



The Fresh Table: Cooking in Louisiana All Year Round

Helana Brigman

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Louisiana's identity is inextricably tied to its famous foods; gumbo, red beans and rice, jambalaya, and ?touff?e are among the delicious dishes that locals cherish and visitors remember. But Louisiana's traditional cuisine has undergone a recent revision, incorporating more local ingredients and focusing on healthier cooking styles. In *The Fresh Table*, locavore Helana Brigman shares over one hundred recipes that reflect these changes while taking advantage of the state's year-round growing season. Her book offers staples of Louisiana fare -- seafood, sausage, tomatoes, peppers, and plenty of spices -- pairing these elements with advice about stocking one's pantry, useful substitutions for ingredients, and online resources for out-of-state cooks. Brigman equips every kitchen from New Orleans to New York with information about how to serve Louisiana cuisine all year round.

For each season *The Fresh Table* provides an irresistible selection of recipes like Petite Crab Cakes with Cajun Dipping Sauce, Rosemary Pumpkin Soup served in a baked pumpkin, Fig Prosciutto Salad with Goat Cheese and Spinach, Grilled Sausage with Blackened Summer Squash, Blueberry Balsamic Gelato, and Watermelon Juice with Basil. Brigman introduces each recipe with a personal story that adds the last ingredient required for any Louisiana dish -- a connection with and appreciation for one's community.

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