

Authentic Cajun Recipes From Down Home Girl



From The Bayou: Authentic Cajun Recipes from a Down Home Girl by L. Chapman

★★★★☆ 4.4 out of 5

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Authentic Cajun cuisine is a blend of French, Spanish, and Native American influences. It uses bold flavors and fresh ingredients to create delicious dishes that are sure to please everyone at the table. If you're looking for a taste of Louisiana, look no further than Down Home Girl. We offer a variety of authentic Cajun recipes that are sure to tantalize your taste buds.

Jambalaya

Jambalaya is a classic Cajun dish that is made with rice, meat, and vegetables. It is typically cooked in a large pot over open fire, and it is often served with a side of cornbread. There are many variations of jambalaya, but the most common ingredients include rice, shrimp, chicken, and

sausage. Jambalaya is a hearty and flavorful dish that is perfect for a large gathering of friends and family.

Ingredients

- 1 cup white rice
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 pound shrimp, peeled and deveined
- 1 pound chicken, cooked and chopped
- 1 pound sausage, cooked and chopped
- 1 (15 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 1 (10 ounce) can chicken broth
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

1. Cook the rice according to package directions.
2. Saute the onion, bell peppers, shrimp, chicken, and sausage in a large pot over medium heat until the vegetables are softened and the meat

is cooked through.

3. Add the tomatoes, tomato sauce, chicken broth, thyme, oregano, salt, and black pepper to the pot. Bring to a boil, then reduce heat and simmer for 15 minutes.
4. Stir in the cooked rice and cook for an additional 5 minutes, or until the rice is heated through.
5. Serve the jambalaya with a side of cornbread.

Gumbo

Gumbo is another classic Cajun dish that is made with rice, meat, and vegetables. It is thicker than jambalaya, and it is often served with a side of cornbread or potato salad. Gumbo is a hearty and flavorful dish that is perfect for a cold winter day.

Ingredients

- 1 cup all-purpose flour
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 pound shrimp, peeled and deveined
- 1 pound chicken, cooked and chopped
- 1 pound sausage, cooked and chopped
- 1 (15 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce

- 1 (10 ounce) can chicken broth
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

1. In a large pot, brown the flour over medium heat.
2. Add the onion, bell peppers, shrimp, chicken, and sausage to the pot and cook until the vegetables are softened and the meat is cooked through.
3. Add the tomatoes, tomato sauce, chicken broth, thyme, oregano, salt, and black pepper to the pot. Bring to a boil, then reduce heat and simmer for 1 hour.
4. Serve the gumbo with a side of cornbread or potato salad.

Etouffee

Etouffee is a Cajun stew that is made with shrimp, vegetables, and spices. It is typically served over rice. Etouffee is a flavorful and hearty dish that is perfect for a special occasion.

Ingredients

- 1 pound shrimp, peeled and deveined

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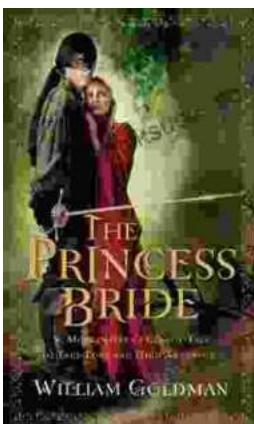
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