

# LOUISIANA

Destinations and Recipes





Each region of the state is given its own color on the map and within the recipe book.

### **SPORTSMAN'S PARADISE**

is known for its savory & sweet variety of cuisines that will get you planning your next meal before you even leave the table.

### **CROSSROADS**

is where you'll find down home hospitality and good ol' fashioned comfort food.

### **CAJUN COUNTRY**

is filled with spicy Louisiana seafood from our beautiful wetlands & coastlines.

### **PLANTATION COUNTRY**

has sophisticated city flare and river road plantation gems for everyone's taste.

### **GREATER NEW ORLEANS**

is home to celebrity chefs and features dining as an art form.

### **NO MATTER WHERE YOU TRAVEL**

**IN LOUISIANA,**

**OUR CUISINE**

**IS AS DIVERSE**

**AS OUR CULTURE.**



LOUISIANA  
TRAVEL  
ASSOCIATION

[LouisianaTravelAssociation.com](http://LouisianaTravelAssociation.com)



[LouisianaTravel.com](http://LouisianaTravel.com)

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## MONROE-WEST MONROE

Duck into Monroe-West Monroe, home of the Robertson family, stars of the A&E hit show *Duck Dynasty*, and explore the new Duck Commander the Tour!

Grab a 5¢ Coke at the Biedenharn Museum and Gardens, and be on the lookout for alligators and other wildlife at Black Bayou Lake National Wildlife Refuge. Experience high-flying adventure at the Chennault Aviation & Military Museum, or take a relaxing tour of Landry Vineyards.

Hungry? We've got something for everyone on our menu like fried chicken, fresh seafood, smothered pork chops, po'boys, burgers, hotwater cornbread, banana caramel pudding and more! After dinner, enjoy a flight of local craft beer at Flying Tiger Brewery.

Take a break from all the food and fun with a bit of retail therapy. Monroe-West Monroe is home to Pecanland Mall, the largest shopping mall in North Louisiana, and Antique Alley, a shopping district featuring antique shops and trendy boutiques.



800-843-1872  
[monroe-westmonroe.org](http://monroe-westmonroe.org)

## Mammaw's Biscuits

4 cups biscuit mix  
2 cups sour cream  
¼ cup 7UP or Sprite  
(more or less)  
½ stick butter

Heat oven to 375°F. Blend mix and sour cream in pastry blender. Add 7UP or Sprite until a dough ball forms. Roll ½ dough at a time on counter - use more biscuit mix to keep it from sticking to the counter and rolling pin.

Melt the butter in a skillet. Using a round cutter 2-3 inches in diameter, cut the biscuits and place in the skillet making sure to dip both sides in the melted butter.

Bake 20 minutes or until golden brown. Store in an airtight container for up to 2 days.

*Recipe courtesy of Miss Kay's Sweets & Eats - Chefs Alex Mancuso & Jon Gimber*



## Tunk's Snapper Sandy

¼ lb. (1 stick) butter  
¼ cup of flour  
1 pint half & half  
½ lb. mild cheddar cheese  
(cubed or shredded)  
4 - 12 lb. size brown paper bags  
8 red snapper fillets  
(about 6 oz. each)  
1 tablespoon Creole seasoning  
¼ lb. lump crabmeat  
½ cup green onion tops  
(chopped)  
½ lb. small shrimp  
(peeled & cooked)  
½ lb. crawfish tails  
(cooked)

Pre-heat the oven to 400°F.

In a heavy sauce pan, heat butter to 350°F. Add flour, whisking to blend. Stir until flour taste is gone, but do not brown. Slowly add half & half to the flour mixture, stirring constantly. Cook a few minutes until smooth and bubbly. Blend in the cheese. Set aside.

Season the snapper with Creole seasoning. Place two snapper fillets in the bottom of each bag. Place shrimp, crawfish tails and crabmeat on top of the snapper fillets. Spoon equal amounts of cheese sauce over contents of each bag. Sprinkle green onions on top of the cheese sauce.

Close bags by folding three times from the top. Place on sheet pan and slide into oven. Cook for 20 to 25 minutes until fish is done. Cut away the top of each bag and serve immediately.

Serves four people. Enjoy!

*Recipe courtesy of Alexandria-Pineville Area CVB.*



## ALEXANDRIA/PINEVILLE AREA



Alexandria/Pineville, located in the Heart of Louisiana, is the perfect destination to experience farm fresh culinary delights, a vibrant arts district, outdoor adventures, a variety of historical and military sites, as well as numerous fêtes and events year-round. Plan your getaway at [AlexandriaPinevilleLA.com](http://AlexandriaPinevilleLA.com).

**800-551-9546 | [AlexandriaPinevilleLA.com](http://AlexandriaPinevilleLA.com)**

## Blackened Shrimp Fettuccine

½ lb. butter  
1 large onion  
1 red bell pepper  
1 green bell pepper  
2 stalks celery  
1 garlic clove  
1 tablespoon all purpose seasoning  
1 teaspoon dried basil  
1 teaspoon dried thyme  
2 teaspoons granulated garlic  
2 teaspoons black pepper  
½ teaspoon cayenne pepper  
1 tablespoon seafood base  
1 tablespoon chicken base  
6 oz. white wine  
2 tablespoons hot sauce  
1 quart heavy cream  
1 ½ Velveeta cheese  
2 cups grated Parmesan  
2-3 quarts water  
½ cup white roux

3 lbs. dried fettuccine  
(prepared)

Medium dice onion, peppers and celery. Mince garlic. Melt butter in sauce pan, then add and sauté vegetables with browning until soft. Add all seasonings and hot sauce. Turn heat down to medium adding white wine, along with seafood and chicken bases. Reduce heat to low and add cream slowly and simmer folding in cheeses (cubed) to melt into sauce.

Once all melted, pour over prepared fettuccine noodles and top with blackened shrimp or blackened chicken if preferred!

Serves 10-12, bon appetite!

*Recipe courtesy of Pork Belly's Bar and Grill | oinkandcrackle\_porkbellys@yahoo.com  
523 Tunica Drive | Marksville, LA 71351 | 318-240-0000 | porkbellysbarandgrill.com  
Page Lucas, Chef/Owner*



## AVOYELLES PARISH



Allons manger, découvrir, jouer et rester sans les Avoyelles! (Let's eat, discover, play and stay in Avoyelles)! Come for annual festivals, French heritage, Native American Culture, Creole Cuisine and our most recent addition Broken Wheel Craft Beer Brewery minutes away from Spring Bayou's self-guided kayak trail.

