

Cajun _____
Low-Carb

**Other books
by Jude W. Theriot, CCP**

Cajun Quick (1992)
La Meilleure de la Louisiane (1980)
New American Light Cuisine (1988)
La Cuisine Cajun (1990)
Cajun Healthy (1994)

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Jude W. Theriot, CCP



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To my mother, Mary Louise Borel Theriot. Mom's passing was tough on all of us. She was a wonderful, loving, and caring mother, but she was also a genuine friend. She never had an ill word to say about anyone. She always pushed her children to be the best they could be, but always made us feel that she was proud of whatever we'd accomplished. Losing a loved one is hard to bear, but losing your mother is almost unbearable. Mom is always on my mind and in my heart. I know she would have loved this book and what it has already done for me and a number of my family members. Mom, this book is for you. I love you.

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Introduction

Well, it's time for another book. It's really hard to believe this will be my sixth book! I really just set out to write one book, *La Meilleure de la Louisiane (The Best of Louisiana)*. I thought that was the only book I had in me. Time proved that wrong. Times change—and with it people change, cooking styles change, and techniques change. As we evolve, we change what we cook and how we eat.

That's why I've written this book. I want to share with the reader what I've learned in my ongoing development as a cookbook writer and as a culinary professional.

It's hard to go anywhere today and not be impacted by the low-carb craze. But I've had to look beyond the craze. I wanted to find out how it would fit in my daily lifestyle and see if it offered any hope for me individually especially in the area of weight control. Those who know me know that I have battled my whole life with weight problems. The problem, of course, is mainly that I love to cook and I love to eat. I've tried every diet known to man and they've all worked, but only for a while.

Why did they fail? They failed because I couldn't stay with it. In order for diets to work, they have to change your lifestyle and have to offer you a new way to live, not just a new way to eat. I studied the low-carb diet for quite a while before I decided to give it a try. Now, after over a year, I can say that I will be able to stay on this diet for the rest of my life. Unlike with other diets, you don't have to completely change your lifestyle. You can still eat at your favorite restaurants. You don't have to pack snacks when you leave town, carry a book around everywhere, or feel restricted in where you can eat.

Dr. Atkins, the founder of the Atkin's diet, said that fat was not the enemy. The enemy was simple carbohydrates. Take pigs, for example. What do we feed them to make them fat? We feed them

grain! Heavy, simple carbohydrates is the food of choice to fatten pigs. Yet many people claimed, especially during the 1980s, that a high-carb diet was the way to lose weight. “Stay away from fats” was the mantra of the day. Fats make you fat. It sounds right, but in reality carbohydrates are a major player in weight gain. Americans today are fatter than ever and we eat more carbs than ever. We saw a plunge in the amount of fats that the nation consumed, yet we got fatter. For some of us, fat is not the problem.

Consult a doctor before trying this or any other diet. Diets that may be great for one person can be harmful for another. The low-carb diet might not be right for you, but I do know that for me, this works! It is something I can stay with. I’m one of those people who is allergic to carbs. Carbs, even though they are lower in calories than fat, actually make me fat because my body doesn’t process them the same way other people’s do. Simple carbs make me produce glucose. That glucose causes my insulin level to spike, which makes me hungry and causes me to eat more. Of course, if I eat more carbs, the cycle continues and I end up storing more excess calories as fat.

How do I know that’s true? I’ve charted it. I know that when I’m on a low-carb diet, I eat less and less. I get hungry less often. When I do get hungry, I know that eating a reasonable amount of high-protein food satiates my appetite. I feel fuller faster, so I avoid eating excess calories, which are stored as fat. Over time, I’ve seen a dramatic drop in how much I eat and how hungry I get.

That’s it in a nutshell. With your doctor’s approval, try these great-tasting, low-carb recipes for yourself. I know you won’t be disappointed.

Net carbs is the difference between the total carb count and the amount of fiber and sugar alcohol in a serving. To get the net carb count, subtract the amount of fiber from the total carb count. The reason we can use the net carb value is simply because the body doesn’t digest the fiber carbs and the sugar alcohol does not result in a rise in insulin production.

Sharing recipes is like sharing a part of yourself. Food is how we as a people celebrate almost everything. Food is close to our culture. We cook and eat what we like. That makes us unique and special. I hope *Cajun Low-Carb* helps you live a better life and enjoy it more. Remember while we do eat to live, a Cajun, even a low-carb Cajun, lives to eat! I hope this book helps as you change your eating habits to lose weight and gain that Cajun *joie de vie!*

Lagniappe

As has been the tradition of my cookbooks, I have included a *lagniappe* section on each recipe in this book. This section is to help the reader really get to know each of the recipes on a more personal note. I try to step out of the traditional directions and give you hints and ideas that will make cooking each recipe extra special and easier. It also contains general cooking tips, stories from Cajun history, from my own personal history or any interesting or informative information I can give you.

Lagniappe is a Cajun French word that means “a little something extra” or “a little something for nothing.” In the olden days, proprietors of stores (or even roadside stands) would always throw in a little something with the purchase, just as a gesture of good will. It is somewhat similar to the “baker’s dozen.”

Today, the word has kept its meaning, but alas, the custom is almost gone. However, because I give you my *lagniappe* with each recipe, you get to experience just what the practice was like. These *lagniappe* sections are filled with hints, suggestions, ideas, cooking techniques, and things that will make the recipe easier. They might also contain bits of humor (at least as I see it). I’ll tell you how to freeze leftovers and how to revive them the next day. I also included carb, net carb, and calorie counts.

When I considered dropping this section, I was overwhelmingly told that the *lagniappe* section was what made my books and recipes stand out and become uniquely personal. There are a lot of cookbook-buyers that like to read cookbooks the way some like to read novels. I guess that’s good, especially for cookbook authors. This *lagniappe* section allows me to talk to the reader. I know I like it and I hope it adds to your enjoyment of the book. There are a lot of cookbooks out there and but not all of them offer anything more than recipes. So I offer this added value to you, by giving you a little something extra.

I hope you enjoy the *lagniappe* section and take advantage of the section while using the book. It will help make the experience of using *Cajun Low-Carb* one you enjoy, learn from, and maybe just find entertaining!

Note: For all recipes, carbohydrate and net carbohydrates are given in grams. The word “trace” indicates a negligible amount of carbohydrates for that recipe per serving. Calories are listed as a count for the serving listed in the recipe.

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