



# **New Orleans: A Food Biography (Big City Food Biographies)**

*Elizabeth M. Williams*

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Beignets, Po' Boys, gumbo, jambalaya, Antoine's. New Orleans' celebrated status derives in large measure from its incredibly rich food culture, based mainly on Creole and Cajun traditions. At last, this world-class destination has its own food biography. Elizabeth M. Williams, a New Orleans native and founder of the Southern Food and Beverage Museum there, takes readers through the history of the city, showing how the natural environment and people have shaped the cooking we all love. The narrative starts by describing the indigenous population and material resources, then reveals the contributions of the immigrant populations, delves into markets and local food companies, and finally discusses famous restaurants, drinking culture, cooking at home and cookbooks, and signature foods dishes. This must-have book will inform and delight food aficionados and fans of the Big Easy itself.

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Elizabeth M. Williams**

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