**800-833-4195 | [travelavoyelles.com](http://travelavoyelles.com)**

**LOUISIANA**  
Feed Your Soul.

# Natchitoches Meat Pies

## Meat Pie Filling

1 teaspoon shortening  
1 lb. ground beef  
1 lb. ground pork meat  
1 bunch green onions, chopped  
1 pod garlic, minced  
1 bell pepper, chopped  
1 medium onion, chopped  
Salt, black pepper and red pepper to taste  
1 teaspoon flour

## Meat Pie Crust

1 quart plain flour  
2 teaspoons salt  
1 teaspoon baking powder  
½ cup + 1 tablespoon shortening  
2 eggs  
1 cup milk

## Meat Pie Filling

Melt shortening in heavy pot. Add meat. Cook until pink is gone. Add vegetables and season to taste. (Season well, as meat will lose seasoning during frying.) When meat is completely done and vegetables glazed, remove from heat and drain excess liquid. Stir in 1 tablespoon flour.

## Meat Pie Crust

Sift dry ingredients together. Cut in shortening. Beat egg and add to milk. Work gradually into dry ingredients until proper consistency to roll. Break into small pieces and roll very thin. Cut into rounds using a saucer as a guide.

To assemble, place a large tablespoon of prepared (completely cooled) meat along edge and halfway in the center of round dough. Fold the other half over, making edges meet and seal with water. Form edges with fork. Drop in deep fat and cook until golden brown. Drain and serve hot. Makes approximately 18.

*Recipe courtesy of Mrs. L.J. Melder, Natchitoches, LA.*



## NATCHITOCHEES



Celebrate, discover and explore Louisiana's oldest city! Shop and stroll along one of the Nation's top 5 Most Romantic Main Streets in America and feast on one of the state's official foods, a famous Natchitoches meat pie!

**800-259-1714 | [Natchitoches.com](http://Natchitoches.com)**



## Toledo Bend Chicharrone Dusted Duck Breast

### Chicharrone Duck Sous Vide

Skin-on boneless duck breast

Kosher salt to taste

Coarse ground pepper to taste

Sprig of thyme

1 gallon ziploc bag

½ bag of spicy chicharrones  
or homemade pork rinds

Score duck skin 6 times diagonally to allow fat to render while cooking. Do not cut into meat. Season breast with salt and pepper to taste, front and back. Place seasoned breast in ziploc bag with sprig of thyme. Seal bag  $\frac{3}{4}$  shut and press as much air from the bag as possible for tight seal around the duck before completely sealing.



Bring large pot of water to 130°F. Set to low heat to maintain. Place bag with duck breast into water and submerge with strainer or plate for 2 hours. Make sure water temp stays as close to 130°F as possible. Remove duck.

Put chicharrones in food processor until very fine. Set aside in bowl for coating. Heat dry cast iron skillet on medium high heat. Place duck skin side down for 3 minutes, turn over for 30 seconds. Remove duck and place (skin side only) down in chicharrones covering as much surface area as possible.

Plate and rest 1 minute before slicing and serving. Favorite pairings are crisp brussel sprouts and applewood smoked German potato salad.

*Recipe courtesy of Chef Wesley Sepulvado, Cypress Bend Resort Best Western Premier Collection*



## TOLEDO BEND LAKE COUNTRY



Your next adventure awaits at Toledo Bend Lake Country, home of the best fishing in Louisiana. Beyond the shores of Toledo Bend, you'll find a unique area rich in history, endless outdoor recreation, championship golf & fun family festivals.

**800-358-7802 | [ToledoBendLakeCountry.com](http://ToledoBendLakeCountry.com)**





## VERNON PARISH

Venture into Vernon Parish! Where there are two great lakes for fishing; Kisatchie National Forest and wildlife management areas for hunting, camping, hiking and birding; history along the Myths & Legends Byway; music, live theater, art and festivals year-round.

Catch a Lunker at Toledo Bend, #1 Bass Lake in the Nation, again! Fish the waterways of Vernon Lake and Anacoco Lake, and visit other hidden gems like Blue Hole. Explore the Sabine River or Toro Bayou by canoe. Hunt for eagles' nests along the water's edge, and red-cockaded woodpeckers in Kisatchie National Forest.

Explore Wolf Cave, a prehistoric dwelling cave-site in the Vernon Unit of Kisatchie, as well as the Fullerton Sawmill site and Little Cypress, home of the Ol' Sarge Interpretive Trail. The Vernon Unit of Kisatchie has more than 52 miles of trails through pine and hardwood forests, and is home to many native Louisiana plants and animals.



337-238-0783  
[LouisianaLegendCountry.com](http://LouisianaLegendCountry.com)

## Pan Fried Largemouth Bass with Lemon Garlic Herb Butter Sauce

4 largemouth bass fillets,  
skin removed

Salt

Pepper

1 cup flour

4 tablespoons unsalted butter

1 tablespoon garlic, sliced thin

¼ cup mild fresh herbs such as  
basil, parsley, chervil or oregano

2 tablespoons fresh lemon juice

Season the fillets with salt  
and pepper. Heat a sauté  
pan on top of the grill.

When the pan is hot add  
2 tablespoons of butter  
and heat. Dredge the  
bass fillets in the flour and

shake off any excess. Place the fillets in the pan and pan fry about 3 minutes per side, until golden brown. Remove the fish from the pan and set aside. Add the rest of the butter to the pan and melt. When the butter is hot, add the sliced garlic. Fry the garlic until it just begins to turn light golden brown. Add the herbs and remove from heat. Carefully add the lemon juice. Season with salt and pepper. To serve, place a fillet on a plate and spoon some of the lemon garlic herb butter over the fish.



*Recipe courtesy of the Vernon Parish Tourism Commission.*

337-238-0783 | [LouisianaLegendCountry.com](http://LouisianaLegendCountry.com)



## ACADIA PARISH

Come visit the heart of the "Cajun Prairie," Acadia Parish, Louisiana. Visitors are offered a host of unique attractions, from Acadia history and folklore to year-round festivals and events. In Crowley, home of the International Rice Festival, tour the Historic Crowley Ford Motor Company, built in 1920. Learn the history of rice production at the Rice Interpretive Center and visit the J.D. Miller Recording Studio, the oldest recording studio in continuous existence in the state of Louisiana. Travel the Zydeco Cajun Prairie Byway and visit Kelly's Landing Agricultural Museum & Aqua Culture Tour to learn about the importance of agriculture in our parish while viewing his remarkable collection of toy farm equipment. In Rayne, see why the city is known as the Frog Capital of the World and the Louisiana City of Murals and home to the Frog Festival. In Church Point, visit the Le Vieux Presbytere Museum with mud walls (called bousillage). Tour the German Heritage Museum in Roberts Cove.



**877-783-2109**  
[acadiatourism.org](http://acadiatourism.org)



**COME VISIT WITH US!**



We invite you to a  
**REAL CAJUN EXPERIENCE**  
 in the heart of Cajun Prairie Country.



