

Cajun Spice

The word "Cajun" (short for Acadians) refers to descendants of eighteenth-century Acadian settlers expelled from Canada who eventually settled in South Louisiana among a multiethnic French-speaking population, including people of French, African, Spanish, German and Native American. Eventually the Cajuns dominated twenty-two parishes of South Louisiana, now called Acadiana.

A revival of Cajun culture gained steam in the 1970s with the creation of French programs in the schools and a rise in pride in being Cajun. Part of this pride of identity is as a people who are highly sociable, who know how to enjoy life (*joie de vivre*), including the enjoyment of food, and who know how to prepare food that is exceptionally good. It is fitting that Cajun cooking has become a major cultural export and Cajun chefs have become high-profile media personalities.

Cajun seasoning can be used in so many ways. It's meant to have a little kick and perfect to liven up some pasta, chicken or shrimp.



Cajun Spice Recipe

- 2 1/2 tablespoons sea salt
- 1 tablespoon oregano
- 1 tablespoon paprika
- 1 tablespoon cayenne pepper
- 1 tablespoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

