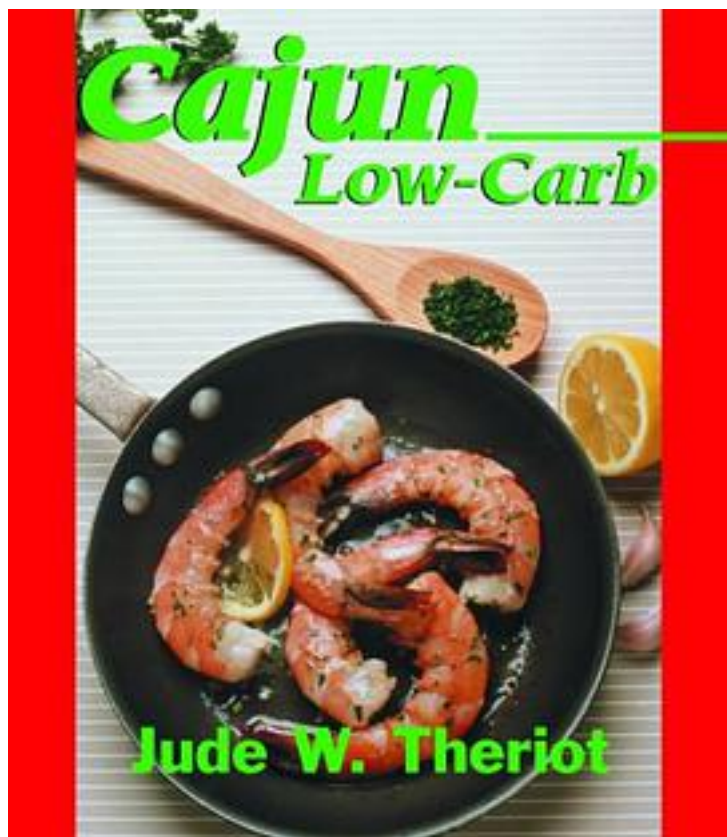


Cajun Low-Carb



[Cajun Low-Carb_下载链接1_](#)

著者:Theriot, Jude W.

出版者:Pelican Pub Co Inc

出版时间:2005-10

装帧:HRD

isbn:9781589802643

This is a book on Louisiana spice for the carbohydrate conscious. This cookery book is a result of Chef Jude Theriot's own struggle with his weight. In developing the recipes for this book and eating them, he lost more than one hundred pounds. Recipes include Cajun classics such as gumbo, crab au gratin, etouffee; and zesty takes on traditional fare such as pizza and meatloaf. There are also recipes for dozens of sauces, dressings, spice mixes and desserts.

作者介绍:

目录:

[Cajun Low-Carb_ 下载链接1](#)

标签

评论

[Cajun Low-Carb_ 下载链接1](#)

书评

[Cajun Low-Carb_ 下载链接1](#)