P.O. Box 1342, Crowley, Louisiana 70527-1342  
 toll free: 1-877-783-2109 fax: 337-783-2142  
 e-mail: [aptc@bellsouth.net](mailto:aptc@bellsouth.net) web: [www.acadiatourism.org](http://www.acadiatourism.org)

## Easy Shrimp Étouffée

½ cup margarine  
1 cup chopped green onions  
¼ cup chopped green pepper  
1 cup chopped celery  
1 cup onions  
1 can cream of shrimp soup  
1 can stewed tomatoes  
2 tablespoons  
Worcestershire sauce  
¼ teaspoon pepper  
¼ teaspoon garlic powder  
2 cups uncooked shrimp,  
peeled and deveined

In a 1 ½ or 3 quart dish, melt butter. Stir in onions, celery and green pepper. Sauté on high for 10 minutes. Add green onions. Sauté 5 minutes. Add cream of shrimp soup, stewed tomatoes, Worcestershire sauce, pepper and garlic powder. Add shrimp and cover. Cook on HIGH for 10 minutes. Serve over cooked rice.

*Recipe courtesy of Acadia Parish Tourist Commission.*



## Shrimp Fettuccine

1 ½ cups butter or margarine  
3 onions, chopped  
2 bell peppers, chopped  
2 tablespoons jalapeño peppers (optional)  
2 cloves garlic, minced  
½ cup all-purpose flour  
1 bunch fresh parsley  
3 lbs. shrimp  
1 pint half & half  
1 ounce lemon juice  
1 lb. Velveeta cheese  
Salt and cayenne pepper to taste  
1 lb. fettuccine noodles, boiled

Combine first five ingredients and salt. Stirring steadily, cook 10-15 minutes. Gradually add flour and cook an additional 10-15 minutes. Add parsley and shrimp and cook 10-15 minutes longer. Add half & half, lemon juice and cheese – stir until blended. Stir in boiled noodles.

*Recipe courtesy of Cajun Coast Visitors & Convention Bureau.*



## CAJUN COAST



Start your Louisiana adventure on the Cajun Coast! Drive the Bayou Teche Scenic Byway into the Atchafalaya National Heritage Area - birdwatching, casino gaming, shopping along Main Streets or enjoy culinary delights.

**800-256-2931 | [cajuncoast.com](http://cajuncoast.com)**

## Bayou Country Pralines

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Prep Time: 1 Hour

Makes: 18-24

2 cups granulated sugar

1 cup dark or light brown sugar

1 stick (¼ pound) butter

1 cup milk

2 tablespoons Karo syrup

4 cups pecan halves

Put all ingredients except the pecans in a 3-quart saucepan and cook for about 20 minutes over medium heat. Once boiling begins, add the pecans. Stir and cook the mixture until the

liquid forms a soft ball when a little is dropped in cold water. Stir well and drop by spoonfuls on the waxed paper. For convenience, we suggest placing a small table near the stove, with a few sheets of newspaper and then place the wax paper on that surface. Cool thoroughly and enjoy your sweet Bayou Country treat.

*Recipe courtesy of Houma Area Convention & Visitors Bureau.*



Photo Credit: Matthew Noel for HACVB



## HOUMA AREA

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Houma, Louisiana's Bayou Country is the place to find your wild side, with 2500 square miles of wetlands and outstanding local cuisine to explore. Visit our website to plan your adventure.

**800-256-2931 | [houmatravel.com](http://houmatravel.com)**



## LAFAYETTE

Have You Tasted Lafayette?

Lafayette has the Cajun flavors you crave, along with the freshest in Louisiana seafood, and always a little something unexpected. Homegrown chefs are putting an inventive spin on time-honored recipes with the freshest local ingredients. A distinct culinary identity as the heart of Cajun country, steeped in tradition, merges with a new generation making it an incredible place to eat. From white tablecloth to white paper napkin, all of it is incredible.

But don't take their word for it. Lafayette has received many awards for their cuisine including being named the "Tastiest Town of the South" by *Southern Living* magazine, "Best Food Town" by Rand McNally and a "Top 10 Foodie City" by Livability.com.

Lafayette is a city that is shaping the South's exceptionally rich, diverse and delicious culinary landscape. Browse area restaurants, festivals and outdoor activities to find what nourishes you at [LafayetteTravel.com](http://LafayetteTravel.com).



800-346-1958  
[LafayetteTravel.com](http://LafayetteTravel.com)



# Crawfish Pie

## Crawfish filling

1 stick butter  
1 chopped large yellow onion  
½ chopped green bell pepper  
1 chopped rib of celery  
1 lb. peeled crawfish tails  
1 tablespoon all-purpose flour  
dissolved in ½ cup water  
Salt  
Red cayenne pepper  
granulated garlic  
¼ cup chopped green onions  
2 tablespoons chopped fresh  
parsley leaves

## Pie dough

1 8 oz. package of regular cream  
cheese at room temperature  
2 sticks of butter at room  
temperature  
3 cups all-purpose flour plus  
1 cup for dusting

## Crawfish filling

To make the crawfish filling, melt butter in a large saucepan over medium heat. Add onions, green bell peppers and celery, stirring to sauté until soft and translucent, about 10-12 minutes. Add crawfish tails. Stir and cook until they begin to release their liquid, being careful not to overcook, about 5 minutes. Add flour/water mixture to crawfish, reduce heat to medium low and cook, stirring occasionally, until the mixture thickens, 3-5 minutes. Season with salt, red cayenne pepper and granulated garlic, to taste. Add green onions and parsley. Transfer mixture to a bowl, cool slightly, then refrigerate. When mixture is completely cooled, chop mixture to a medium/fine consistency to use as filling.

## Pie crust

To make the pie dough, place butter and cream cheese in the bowl of a mixer and blend until well combined. Add 3 cups of flour and mix. Remove from bowl and place on a clean surface or parchment paper. Knead slightly, adding more flour if needed. Shape dough into ball and divide into 2. Dust your rolling pin and surface with flour for rolling out dough. Roll out dough to desired thickness and cut into 3-inch rounds. Fill each round with 1 tablespoon cold crawfish filling, fold over dough and seal by pinching edges together with a fork. Place finished pies on a parchment or waxed paper lined baking sheet and freeze. To bake, preheat oven to 350°F. Place frozen pies on a baking sheet, 2 inches apart. Bake for about 15 minutes, or until center is warmed through and crust is golden.

*Recipe compliments of Debra Taghehchian.*



800-346-1958 | [LafayetteTravel.com](http://LafayetteTravel.com)



## LAKE CHARLES/SOUTHWEST LA

Can you feel it? There is much to experience with your senses in Lake Charles/Southwest Louisiana. The unique landscape of marshes and Gulf beaches makes this the perfect hideaway for outdoor adventures. It's also the South's premier gaming resort destination with four luxurious casinos.

