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BOOK NEWS

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The Fresh Table: Cooking in Louisiana All Year Round

New Cookbook Equips Kitchens from New Orleans to New York with Seasonal Louisiana Cuisine

“Helana Brigman encourages us to enjoy the pleasures of seasonal eating and to discover Louisiana’s rich culinary culture as we eat locally. Waiting for the seasonal harvest links us to what is fresh and best. The Fresh Table inspires us to connect with local farmers, fishers and food artisans as we celebrate the rhythm of the seasons.”—Copper Alvarez, Vice President of the Farmers Market Coalition and Director of the Red Stick Farmers Market

Baton Rouge—Louisiana’s identity is inextricably tied to its famous foods; gumbo, red beans and rice, jambalaya, and étouffée are among the delicious dishes that locals cherish and visitors remember. But Louisiana’s traditional cuisine has undergone a recent revision, incorporating more local ingredients and focusing on healthier cooking styles. In *The Fresh Table*, locavore and native New Orleanian Helana Brigman shares over one hundred recipes that reflect these changes while taking advantage of the state’s year-round growing season. Her book offers staples of Louisiana fare—seafood, sausage, tomatoes, peppers, and plenty of spices—pairing these elements with advice about stocking one’s pantry, useful substitutions for ingredients, and online resources for out-of-state cooks. Brigman equips every kitchen from New Orleans to New York with information about how to serve Louisiana cuisine all year round.

With each season *The Fresh Table* provides an irresistible selection of recipes like Petite Crab Cakes with Cajun Dipping Sauce, Rosemary Pumpkin Soup served in a baked pumpkin, Fig Prosciutto Salad with Goat Cheese and Spinach, Grilled Sausage with Blackened Summer Squash, Blueberry Balsamic Gelato, and Watermelon Juice with Basil. Brigman introduces each recipe with a personal story that adds the last ingredient required for any Louisiana dish—a connection with and appreciation for one’s community.

Helana Brigman is the creator of the blog Clearly Delicious, winner of the 2011 Blogger Chile Recipe Challenge from Marx Foods. A food writer, photographer, and cook, she writes the “Fresh Ideas” column for the Baton Rouge *Advocate* and her work has appeared in *Louisiana Cookin’*. Her daily recipes can be found at clearlydeliciousfoodblog.com.

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