



Cajun and Southern Gluten-Free Delights

Aileen M. Bennett

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Cajun and Southern Gluten-Free Delights is a wheat-free, gluten-free recipe book. Many people think that Cajun food is always "spicy-hot", but this is incorrect. Traditional Cajun food is full of spices and seasonings, but you add the hot when the dish is served. "Cajun and Southern Gluten-Free Delights" is a traditional Cajun cookbook. The recipes were thoroughly tested by many people for ease of preparation and taste before publication. The recipes received high marks in both of these areas. "Cajun and Southern Gluten-Free Delights" is authored by a Southerner who has true Cajun roots.

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