



Southeast Louisiana Food: A Seasoned Tradition (American Palate)

Addie K. Martin, Jeremy Martin

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The cuisine of Southeast Louisiana is informed by a unique landscape. Defined by water--Vermillion Bay to the west, marshlands to the east, the Mississippi River to the north and the Gulf Coast to the south--the scenery transitions from verdant swamps to open seas stocked with diverse wildlife. The indigenous Cajun cuisine is a cultural blend three centuries in the making, with traces of American Indian, French, German, Italian and African heritage. To feed themselves and burgeoning markets, locals built formidable aquaculture empires. Eventually, the area became less isolated, offering more opportunity while threatening traditions. With interviews and family recipes, authors Addie K. and Jeremy Martin present the history behind this enchanting culinary tradition.

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