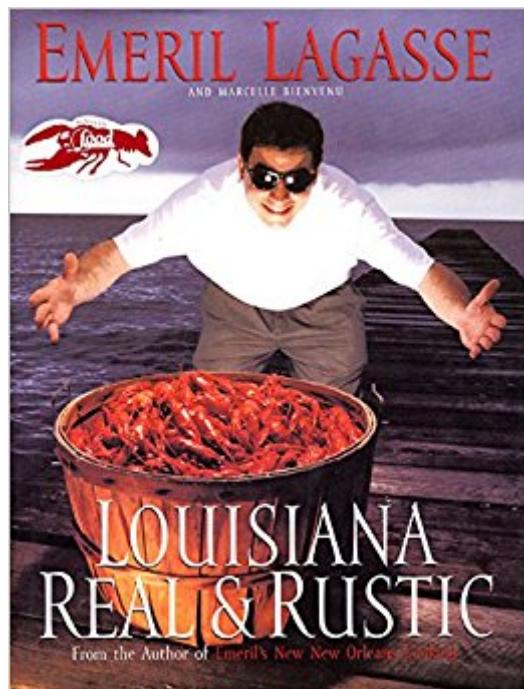


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# Louisiana Real And Rustic



## Synopsis

"Nowhere else have I found the passion for flavor that encompasses the lives of Louisianians, day in and day out," writes Emeril Lagasse. In Louisiana Real & Rustic, the prize winning New Orleans chef, cookbook author, and television cooking personality presents the great dishes of his adopted state in 150 down-home recipes--authentic versions of some of Americas favorite regional dishes, gathered from generations of Louisiana cooks. Fricassees, itouffies and grillades, meat pies and oyster fries, red beans and rice, and jambalayas and gumbos in endless, mouthwatering variety--each recipe is spiced with the unabashed joy of cooking and eating that makes every Louisiana meal a feast. On a delicious tour of back roads and bayous, from country cabins in Acadia to the refined town houses of Creole aristocracy, Emeril, accompanied by co-author Marcelle Bienvenu, finds that Louisiana is more than a geographical state--it's a culinary state of grace. Louisiana's colorful history has made it an extraordinary culinary crossroads, where the cooking customs of France, Spain, Africa, and the Caribbean meld into a unique New World Cuisine. In charming tales and tempting recipes, Emeril traces the roots of Creole and Acadian (or "Cajun") dishes, and honors the pioneer cooks who blended traditional tastes and techniques with the region's native ingredients. He shows how gumbos can use French roux, African okra, or fili from the indigenous Indians and he features Chicken and Oyster, Duck and Wild Mushroom, Shrimp and Okra, and Rabbit, or even collards, kale, mustard, and turnips. Emeril's explorations reveal that the spirit of culinary improvisation still thrives today. "Nowhere else have I found the passion for flavor that encompasses the lives of Louisianians, day in and day out," writes Emeril Lagasse. In Louisiana Real & Rustic, the prize winning New Orleans chef, cookbook author, and television cooking personality presents the great dishes of his adopted state in 150 down-home recipes--authentic versions of some of Americas favorite regional dishes, gathered from generations of Louisiana cooks. Fricassees, itouffies and grillades, meat pies and oyster fries, red beans and rice, and jambalayas and gumbos in endless, mouthwatering variety--each recipe is spiced with the unabashed joy of cooking and eating that makes every Louisiana meal a feast. On a delicious tour of back roads and bayous, from country cabins in Acadia to the refined town houses of Creole aristocracy, Emeril, accompanied by co-author Marcelle Bienvenu, finds that Louisiana is more than a geographical state--it's a culinary state of grace. Louisiana's colorful history has made it an extraordinary culinary crossroads, where the cooking customs of France, Spain, Africa, and the Caribbean meld into a unique New World Cuisine. In charming tales and tempting recipes, Emeril traces the roots of Creole and Acadian (or "Cajun") dishes, and honors the pioneer cooks who blended traditional tastes and techniques with the region's native ingredients. He shows how

