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Eating in Louisiana: a Scrumptious Blend of Creole and Cajun Cuisines by [Lawrie Brinkerhoff](#)

Article published on June 11th 2012 | [Food](#)

For one to thoroughly experience a different region's lifestyle and heritage, s/he has to sample its food. The place's identity, agriculture, and lifestyle, are mirrored on its dishes, from the method they are seasoned and cooked. How individuals in a certain country consume food, whether in abundant portions or modest portions, primarily spicy or sweet, and mainly grilled or fried, may fairly refer to their character.

Lafayette, Louisiana is referred to as the core of Cajun culture in the US. As the place has a French origin, the region also has its Creole communities. Visitors mostly visit Lafayette to enjoy its Creole and Cajun cultures via sightseeing and, certainly, dining. Although these two cuisines are similar because of their French groundwork in food preparation approaches and collection of ingredients, each still features its own specific flavor and attribute.

It can be tough for most people to identify Creole from Cajun food and the other way around. Both cultures are known for their passion for cooking, eating, and engaging people with a nice meal. A number of their food may also have similar names, but the flavor and look are very different. A basic point that is useful to remember is city versus country.

Creole cuisine started in New Orleans restaurants close to exchange ports and local marketplaces, and favored by the citizens. On the other hand, Cajun cooking descends from the country where people resided off the land and cooked everything in a large container. Restaurants in Lafayette typically have a number of cajun and Creole food in their menu.

Lafayette restaurants which serve Creole cuisine tend to work with a sauce base composed of flour and butter. Seafood such as shrimp, oysters, and crabs are their major ingredients or specialization. The Italian and Spanish impacts in Creole delicacies are accountable for the recurrent use of beans, rice, tomato, and citrus drink in marinades. Prominent dishes feature Lobster Creole, Oysters Rockefeller, Jambalaya and Pompano en Papillote. Creole Gumbo is generally tomato-based and is considered a soup, as opposed to a Cajun's Gumbo which is more like a stew.

Restaurants Lafayette LA food lovers like for their Cajun dishes fix are those that have dishes with hot pepper sauces and Cayenne peppers. Having a country background, Cajun cuisine is more seasoned and rural in flavor. Pork and crawfish are favorite components in the Cajun kitchen. Famous dishes feature Crawfish Etouffee, Blackened Fish, and Cajun Gumbo. The Cajun boudin is a well-liked treat made from leftover ground pork which is mixed with rice and then deep fried. If you would like to find out more about the resemblances and variations of both ethnicities, you may check neworleans.about.com.

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