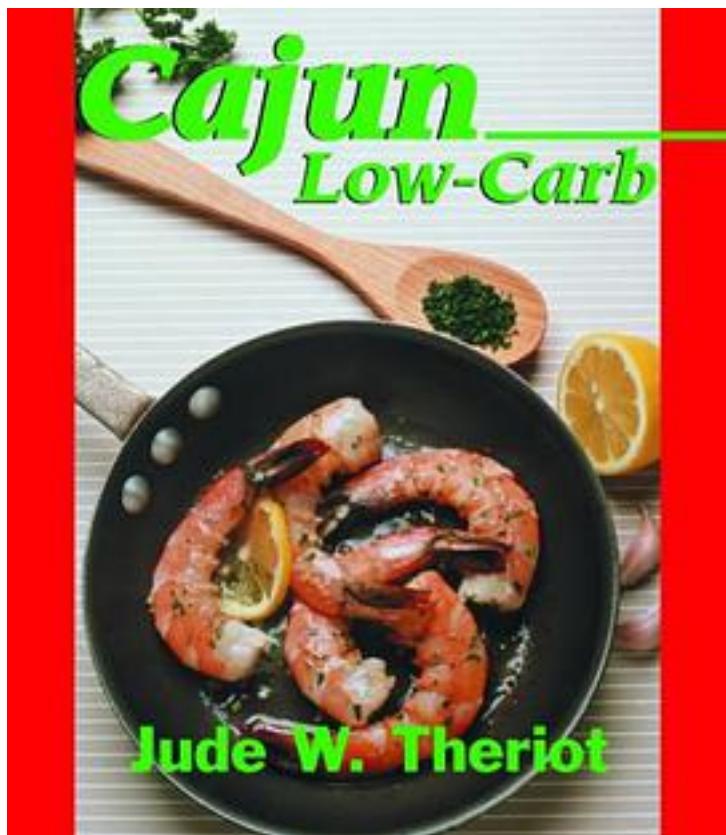


Cajun Low-Carb



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著者:Theriot, Jude W.

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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:

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