



Swamp People: A Year of Cajun Holiday Cuisine

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From the hit series Swamp People comes this video-enhanced cookbook filled with favorite Cajun holiday recipes. Louisianans celebrate the bountiful harvest of the swamp year round. Every Louisiana season is a food season. Danger and excitement abound—and plenty of swamp-inspired recipes—along with a rich tradition of language, food, music, and generations of shared family experience. A colorful cast of characters shares techniques dating back to frontier days to live off the land and create exciting cuisine. Men who make gumbo and snag gators with their bare hands make history every day in Swamp People.

Louisiana is a melding of nationalities. Its history is filled with French colonists, African slaves, German indentured servants, and Acadian immigrants (Louisiana's present day Cajuns). Native Americans first taught settlers how to make a meal from the bounty of the swamp, teaching them how to cook and eat raccoons, cottontail and swamp rabbits, squirrels, beavers, otters, turtles, snakes and alligators. All early colonists ate wild game, including deer and wild boar. Hunting is still popular today, and learning to cook is a ritual, which begins for many at the hunting camp.

Check out some of the Swamp People's favorite holiday traditions, from Le Réveillon and Trapper's Christmas to Boucherie, Mardi Gras, Easter Crawfish Bisque, and more, in this new e-book, filled with mouth-watering recipes from Chef John Folse, a leading authority on Cajun and Creole cuisine and culture. Experience for yourself how Louisiana cuisine is as varied and flavorful as its rich heritage.

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