



Andouille	ahn-doo-wee	Lean pork sausage with a spicy smoked flavor used in Cajun cooking.
Beignet	ban-yay	Square French doughnut, deep fried and sprinkled with powdered sugar.
Bisque	bisk	Thick, cream or milk-based shellfish soup, usually made with crawfish, shrimp or oysters.
Boucherie	boo-shuh-ree	A community butchering which involves several families contributing the animal(s) to be slaughtered. Each family helps to process the different cuts of meat, like sausage, ham, boudin, chaudin, chops, and head cheese. Each family gets to take home their share of the yield. This process was done in late fall to provide meat throughout the cold months.
Boudin	boo-dan	Cajun favorite, made by cooking ground pork rice and seasonings and stuffing the mixture into a casing. It is then cut like sausage and eaten any time of day.
Bouilli	boo-ye	French for boiled, is a stew made from boiled meats.
Bouillie	boo-ye	Spelled this way means a boiled milk custard.
Couche-couche	koosh-koosh	A popular breakfast food, made by frying cornmeal and topping it with milk and/or cane syrup.
Café au Lait	kah-fay-oh-lay	Coffee with steamed milk.
Cajun Cuisine		Typified by long, slow cooking in covered pots and adaptation of the native food sources of South Louisiana.
Cayenne Pepper		A strong seasoning made from the cayenne chili used in many cooking recipes.
Courtbouillon	koo-bee-yawn	Spicy tomato-based seafood stew.
Creole Cuisine		Typified by the use of peppers, spices, roux, and seasoning vegetables; developed from the early French, Spanish, and Afro-Caribbean influences in Louisiana.
Etouffee	ay-too-fay	Gravy made by smothering seasoned vegetables. It is the ultimate Cajun dish, usually made with seafood in a smothered vegetable sauce.
File	fee-lay	Exotic spice made from powdered sassafras leaves and used as a garnish for gumbo.
Fricassee	(free-kay-say)	Stew made by browning then removing meat from the pan, making a roux with the pan drippings, and then returning meat to simmer in the thick gravy.
Gumbo	gum-boh	Roux-based soup of poultry, sausage, or seafood, served over rice.
Jambalaya	jum-buh-lie-yuh	Main dish usually made from rice and a combination of meats. Similar to paella.
Lagniappe	lon-yop	"Something Extra"; an unexpected treat or favor.
Poboy		Sandwich made of meats stuffed in a length of French bread.
Praline	prah-leen	Candy usually made from cream, sugar, and pecans.
Roux	roo	Base for gumbo or stews made of flour browned in oil.
Sauce Piquante	saws-pee-kawnt	"Spicy Sauce" is a spicy stew.
Tasso	tah-soh	Strips of spiced pork or beef which are smoked like jerky and used to flavor many dishes; a sort of Cajun pepperoni.