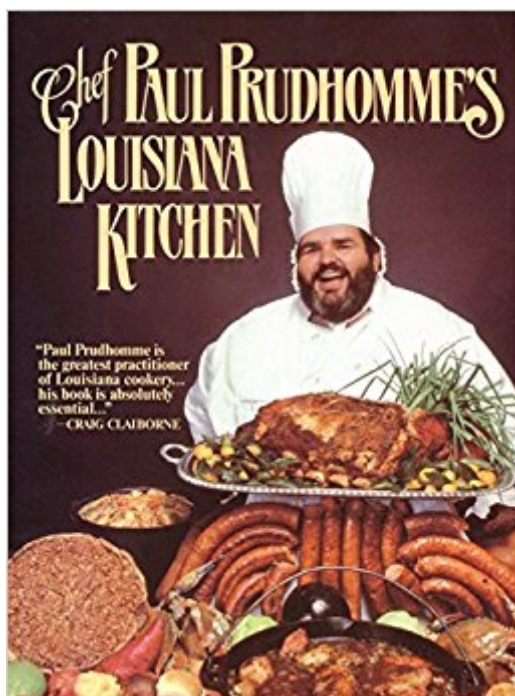


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# Chef Paul Prudhomme's Louisiana Kitchen



## Synopsis

Here for the first time, the famous food of Louisiana is presented in a cookbook written by a great creative chef who is himself world-famous. The extraordinary Cajun and Creole cooking of South Louisiana has roots going back over two hundred years, and today it is the one really vital, growing regional cuisine in America. No one is more responsible than Paul Prudhomme for preserving and expanding the Louisiana tradition, which he inherited from his own Cajun background. Chef Prudhomme's incredibly good food has brought people from all over America and the world to his restaurant, K-Paul's Louisiana Kitchen, in New Orleans. To set down his recipes for home cooks, however, he did not work in the restaurant. In a small test kitchen, equipped with a home-size stove and utensils normal for a home kitchen, he retested every recipe two and three times to get exactly the results he wanted. Logical though this is, it was an unprecedented way for a chef to write a cookbook. But Paul Prudhomme started cooking in his mother's kitchen when he was a youngster. To him, the difference between home and restaurant procedures is obvious and had to be taken into account. So here, in explicit detail, are recipes for the great traditional dishes--gumbos and jambalayas, Shrimp Creole, Turtle Soup, Cajun "Popcorn," Crawfish Etouffee, Pecan Pie, and dozens more--each refined by the skill and genius of Chef Prudhomme so that they are at once authentic and modern in their methods. Chef Paul Prudhomme's Louisiana Kitchen is also full of surprises, for he is unique in the way he has enlarged the repertoire of Cajun and Creole food, creating new dishes and variations within the old traditions. Seafood Stuffed Zucchini with Seafood Cream Sauce, Pan-fried Chicken and Fettucini, Veal and Oyster Crepes, Artichoke Prudhomme--these and many others are newly conceived recipes, but they could have been created only by a Louisiana cook. The most famous of Paul Prudhomme's original recipes is Blackened Redfish, a daringly simple dish of fiery Cajun flavor that is often singled out by food writers as an example of the best of new American regional cooking. For Louisianians and for cooks everywhere in the country, this is the most exciting cookbook to be published in many years.

## Book Information

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## Customer Reviews

There was once a time when words like *touff*, *tasso*, and *jambalaya* were hardly known outside of the Cajun and Creole communities of Louisiana. Then along came Chef Paul Prudhomme, and all of that changed. Big enough to be his own force of nature, Prudhomme all but single-handedly turned Cajun cooking into a national food trend, changing forever the way many a cook thinks about spicing food. And Chef Paul Prudhomme's *Louisiana Kitchen* was the book that made it happen. But guess what? It's still happening, and so is the book! Anyone looking for a primer on Cajun cooking need look no farther. Chef Paul takes the reader by the hand and opens up a world that includes four kinds of roux, Jalapeno and Cheese Rolls, Shrimp *touff*, and the to-die-for Cajun Meatloaf. Good old-fashioned Red Beans and Rice and Sweet Potato Pecan Pie are not forgotten either. Chef Paul tested all of his recipes in a home kitchen using common culinary tools--no professional equipment needed here. These are recipes that are high in spice, so remember to have a large vat of water on hand! --Schuyler Ingle

"It is no exaggeration to say that the finest and most definitive regional cooking in America is that of Louisiana, generally known as Cajun and Creole....Paul Prudhomme is the panjandrum--the greatest authority and practitioner--of that school of cookery and his book is absolutely essential on the cookbook shelves of anyone who cares about a great aspect of American cuisine."-- Craig Claiborne"Paul Prudhomme cooks up unique and exciting combinations of flavors with unusual foods generously spiced with his Cajun humor and joy."-- Alice Waters of "Chez Panisse, " Berkeley, California"At long last, the alchemy of Cajun-Creole cooking made possible for everyone!...Paul Prudhomme is a free culinary spirit, an American original, and his delicious new cookbook is bound to be a classic."-- Jean Anderson, author of "The Grassroots Cookbook" and co-author of "The New Doubleday Cookbook""For years amateur and professional chefs alike have waited patiently for Paul Prudhomme to share in print the recipes for his wonderful Cajun and Creole dishes, and I think it's safe to say that this collection will serve for years to come as a

definitive statement on America's most exciting style of regional cooking."-- James Villas

My waist is 41 inches. I bought this to lost weight when i exercise. Boy let me tell you. It does it work. The velcro sticks and will NOT slide off like some. OR BUCKLE UP EITHER. I would recommend.

You have to learn how to place the belt. It does work very effectively, and you can't beat the price. I use it everytime I work out.

I like it for working out. A bit bulky under clothes making you appear bigger. But I love the flexibility and the ability to make it tighter.

This waist trainer makes you sweat big time! I totally recommend this waist trainer, I haven't had good results yet, but hoping to see them soon. I love how this waist trainer does not hurt when you bend down. this waist trainer is super easy to wash and dry. (Hand wash & outside dry ONLY).

Provides excellent support for my bad back. Waist trimmer have the strongest Velcro I have ever seen. This keep the trimmer in place and keeps the muscle warm to provide heat and support to melt away pounds.

They work great and the installation tool is a life saver for putting the detents in

I am a fan of extended takedown pins.. Try it, you'll wonder how you ever lived without. Included little tool kit for install is a nice plus. You Tube has install how-to videos.

This belt does work when I'm exercising or when I'm using it in the sauna. I see results that my tummy is getting flatter just after two weeks of using this each time i exercise.

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