Situated midway between Houston and New Orleans, you can enjoy comfortable accommodations, fine dining, swimming, live entertainment, first class spas, horseracing, slots, your favorite table games, shopping amenities and golf.

Or, take a taste found along the Southwest Louisiana Boudin Trail where you can savor the flavor of boudin that has been prepared by boudin masters. After a full boudin breakfast, hit the Creole Nature Trail All-American Road to soak in the beauty of Mother Nature, visit wildlife refuges and view alligators!

Also, enjoy a thriving music/arts scene, the Southwest Louisiana Brews & Spirits Trail and 75 annual fairs & festivals. For planning and culinary explorations, log on to [visitolakecharles.org/food](http://visitolakecharles.org/food).



800-456-7952  
[VisitLakeCharles.org/Food](http://VisitLakeCharles.org/Food)



# Bread Pudding with Rum Sauce

## Bread pudding

15 oz. of white sandwich bread  
2 ½ cups of sugar  
5 eggs  
3 ½ cups of skim milk  
2 tablespoons vanilla

## Rum sauce

¼ pound butter  
1 cup sugar  
1 egg  
¼ cup white rum

## Bread pudding

In a large bowl, tear bread slices into small pieces. Add the rest of ingredients and stir until mixed well. Coat a 9 x 13 inch pan and pour in mixture. Allow mixture to come to room temperature, about 45 minutes. Preheat oven to 350°F. Bake for 45 minutes or until puffed up and golden brown. Let stand for 30 minutes.

## Rum sauce

Cream butter and sugar in mixer at high speed, until light and creamy. At low speed, add egg and mix until blended. Then add rum and mix until blended. Mix on high for 20 to 30 minutes until light and fluffy. Serve atop the bread pudding.

*Recipe courtesy of Pujó St. Café and the Lake Charles/Southwest Louisiana Convention & Visitors Bureau.*



## Crawfish Étouffée

1 stick butter  
2 cups chopped onions  
1 cup chopped celery  
½ cup chopped green bell peppers  
1 lb. peeled crawfish tails or peeled shrimp (40-50 ct.)  
1 tablespoon minced garlic  
2 bay leaves  
1 tablespoon flour  
1 cup warm seafood or chicken stock  
1 ½ teaspoons salt  
3 pinches of cayenne  
¼ teaspoon white pepper  
1 teaspoon Louisiana or Crystal Hot Sauce  
2 tablespoons finely chopped parsley  
3 tablespoons chopped green onions

Melt the butter in a large sauté pan over medium-high heat. Add the onions, celery and bell peppers and sauté until the vegetables are wilted, about 10 to 12 minutes. Add the crawfish, garlic and bay leaves and reduce the heat to medium. Cook the crawfish for 10 to 12 minutes, stirring occasionally. Dissolve the flour in the warm stock. Add to the crawfish mixture. Season with salt and cayenne. Stir until the mixture thickens, about 5 minutes. Stir in the parsley and green onions and continue cooking for 2 minutes. Serve over steamed rice.



*Recipe courtesy of Louisiana's Cajun Bayou.*



## LOUISIANA'S CAJUN BAYOU

LOUISIANA'S  
**CAJUN BAYOU**  
LAFOURCHE PARISH

Just 45 minutes south of New Orleans, visit Louisiana's Cajun Bayou and enjoy authentic Cajun experiences filled with outdoor adventures, like fishing and swamp tours, along with regular celebrations of life in our food, music and festivals.

**877-537-5800 | [LaCajunBayou.com](http://LaCajunBayou.com)**

## Avery Island Seafood Gumbo

5 tablespoons vegetable oil,  
divided  
½ cup all-purpose flour  
1 cup green pepper  
2 tablespoons chopped  
fresh parsley  
1 ½ quarts fish stock or water  
1 fresh sprig thyme  
1 teaspoon TABASCO®  
brand pepper sauce  
1 lb. fresh Louisiana shrimp  
shelled and deveined  
1 16 oz. can whole tomatoes  
chopped and undrained  
1 lb. fresh okra thinly sliced  
(about 4 cups)  
1 teaspoon white vinegar  
1 cup chopped onion  
2 cloves garlic minced  
½ cup chopped celery  
2 bay leaves  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
½ lb. fresh Louisiana lump  
crabmeat  
3 cups cooked KONRIKO®  
brand rice  
Chopped scallions and chopped  
fresh parsley for garnish

In medium skillet (not cast iron), heat 3 tablespoons oil, add fresh okra, stirring frequently, cook 30 minutes. Add vinegar and cook another 10 minutes, until okra is no longer “ropy or slimy” and is lightly browned, then set aside.



In large pot, heat remaining 2 tablespoons of oil, add flour and cook over medium heat, stirring constantly, about 30 minutes or until roux turns dark brown and develops nutty aroma. Add onion, garlic, green pepper, celery and parsley, cook 10 minutes or until vegetables are tender. Add okra, fish stock, tomatoes, bay leaves, thyme, Worcestershire sauce, TABASCO® brand pepper sauce and salt. Simmer uncovered 45 minutes.

Add fresh Louisiana shrimp and crabmeat, simmer 5 to 10 minutes. Discard bay leaves and thyme. Serve gumbo over cooked KONRIKO® brand rice with additional TABASCO® brand pepper sauce. Garnish with scallions and parsley.

*Recipe courtesy of Iberia Parish Convention & Visitors Bureau.*



## NEW IBERIA / AVERY ISLAND



Ditch the beignets for the hot sauce in Iberia Parish! Visit the Tabasco® Factory, Jungle Gardens, Jefferson Island Rip Van Winkle Gardens, Conrad Rice Mill, Jeanerette Museum, Shadows-on-the-Teche plantation home and Bayou Teche Museum.

**888-942-3742 | [iberiatravel.com](http://iberiatravel.com)**



## ST. LANDRY PARISH

Visit St. Landry Parish, home to internationally known Chef Paul Prudhomme and Tony Chachere's Creole Cajun Seasoning. Stop by Bayou Teche Brewery for a tour and tasting of their nationally acclaimed craft beers that complement the region's local Cajun and Creole cuisine, or take a spice house tour at Targil Seasoning to see where local favorites, like Slap Ya Mama, are bottled. Shop 700+ antique, civil war, and mid-century vendors, or enjoy outdoor pursuits, such as cycling and paddling. Learn the history of the NY Foundling Hospital orphans at the Louisiana Orphan Train Museum (1 of only 2 in the US) or visit the site of the only documented miracle in the US. Annually, we host three cook-offs, more than a dozen festivals and cultural celebrations, four yard sales, and trail rides. Our French heritage takes a front seat at major cultural events like Semaine de la Francophonie and Cajun Country Courir de Mardi Gras. Visit us to see why people love Cajun Country!