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## Customer Reviews

Emeril Lagasse is in love with Louisiana. His first book, the masterful *New New Orleans Cooking*, began the relationship. In *Louisiana Real and Rustic*, Emeril has turned it into a full-blown affair. Along with coauthor Marcelle Bienvenu, Emeril set out across the state in search of that "culinary state of grace" Lousianans seemed to be naturally blessed with. The result is 150 recipes that serve at once as cultural history, geography lesson, and some mighty fine eating. This is a roots cookbook through and through, and the first lesson to learn is that in Louisiana, the roots run deep. Acadian, Creole, north Louisiana, south Louisiana, Bayou, country, city--each figures into the mix, and Emeril explores them all. He shows you gumbos that can be made with a French roux, African okra, or a filÃƒÂ© from the indigenous Indians. There are famous Meat Pies from Natchitoches, Louisiana; Creole dishes like Catfish Pecan Meuniere; and classic ÃƒÂ©touffÃƒÂ©es, jambalayas, and fricassees--the one-pot meals that are the heart of Acadian (a.k.a. Cajun) cooking. The opening sections on the "Garde Manger" (food safe) and "Sauces" (try the recipe for homemade Worcestershire sauce) are indispensable for anybody even remotely interested in the food of Louisiana. More importantly, Emeril understands that food is another part of history, the people, and

their culture--and in Louisiana, they eat well. --Mark O. Howerton

Even before his hit show on the TV Food Network and his New Orleans facsimile in Las Vegas (Emeril's New Orleans Fish House), the chef/owner of Emeril's and NOLA's in the Big Easy was a personality. His warm enthusiasm is present in the pages of his latest friendly, punchy book. Quickly covering some standard Louisiana ingredients like roux and Emeril's Worcestershire Sauce, he then moves on to classics like Crawfish Bisque (complete with stuffed crawfish heads) and Chicken and Dumplings. Notes to the recipes explain the origins of food?such as the native American roots of Natchitoches Meat Pies?and are exuberantly spiked with comments like, "Mon cher, c'est bon, oui." Not for the fat-phobic are such dishes as Praline Cream Pie (a stick of butter in the graham-cracker crust, five egg yolks in the filling, a cup of heavy cream in the topping and crumbled pralines in all three layers) and the Peacemaker sandwich (a baguette split down the middle, slathered with butter and filled with fried oysters and tartar sauce). But this is authentic fare, delivered with irresistible conviction. Copyright 1996 Reed Business Information, Inc.

I'm convinced that if you're trashing this book, you're either just an Emeril-hater or not a fan of Cajun food. I've made many of the recipes, and maybe 1 wasn't a hit, that's it. Everything else has always been raved about. As ridiculous as it sounds, people always say the steamed white rice is so good, which it is. The favorites that get made traditionally are Pork Boulettes (with Creole Tartar Sauce), the mayo, Maw Maw's Slaw, Red Beans and Rice, Shrimp and Ham Jambalaya, Shrimp Boil, Crawfish Imperial and Crawfish Etouffee. I would put any or all of these at the top of my favorite foods to eat that I cook, period. I cook, a lot, and I love to, and these are my favorites without a doubt.

I'm born and raised in South Louisiana and this is an excellent and authentic Cajun cookbook. When I make the crawfish pie people LOVE it. And all I do is follow the recipe, including the sweet dough recipe!

Good cookbook. Very easy to follow and fun reading about the history of the dish. I like to know how the dish got started and evolved. Emeril provides this. If the book had color pictures of each dish, I would have rated the book five stars. I recommend it to everyone that wishes to cook this style of food.

One of the reasons I got in the culinary world

This is the BEST cookbook ever!! Easy to follow, fantastically delicious every time.

I bought this book to help a single Dad keep home cooked meals in front of his boys. I grew up in Louisiana and wanted recipes of the food I grew up on during the week, the basics that you don't order on the weekends at the restaurants. Round steak w/ potatoes and onions, pork chops with sweet potato gravy, Corn Maque choux, smothered green beans...red beans and rice. I flipped through this book and saw 5-10 ingredients per recipe and bought it after 2 minutes of looking at it. I have worn it out. I have the river roads and all of my Mom's cookbooks...rarely ever pick'em up anymore.....one hint - get a heavy cast iron dutch oven and get after it !

perfect as described

My go to cookbook

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