Serving Size : 1 (509g)

Serving Per Recipe: 6

Calories 500.0

Calories from fat 129 25%

Total Fat 14.4 g 22%

Saturated Fat 2.3g 11%

Cholesterol 233.3 mg 77%

Sodium 1149.5mg 47%

Total Carbohydrate 24.2g 8%

Dietary Fiber 3.8g 15%

Sugar 9.3g 37%

Protein 60.0g 120%

Makes 8 servings

2 Â½ pounds fish fillets, like snapper, redfish, or speckled trout

Salt and cayenne

3 cups coarsely chopped yellow onions

2 cups coarsely chopped green bell peppers

2 ribs celery, coarsely chopped

3 cloves garlic, minced

1 stick butter

2 (1-pound) cans whole tomatoes, mashed with their can juices

1 pound medium-size shrimp, peeled and deveined

1 pound lump crabmeat, picked over for shells and cartilage

4 bay leaves

1/3 cup dry white wine

8 slices French bread, toasted

The influences of classical and regional French, Spanish, German and Italian cooking are readily apparent in Creole cuisine. The terminologies, precepts, sauces and major dishes were carried over, some with more evolution than others, and provided a solid foundation for Creole cooking.

Bouillabaisse is a soup that came from the Provence region of France in and around Marseilles. This dish is integral to the history of Creole food because of the part it played in the creation of gumbo.

The Spanish, who actually played host to this new adventure, gave Creole food its spice, many great cooks and paella, which was the forefather of Louisiana's jambalaya. Paella is the internationally famous Spanish rice dish made with vegetables, meats and sausages. On the coastline, seafoods were often substituted for meats. Jambalaya has variations as well, according to the local ingredients available at different times of the year.