**LOUISIANA**  
Feed Your Soul.

**ST. LANDRY**  
PARISH - LA  
*Gumbo for Your Soul!*  
TOURIST COMMISSION

**337-948-8004**  
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## Chicken & Sausage Gumbo

Yield: 10 servings

1 (4-5 lb.) chicken,  
cut into pieces  
Tony Chachere's Original  
Creole Seasoning\*  
4 tablespoons LouAna  
Vegetable Oil\*  
4 tablespoons flour  
2 large onions, chopped  
2 stalks celery, chopped  
1 green bell pepper, chopped  
4 cloves garlic, minced  
1 lb. Savoie's Smoked  
Sausage\*, sliced  
3 quarts water  
3 tablespoons green onions,  
chopped  
3 tablespoons parsley,  
chopped

\*St. Landry Parish Product

Season chicken to taste with Tony Chachere's Original Creole Seasoning.\*

In a large heavy pot, heat oil until hot and gradually add flour, stirring continuously until well-blended. Lower heat and continue stirring until roux is chocolate brown. Add chopped onion, celery, bell pepper and garlic.

Stir well and let vegetables begin to wilt. Slowly add water, stirring to dissolve roux. Add chicken and sliced smoked sausage and bring to a boil. Reduce heat and simmer 1 ½ hours or until meat is tender. Add additional seasoning along with green onions and parsley.

Serve in soup bowls with Prairie Ronde Rice\*

*Recipe courtesy of St. Landry Parish Tourist Commission.*



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**LOUISIANA**  
Feed Your Soul.



## ST. MARTIN PARISH

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## Crawfish Cornbread

---

1 cup white cornmeal  
½ teaspoon soda  
1 teaspoon salt  
¼ cup cooking oil  
1 can cream style corn  
2 eggs  
½ lb. grated cheddar cheese  
3 chopped jalapeño peppers  
1 cup chopped onions  
1 lb. chopped crawfish

Mix all ingredients thoroughly in large mixing bowl. Pour ingredients into lightly greased 8 x 10 inch baking pan. Bake 45 minutes at 350°F.

*Recipe courtesy of Breaux Bridge Crawfish Festival Association.*



## Crawfish Bread

2 tablespoons butter, divided  
¼ cup diced onion  
¼ cup diced celery  
¼ cup diced red bell pepper  
1 teaspoon minced garlic  
¼ teaspoon fresh thyme  
1 teaspoon Creole seasoning blend (your favorite)  
½ lb. Louisiana crawfish tails  
½ teaspoon salt  
2 tablespoons green onion tops  
¼ cup mayo  
1 teaspoon Creole mustard  
2 oz. Parmesan  
2 oz. Cheddar/jack  
4 po-boy bread or sub rolls

Over medium heat, sauté onions, celery, pepper and garlic in 1 tablespoon butter until soft.

Season with thyme and seasoning blend.

Add crawfish tails, salt and green onions and sauté for 1 minute.

Take off heat and cool. Once cooled, add mayo, Creole mustard and cheeses and mix well. Slice po-boy breads in half lengthwise.

Spread a quarter of the crawfish-cheese mix on each bottom and cover with the top.

Brown bread in a skillet with remaining tablespoon of butter as you would a grilled cheese.

*Recipe courtesy of Eliza Restaurant & Bar.*



## BATON ROUGE AREA



Nestled on the banks of the Mississippi River, you'll find Baton Rouge – Louisiana's Capital City. With an extensive restaurant scene and a culture that is second to none, it's a perfect place to visit!

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## Baba

Baba is a soft, sweet yellow cake covered with a thick, rich custard spread and delicious coconut, then finished with a generous fluffy meringue topping.

### Cake

1 teaspoon salt  
1 teaspoon vanilla  
2 eggs  
½ cup shortening  
1 ½ cup sugar  
2 ¼ cups cake flour  
2 ½ tablespoons  
baking powder  
1 cup plus 2 tablespoons milk

### Bouille or Custard

2 tablespoons butter  
or margarine  
½ cup cornstarch  
¼ cup sugar  
½ teaspoon salt  
2 cups milk  
2 egg yolks, slightly beaten  
1 teaspoon vanilla

### Coconut Filling

2 cups grated coconut  
1 cup water  
3 tablespoons cornstarch

### Meringue

10 egg whites  
1 ¼ cup sugar  
1 teaspoon vanilla

### Cake

Cream shortening and sugar. Add eggs, vanilla, beating well. Sift dry ingredients together. Add alternately with milk. Mix well. Pour into 13x9x2 inch greased and floured pan. Bake at 375°F for 25 minutes or until top springs back when touched. Cool.

### Bouille or Custard

Melt butter or margarine, blend in cornstarch, sugar and salt. Gradually add milk. Heat to boil over direct heat. Stir some of the hot mixture into the egg yolks and return to the heated mixture. Add vanilla and cool two minutes, stirring constantly until thick. Remove from heat and allow to cool. Spread over the cooled cake.

### Coconut Filling

Combine ingredients and cook over low heat until thickened and clear, all the while stirring to prevent sticking. Should be the consistency of a thick liquid. Allow to cool before spooning over the bouille that has already been added to the cake.

### Meringue

Beat egg whites until foamy. Add sugar gradually while continuing to beat stiff peaks. Fold in vanilla and spoon over the three layers of cake. Return the cake to the hot oven until meringue is golden brown.

*Recipe courtesy of Nobile's Restaurant in Lutcher, LA.*



## NEW ORLEANS PLANTATION COUNTRY

— NEW ORLEANS —

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Reaching into the rich, dark soil, that feeds our river, our bayous and our souls, are stories that teach us as much as they haunt us. Out here, roots go deeper.

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## Ellen Bennett's Hummingbird Cake

### Cake

3 cups all-purpose flour  
2 cups sugar  
1 teaspoon salt  
1 teaspoon baking soda  
1 teaspoon cinnamon  
3 eggs, beaten  
1 ½ cups oil  
1 ½ teaspoons vanilla extract  
1 - 8 oz. can crushed pineapple,  
undrained  
1 cup chopped pecans  
2 cups mashed bananas

### Frosting

1 - 8 oz. pkg. cream cheese,  
softened  
½ cup butter or oleo, softened  
1 - 16 oz. pkg. powdered sugar  
1 teaspoon vanilla extract  
½ cup chopped pecans

### Cake

Combine flour, sugar, salt, soda and cinnamon in large mixing bowl. Add eggs and oil, stirring until dry ingredients are moistened. Do not beat. Stir in vanilla, pineapple, pecans and bananas. Bake in greased and floured Bundt pan at 350°F for 45-60 minutes.

### Frosting

Frost with frosting made by combining cream cheese with butter and creaming until smooth. Stir in vanilla and pecans. If you decide to make a layer cake double the icing recipe.

