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Something Old & Something New: Louisiana Cooking with a Change of Heart

John D. Folse, Craig M. Walker

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Something Old & Something New: Louisiana Cooking with a Change of Heart John D. Folse, Craig M. Walker
This cookbook from Chef John Folse combines the best of both worlds. It features 200 traditional Louisiana Cajun and Creole recipes along with a healthier, modified version beside them. In this day and age of diets and health food, this book offers great alternatives to some of Louisiana's best recipes. Featuring more than 200 pages of color photos and family stories associated with the original recipes, this cookbook is a must-have for all food enthusiasts.

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