



## The Fresh Table: Cooking in Louisiana All Year Round (Hardback)

By Helana Brigman

Louisiana State University Press, United States, 2013. Hardback. Book Condition: New. New.. 208 x 185 mm. Language: English . Brand New Book. Louisiana s identity is inextricably tied to its famous foods; gumbo, red beans and rice, jambalaya, and etouffee are among the delicious dishes that locals cherish and visitors remember. But Louisiana s traditional cuisine has undergone a recent revision, incorporating more local ingredients and focusing on healthier cooking styles. In The Fresh Table, locavore and native New Orleanian Helana Brigman shares over one hundred recipes that reflect these changes while taking advantage of the state s year-round growing season. Her book offers staples of Louisiana fare seafood, sausage, tomatoes, peppers, and plenty of spices pairing these seasonal dishes with advice about stocking one s pantry, useful substitutions for ingredients, and online resources for out-of-state cooks. Brigman equips every kitchen from New Orleans to New York with information about how to serve Louisiana cuisine all year round. With each season The Fresh Table provides an irresistible selection of affordable recipes like Petit Crab Cakes with Cajun Dipping Sauce, Rosemary Pumpkin Soup served in a baked pumpkin, Fig Prosciutto Salad with Goat Cheese and Spinach, Grilled Sausage with Blackened Summer...



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