*Recipe courtesy of West Feliciana Parish Tourist Commission.*



## WEST FELICIANA PARISH



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## Beignets

Yield: 12-15 beignets  
2 cups self-rising flour  
3 tablespoons shortening  
(Crisco)  
¾ cup HOT water  
1 tablespoon sugar  
1 teaspoon vanilla extract  
(optional)  
Vegetable oil for frying  
Powdered sugar

In a large mixing bowl, combine 2 cups of self-rising flour and 3 tablespoons shortening. Mix well with whisk to incorporate both ingredients; there should be a few lumps. Dissolve 1 tablespoon sugar in HOT tap water. Let cool before combining with the flour and shortening mixture, (optional: add 1 teaspoon of vanilla extract)

mix with a fork only to incorporate water and flour mixture. DO NOT OVER MIX. On a clean surface (counter or cutting board) dust surface with flour so dough will not stick to surface. Roll dough to about 1/4" to 3/4" thickness. Cut into desired shape or size (usually about 2" to 4" squares). Let rest about 10 minutes before frying at 375°F. Turn when they reach a delicate brown; drain well. Dust with powdered sugar and serve.

BEST TO SERVE WHEN HOT.

*Recipe courtesy of Café Beignet.*



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## JEFFERSON PARISH

Jefferson Parish is home to the Louisiana Oyster Trail, a path your taste buds will want you to follow when visiting Louisiana! Just minutes from downtown New Orleans, Jefferson Parish spans both the east and west banks of the Mississippi River offering fresh Louisiana seafood prepared in the creole and Cajun style you expect from Louisiana. The Louisiana Oyster Trail is a public art program that showcases the supreme oyster eateries in Jefferson Parish pairing each with a 3-foot oyster sculpture hand painted by a local artist. A blend of culinary and unique sculpture art welcome you throughout Jefferson Parish at restaurants and oyster bars. Jefferson sets the mood for good times, great food, and delicious memories. Savor a variety of Louisiana oyster dishes from *Oysters on the Half Shell*, *Charbroiled Oysters*, *Fried Oysters* and *Oyster and Artichoke Soup* to an *Oyster Casserole with Shrimp and Crabmeat*.



877-572-7474  
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## Baked Oysters Radosta

Named after a very good customer, this dish is totally in the spirit of New Orleans' love affair with baked oyster casseroles. Of course, it's also in the spirit of what we Italians have been doing with oysters, clams and mussels for probably a thousand years.

½ cup pure olive oil  
½ cup chopped white onion  
¼ cup minced garlic  
1 tablespoon chopped celery  
1 tablespoon chopped green onion  
3 cups freshly shucked oysters, water reserved  
½ cup white wine  
1 teaspoon salt  
½ teaspoon crushed red pepper  
1 teaspoon Worcestershire sauce  
1 cup unseasoned breadcrumbs  
½ cup grated Romano cheese  
Extra-virgin olive oil  
Grated Parmesan cheese  
Fresh Italian parsley for garnish

Heat the pure olive oil in a large pan and sauté the onion and garlic until caramelized. Then stir in the celery and green onion, sautéing until tender. Add the shucked oysters and wine

bringing mixture to a boil. Season with salt, crushed red pepper and Worcestershire sauce. Remove from heat and stir in the breadcrumbs and Romano, along with enough oyster water to keep the dressing moist. Lightly coat a baking dish with extra-virgin olive oil, then fill with the oyster mixture and smooth the top with a spoon. Drizzle with olive oil and sprinkle with Parmesan cheese.

Bake in a preheated 450°F oven until golden brown, 12-14 minutes. Let rest for 5 minutes, then spoon onto appetizer plates. (Or, you can bake this dressing in individual ramekins.) Garnish with fresh Italian parsley. Serves 4.

*Recipe courtesy of Andrea's Restaurant & Catering, 3100 19th Street, Metairie, LA 70002, 504-834-8583.*



## Shrimp and Mirliton Au Gratin a la “Higgins Boat”

8-10 medium sized mirlitons,  
sliced in half  
2 lbs. salad shrimp  
(70-90's will work fine)  
¼ stick of butter room temp  
½ stick of butter sliced thin  
1 cup diced each: onion, celery  
½ cup diced bell peppers  
(any color)  
¼ cup minced garlic  
½ tablespoon fresh  
minced thyme  
½ tablespoon fresh  
minced basil  
Salt and pepper to taste  
¼ cup chopped parsley  
1 cup panko bread crumbs  
1 cup Italian bread crumbs

Place sliced mirlitons in pot of salted water and boil for 45 minutes till tender. Remove from water and let cool. Scrape meat of mirlitons from skin, remove pith, reserving meat in colander to allow remaining water to drain from scrapped mirlitons. In large sauté pan, melt butter and place sliced onions, celery, bell peppers, garlic and herbs in pan. Cook till vegetables are tender (3-5 minutes). Add shrimp and continue to sauté 2-3 minutes. Add steamed mirliton meat and continue to cook for 20 minutes on medium heat until well incorporated. Fold in mixture of bread crumbs ½ cup at a time until stuffing is stiff. Fold in chopped parsley. Add sliced butter, folding in to add flavor and moisture to mixture. Season to taste with salt, pepper

Let mixture cool on sheet pan, thinly spread out. Use as stuffing in the original half mirliton shells, for seafood dishes or as a side. Enjoy!

*Recipe Courtesy of Café Normandie at the Higgins Hotel, Curio Collection by Hilton, Official Hotel of the National WWII Museum.*



## HIGGINS HOTEL NEW ORLEANS



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## Corn, Shrimp and Sweet Potato Bisque

2 tablespoons butter  
½ bunch celery, finely chopped  
½ onion, finely chopped  
⅛ cup minced garlic  
Pinch dried tarragon  
1 bay leaf  
Pinch thyme  
Pinch cayenne pepper  
Pinch white pepper  
Pinch paprika  
1 cup of white wine  
24 whole raw medium shrimp, washed  
½ cup flour  
½ jar shrimp base  
1 quart heavy cream  
1 lb. blond roux (½ cup butter and ½ cup flour)  
2 oz. cream sherry  
1 pound roasted sweet potato pulp  
1 ½ cups sweet corn  
(boiled and removed from the ear or canned/frozen)

In a large saucepan, melt 2 tablespoons butter and add the celery, onions, garlic and spices (tarragon, bay leaf, thyme, cayenne, white pepper and paprika). Cover the pan and cook the vegetables slowly until they are tender. Add the white wine and the shrimp and poach for about 8 minutes. Remove and reserve the shrimp. When the shrimp are cool enough to handle, shell and devein twelve of them. Dice the meat and reserve it. Put diced shrimp back into the kettle with the mirepoix and poaching wine. Add the shrimp base, bring the soup back to a boil and simmer for 20 minutes. Strain it through a fine sieve. If it's too thick, add a little milk. Strain it again through a thickness of cheesecloth. Add heavy cream and sherry then whisk in puréed sweet potato pulp. Simmer 10 minutes. Whisk in roux, simmer 5 minutes, then strain. Add corn, simmer 5 minutes. To serve, top with reserved whole shrimp and Crème Fraiche (or substitute unsweetened whipped cream).

