



# From The Bayou: Authentic Cajun Recipes from a Down Home Girl

*L. Chapman*

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

Cajun cooking, comprised of a unique blend of seasonings and ingredients only found in a small part of southern Louisiana, known as 'Acadiana'. Cajun food has grown tremendously in popularity during the last decade. This is a collection of authentic Cajun family recipes passed down from generations that are mouth watering and easy to make. From gumbo to jambalaya to bread pudding, you'll impress even the pickiest eaters with these awesome recipes. You'll find easy chicken recipes, delicious shrimp recipes, and a few desserts too! Great dinner ideas for any family.

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