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The history of cajun Food can be traced back to the early 1700s. The Cajuns are none other than the people of Acadian and native Indians who were exiled from Canada at that period. This group of people did not find much recognition within the French territory and were therefore forced to settle somewhere near the marshlands outside the perimeter of the city. These people were therefore forced to survive on ordinary meager ingredients that grew on the local swamps and seafood and games that were locally available.

This was the origin of this category of cuisines and the major ingredients included shell fishes, other forms of sea food such as alligator, turtles and games like pork, chicken, turkey and duck. Among all these ingredients, the ones that were most popular are crawfish and shrimp. These dishes are served with steamed rice which happens to be the staple food of these people. Gumbo, a special type of Jambalaya and stew made of meat stock, vegetables and rice is one of the most popular Cajun cuisines.

A Cajun meal mainly consists of three pots; the first one contains the main dish whereas the other two contain rice and vegetables respectively. Originally, they used to be considered as food of the immigrants but with time, it rose in popularity in parts of Louisiana courtesy to the immigrants from Canada to US. This paved the way for subsequent recognition in different corners of the country with time.

The vegetables that are used in cajun Food dishes include celery, onions and ball peppers, the trio being popularly called as â€œCajun Trinityâ€• that are sautÃ©ed together. There are numerous varieties o such dishes ranging from boiling, frying, fricassee, etouffee and barbecuing each of which is a treat to taste.

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Julia Roger - About Author:
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