*Recipe courtesy of Broussard's Restaurant prepared by Executive Chef Neal Swidler.*



## NEW ORLEANS

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## Cajun Stuffed Mirliton with Ground Beef and Shrimp

4 mirlitons cut in half lengthwise  
1 lb. ground beef  
1 lb. shrimp (70 count)  
¼ lb. butter  
1 cup diced onions  
½ cup diced celery  
¼ cup diced green bell pepper  
2 tablespoons minced garlic  
2 cups Italian bread crumbs  
Salt & pepper to taste

Boil mirlitons in water until fork tender and remove seeds. Drain in a colander until cool. Melt butter in a pot on medium – high heat. Add ground beef and brown. Add onions, celery, green peppers and garlic – cook until wilted. Add shrimp and cook until they are pink in color. Add the mirliton pulp and mix well, cook until hot. Season to taste with salt and pepper. Add bread crumbs to absorb liquid. Fill the mirliton shells with the mixture. Sprinkle bread crumbs on top and bake at 375°F until brown. Serves 8.

*Recipe courtesy of Riverboat City of New Orleans.*



## RIVERBOAT CITY OF NEW ORLEANS



The Riverboat CITY of NEW ORLEANS will have her inaugural cruise in January 2019. She was built as the Rock Island Casino boat in northern waters. Purchased as a sister boat for the Steamboat NATCHEZ, she underwent a massive 18 month remodeling, resulting in a state of the art riverboat with private dining areas on three decks, live music, calliope concerts, brunch every morning cruise and dinner each night. She will dock at our Toulouse Street Dock in the heart of the French Quarter.

**800-233-2628 | [RiverboatCityofNewOrleans.com](http://RiverboatCityofNewOrleans.com)**

## Roasted Root Vegetables Herbs de Provence

---

2 lbs. fresh beets  
2 lbs. fresh yams  
2 lbs. fresh turnips  
¼ cup olive oil  
¼ cup Herbs de Provence  
Salt and pepper to taste

Heat oven to 400°F. Peel beets, yams and turnips. Cut into 1-inch cubes. Toss vegetables in olive oil. Sprinkle Herbs de Provence and mix well. Place vegetables on a sheet pan, season with salt and pepper.

Roast in oven for 45 minutes to an hour or until fork-tender. Serves 8

\*\*Note. When peeling beets, use plastic gloves. If not, your hands will be stained.

*Recipe courtesy of Steamboat Natchez.*



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## Boot Hill Bar Oyster Gumbo

1 cup vegetable or canola oil  
1 ½ cup all-purpose flour  
1 large yellow onion  
3 stalks of celery  
2 medium green bell peppers  
(or Poblano for more kick)  
4-5 garlic cloves, thinly sliced  
4 dozen fresh oysters,  
shucked, strained and liquid  
reserved  
3 cups sliced okra  
Healthy sprig of thyme  
½ teaspoon cayenne  
1 teaspoon chili powder  
1 teaspoon ground  
black pepper  
2 teaspoons paprika  
½ teaspoon white pepper  
2 tablespoons salt in a  
pinch bowl  
A few shakes of CRYSTAL  
hot sauce  
½ cup sliced green onion  
Pinch red pepper flakes  
1 clove garlic  
1 gallon chicken or shrimp  
stock or oyster liquor

Prepare and measure out all ingredients and set aside before starting the cooking process so you can focus on the task at hand. Chop the onions, celery, peppers and slice the garlic and set aside. Shuck and drain the oysters and reserve the juice. Slice and roast your okra in a 300°F oven for about 6-8 minutes to cook off the slime and set aside.

Heat oil in a heavy bottomed or cast iron Dutch oven over medium high heat.

When the oil is hot, but not smoking, add the flour and begin whisking constantly and lower the heat to medium. As the roux darkens, lower the heat gradually to avoid scorching the roux. (Alternatively, you can start the roux on the stove and then put it in the oven at 300°F and check it occasionally. This process takes longer but is very effective.)

When your roux is at the smooth dark brown stage (think chocolate), add your onions and stir in slowly. Beware the steam coming from the roux, it is HOT! The onions will release their sugar and darken the roux. Cook for about 2-3 minutes, then add the celery, peppers, garlic, thyme and seasonings and cook for another 2-3 minutes.

Begin whisking in the stock gradually, allowing the liquid to heat up before adding more. When all liquid is incorporated, bring to a boil, being sure to whisk occasionally as the roux can still burn at this point.

Skim any excess oil off the top while allowing to simmer for about 20 minutes. Add the okra and half of the oysters and any oyster juice. Simmer for another 20 minutes. Season as needed.

Toss remaining oysters in seasoned corn flour and fry until crisp. Serve in a big bowl with rice and green onions and adorn with the fried oysters. *Laissez les bon temp roules!!*

*Recipe courtesy of Chef Dan at Boot Hill Bar, Amite, LA., boothillbar.com.*



## Heirloom Tomato, Burrata and Louisiana Crab Salad

Heirloom tomatoes of different sizes and colors, sliced or quartered  
16 oz. container premium lump Louisiana blue crab meat  
4 oz. buratta cheese  
Chopped chive for garnish

### Green Goddess Dressing

½ cup mayo  
½ cup buttermilk  
¼ cup fresh chive, chopped  
¼ cup fresh flat leaf parsley  
¼ cup fresh tarragon  
¼ cup fresh cilantro  
1 tablespoon lemon juice  
2 anchovy fillets

### Green Goddess Dressing

Place dressing ingredients in blender and blend till smooth in texture. Chill for a couple hours before serving.

To assemble salad, spoon dressing on bottom of plate. Arrange sliced tomatoes on dressing and place desired amount of Louisiana blue crab meat on top of tomatoes. Sprinkle with pinched off pieces of burrata cheese and garnish with chopped chive.

Recipe courtesy of LOLA Restaurant, Covington, LA.



