



Stir the Pot: The History of Cajun Cuisine

Marcelle Bienvenu

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Cajun foods such as gumbo, crawfish étouffée, and boudin are increasingly popular, yet relatively little is known about the history of this fascinating cooking tradition. **Stir the Pot** explores how Cajun cuisine originated in a seventeenth-century French settlement in Nova Scotia and came to be extremely popular on the American dining scene over the past few decades.

From debunking myths about Cajun cooking to exploring the fascinating place that food holds in everyday life and special occasions in Acadia, the authors present the complex history of this well-loved ethnic cuisine in a most palatable manner. Includes sections on "The Evolution of Cajun Cuisine," "The Role of Food in Cajun Society," and "The Cajun Culinary Landscape" as well as a glossary of terms and extensive bibliographic resources.

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