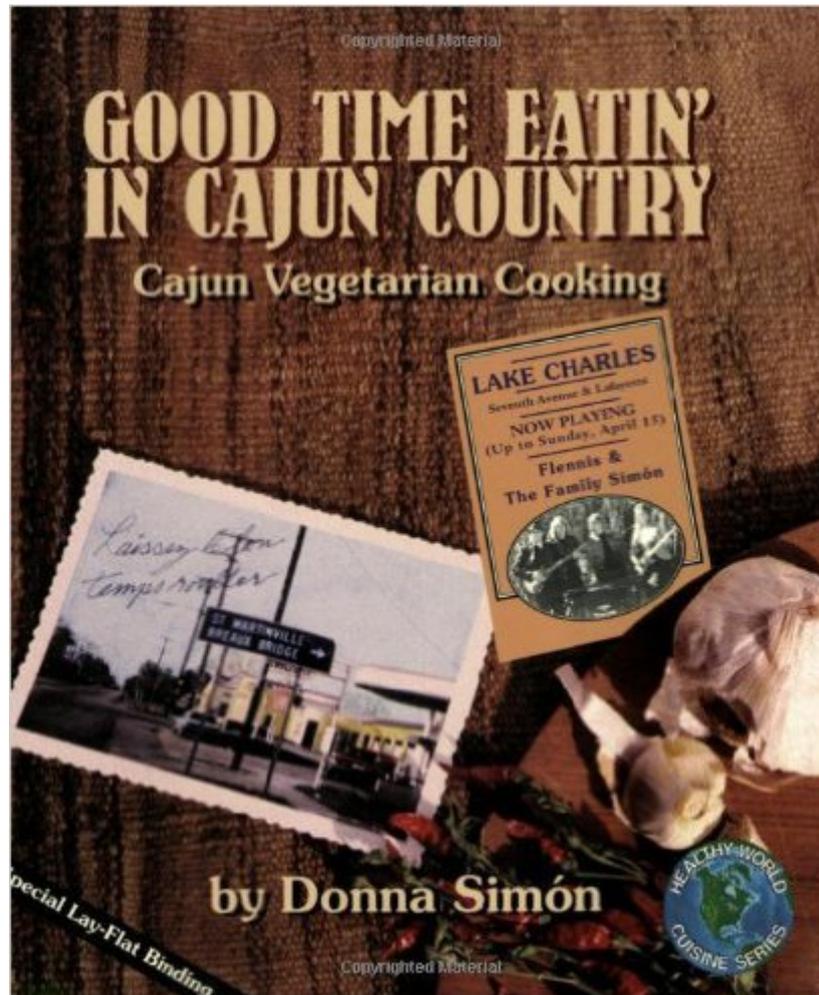


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# Good Time Eatin' In Cajun Country: Cajun Vegetarian Cooking (Healthy World Cuisine)



## Synopsis

From the heart of Cajun country, here are over 90 mouthwatering, plant-based recipes made with traditional Cajun flair. When the French Acadian settlers of Nova Scotia migrated to Louisiana, they brought with them a zest for life and love of good food. They began to adapt their diet by incorporating local ingredients, which were influenced by cooking styles from Spain, Africa, the Caribbean, and Native Americans. You'll learn how to make delicious vegan versions of File Gumbo, Red Beans and Rice, Boulettes, Jambalaya, Blackened Tofu and much, much more. Traditional Cajun recipes have been modified to preserve the taste and textures of the original foods while reducing the amount of oil used. So pull out the fil   and cayenne, and let the good times roll. All recipes are egg- and dairy-free but some do contain honey.

## Book Information

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Best Sellers Rank: #885,674 in Books (See Top 100 in Books) #183 in    Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Cajun & Creole #1004 in    Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > South #1035 in    Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

Although this book is already eight years old, it is a new favorite to me since I just bought it. Being a vegetarian, until I found this book, my experience with Cajun cooking has been limited to an occasional Red Beans and Rice. Now I am happily preparing Jambalaya, Courtbollion, and Gumbos that are vegan and low in fat. Never having been pleased before with recipes for vegan cakes, I have to caution the reader that I haven't ventured into the dessert section at the back of the book. Some vegans may find the use of honey as a sweetener a problem and want to make substitutions. The breakfasts, main dish and side dish recipes are wonderful, and have given me the

courage to read non-vegetarian Cajun recipes with an eye as to how to adapt them to my diet.

The book should be called Cajun Vegan Cooking because the author doesn't use any eggs, milk or natural cheese, so it's somewhat misleading. However, the recipes can be adjusted to work well by vegetarians who are accustomed to using dairy products. Just over 100 pages, it has a fair amount of recipes in each category so it's a decent representation of south Louisiana cooking from a meatless, dairyless point of view. I'm not a vegetarian, so my review is quite biased but purchased this as a gift. I hope she likes it.

Very excited to see this book exists -- I've been thinking about writing my own to fill the void of Vegan (or almost-vegan in this case)Cajun Cookbooks. It's not fancy, but includes many of my favorite dishes, and things I can't wait to make that I haven't had since before I could cook for myself. This book is humble, as is the cuisine, not to be confused with New Orleans' flamboyance.

This book is very complete and has lots of vegan breakfasts as well as main meals. Preserves and baking is included as well. Sure is a great way to spice up a veggie menu!

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