## ST. TAMMANY/LOUISIANA'S NORTHSHORE



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# Cajun Grits and Grillades

## Grillades

- 1 - 4lb. pork tenderloin, in ½ inch slices (this forms medallions)
- 3 cups all-purpose flour
- 2 cups canola oil (maybe more if your skillet is large, read below)
- 4 yellow onions, medium diced
- 2 bell peppers, medium diced
- 1 bunch celery, medium diced
- 4 cloves garlic, minced
- 8 bay leaves
- 1 can diced tomatoes with green chilies
- 2 quarts pork or chicken stock
- Benoit's Cajun Seasoning to taste
- Salt to taste

## Grits (serving for 8)

- 4 cups water
- 1 cup Quaker 5 minutes Grits
- 2 heaping tablespoons of bacon grease
- ½ block butter
- Benoit's Cajun seasoning to taste
- Salt to taste
- Garlic powder to taste

## Grillades

Lightly pound pork slices with a mallet. Season with Benoit's seasoning mix and salt. Pour flour in a pan and then dust pork in flour.

In pot #1: Pour approximately ½ inch worth of oil in a large heavy skillet. Heat oil over high heat and brown pork on both sides, in batches, for about 2 minutes per side. The goal is to continue frying the pork medallions on medium/high. The bottom of the pot will consist of browned flour (but not burnt). If it turns black, then you've cooked on high and your gravy base is burnt. After browning, place medallions on a tray lined with a paper towel.

When pork has all been browned, you will create the succulent brown gravy by first pouring out as much of the grease as you can. The bottom of the pot should consist of browned flour (not burnt black flour). Keep the gravy content in this pot until it is time to pour it into pot #2.

In Pot #2 (Dutch oven): Add ¼ inch worth of cooking oil, onions, peppers, celery, garlic, bay leaves and diced tomatoes, and cook, stirring constantly. You will want to cook the vegetables first on medium/high. Cover the pot with the lid making all the liquids seep from the vegetables. Keep covered for about 10 minutes. Then, remove the lid, lower your heat to medium and continue sautéing the vegetables for about 30 minutes. If needed, add a little water to keep the vegetables from burning and sticking too much. The goal is to cook these vegetables down to a purée. The onions should be cooked down for about 40-45 minutes total. You may see the vegetable mixture turn the bottom of the pot dark brown, but not burnt.

Then, add stock, brown gravy contents from pot #1 and season with Benoit's seasoning and salt. Stir and cook over medium heat for about 5 minutes. Return pork to Dutch oven and simmer over medium low heat for 40 minutes, until meat is very tender. You should be able to cut the medallions with a fork but not cooked so much as they come apart on their own.

## Grits

While pork is cooking, begin the grits in another pot. Add grits, water and salt in a pot and bring water to a boil. Reduce heat to medium-low and cook 4-5 minutes or until thickened, stirring occasionally. Add butter, bacon grease, garlic powder, Benoit's Cajun Seasoning. Then lower heat to low and continue cooking for 35 minutes more. The goal is to make the grits very creamy by stirring constantly and adding a little water when the grits get too stiff. You want the consistency of the grits to be creamy but not runny and not so firm that you can cut them with your fork the minute they are out of the pot. Taste the grits before serving to make sure you've added enough garlic and seasoning.

## Serving the Grits and Grillades

Place approximately 2 large serving spoons of grits on your plate. Then scoop up some gravy with a large serving spoon and place on grits making a hole in the center of the grits making a little crater for the gravy to stay. Place approximately 2 to 3 pork medallions on top of the grits. Add scallops on top for garnishing.

*Recipe courtesy of Sandra Booher at Louisiana Cajun Mansion B&B.*



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[jeffdavis.org](http://jeffdavis.org)



### VERMILION PARISH TOURIST COMMISSION

Whether it's shrimp, ducks, flowers or eggs, Vermilion Parish celebrates with great music, delicious Cajun food and plenty of dancing in the streets! Come on down and join the fun!

**337-898-6600**  
[mostcajun.com](http://mostcajun.com)



### BATON ROUGE ZOO

BREC's Baton Rouge Zoo connects people with animals, including tigers, giraffes, rhinos & alligators. Our Realm of the Tiger, Flamingo Cove, Giants of the Islands, L'aquarium de Louisiane, & KidsZoo exhibits offer fun & education for all ages.

[brzoo.org](http://brzoo.org)



### BREC'S FARR PARK EQUESTRIAN CENTER & RV CAMPGROUND

Adventure's afoot at one of the area's largest and most versatile centers for horse enthusiasts with trail riding, lessons and special events for all ages and skill levels.

**225-769-7805**  
[brec.org/farr](http://brec.org/farr)



## STATEWIDE LISTINGS



### BREC'S MAGNOLIA MOUND PLANTATION

Take a step back in time and explore the life of French Creoles who formed the fascinating culture which still influences life in southern Louisiana with programs, workshops, daily guided tours and other special events.

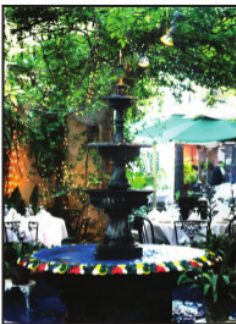
[brec.org/magnoliamound](http://brec.org/magnoliamound)



### OAK ALLEY PLANTATION RESTAURANT & INN

Oak Alley Plantation, Restaurant & Inn invites visitors to enjoy the combinations of traditional local kitchen recipes and Executive Chef Erin's culinary training and experience. Oak Alley offers the best of the local and a taste of the creative.

800-44Alley  
[OakAlleyPlantation.com](http://OakAlleyPlantation.com)



### COURT OF TWO SISTERS

The Court of Two Sisters, located in the French Quarter, serves Jazz Brunch seven days a week! Brunch is served in the large, picturesque courtyard and the buffet features over 60 items including New Orleans classics such as Grits and Grillades, Turtle Soup, Shrimp Etouffee, and Duck a la Orange. A three-course dinner and an a la carte menu are offered at night. Reservations recommended.

504-522-7261  
[courtoftwosisters.com](http://courtoftwosisters.com)



### ST. BERNARD PARISH TOURISM

Known for seafood, St. Bernard restaurants take the morning catch and serve a culinary delight for lunch and dinner. But don't forget the homestyle cookin' either, you won't leave this parish hungry!

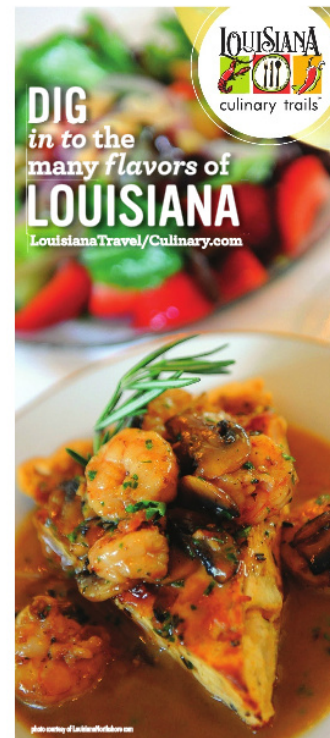
504-278-4242  
[visitsbernard.com](http://visitsbernard.com)



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