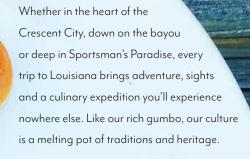
LOUISIANA culinary trails RECIPE BOOK



APPETIZING ADVENTURES

Savor the treasures on Louisiana's culinary trails



Here in Louisiana, eating well is a way of life.
From crawfish to boudin, king cakes to snoballs,
we've got a treat for every occasion, and our seasons
are marked by the food that they bring. Before you
embark on your journey or after you return, use the
recipes in this book to create an authentic taste of
Louisiana in your own kitchen.

So, save up your appetite and prepare your palate, because you're about to begin the ultimate tastetesting journey. Start your vacation within our pages, and then visit **ExploreLouisiana.com/Culinary** and **LouisianaLibations.com** for a comprehensive look at the culinary delights and hand-crafted brews, wines and liqueurs found only in Louisiana.

ExploreLouisiana.com/Culinary



@la_culinary

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LouisianaTravelAssociation.org

COME TASTE WHY THE NEW ORLEANS AREA IS LAUDED FOR SOME OF THE MOST INVENTIVE AND DELICIOUS FOOD IN AMERICA



New Orleans cuisine is built on a tradition that stretches from Paris to Port au Prince and from Cadiz to the Congo. It's one of the reasons we live here and why you come to visit. Every day, the city's more than 1,000 eateries ready themselves to welcome their guests with gusto. They spoon the gumbo, blacken the redfish, smoke the pork and plate the dishes with a respect for the old flavors and a warm welcome to new trends.

Here, you can peruse where to dine outdoors, learn the difference between Cajun and Creole cuisine and find the best spots to eat with kids that adults can appreciate as well. You can dine healthy, eat fried seafood, devour po-boys and find out where they got their name. Take a class at one of the city's cooking schools, explore ethnic cuisine at Vietnamese pho houses and Salvadoran pupuserias. Looking for vegan, vegetarian or gluten-free options? Yes, yes, and yes. The New Orleans dining scene is a brilliant reflection of the city's diverse history, culture and neighborhoods.

Head out of the city to the **River Parishes**, where Cajun meets Creole. For a taste of the region's specialty, andouille, head to **Wayne Jacob's Smokehouse** for an andouille burger or andouille chips served with Creole mustard. At **Spuddy's Cajun Foods** in Vacherie, Louisiana, you'll put the paddle in your hands to make your own andouille and smoked sausage or your own jambalaya and gumbo. While cooking your meal, you'll enjoy listening to stories and foot-tapping Cajun and Zydeco music.

Almost directly between Baton Rouge and New Orleans, not far off Interstate 10, lies a cluster of communities that make up **Ascension**Parish thriving with generations of family owned restaurants and great southern culinary flair.

Family owned restaurants like **Mike Anderson's Seafood** and **Sno's Seafood and Steakhouse** have been here for more than forty years, providing the area with new twists on authentic cuisine for generation after generation. In the parishes' Historic District of Downtown Donaldsonville, set in the casual atmosphere of a beautifully restored 1920's building that hosts rotating collections of colorful works of area artists and the sounds of local musicians, lies the **Grapevine Café and Gallery**.

Every great culinary destination has an exceptional must see and taste in the south. For Ascension Parish, it's "The Crown Jewel of the River Road," Houmas House and Gardens. Houmas House, one of the South's oldest and most beautiful historic estates, is the home of Latil's Landing Restaurant, The Carriage House Restaurant and Dixie Cafe, each providing guests with a culinary experience of a lifetime all on its own.

So what's this "unique and authentic flavor" you've been hearing so much about? I guess you'll just have to come visit and taste for yourself!

LOUISIANA'S RIVER PARISHES



Welcome to the Andouille Trail, a unique culinary byway located in Louisiana's River Parishes and the only place where you can get an authentic taste of this local delicacy.

985-359-2562 | AndouilleTrail.com



CHILLED WATERMELON AND ROASTED PEPPER SOUP

Cooking on an open fire is a technique that Chef Charly associates with his family's Haitian roots, a common way his aunties added the smoky flavors of charred fruits and vegetables into a spectrum of dishes. He remembers his mother using lemon juice to brighten meats and seafood and charring vegetables to add depth of flavor into a sauce. This refreshing chilled soup with its lively notes of citrus and spice bring ingredients together that remind him of both New Orleans and Haiti, two cuisines that are engraved into his culinary DNA.

4 cups cubed watermelon
2 green bell peppers
½ scotch bonnet pepper
1 onion
3 tsp. chopped parsley
4 tbsp. Crystal hot sauce
3 tbsp. Creole seasoning
½ cup white wine vinegar
⅓ cup cane syrup
2 limes, juice and zest
4 tbsp. fresh lemon juice
Fresh crabmeat, optional
Plantain chips, optional

Serves 2

On an open flame, roast peppers until skin is completely charred, rotating so that the char is even. Immediately place the charred pepper in a pot or metal bowl with a tight fitting lid. Cover and let it



stand for 10-15 minutes or until the pepper is cool enough to handle. Carefully peel away the charred skin. Discard. Cut up pepper, removing and discarding the ribs and seeds.

Cut a large onion in half and roast over a flame until the cut surface is blackened. Use a knife to pare away any char from the onion.

In a large bowl, combine all ingredients and blend with an immersion blender or in a traditional blender until semi-smooth. Chill before serving.

Top with fresh crabmeat and plantain chips, optional.

Courtesy of Chef Charly Pierre, Fritai, New Orleans



NEW ORLEANS

Some people eat to live, but New Orleanians live to eat. Enjoy a little taste of New Orleans at home, until your next visit to our city's delicious, one-of-a-kind restaurants.

504-566-5011 | NewOrleans.com

A SWEET CULINARY EXPERIENCE



From authentic Louisiana cuisine and succulent fresh seafood, to world class jambalaya, cafe au lait, bread pudding and more, whatever you're craving, you'll find it in Ascension Parish.



Eat & Stay a while in Ascension





Nestled between New Orleans and Baton Rouge, at the soul of these beautifully blended cultures is the delicious foods that have shaped the local essence of Louisiana's Sweet Spot and made it into the true Southern gem it is today.

A place at the heart of what makes southern Louisiana such a special destination. Where soul food merges with Creole cuisine, and where art, agriculture and industry meld to echo yesterday and today. Ascension Parish is Louisiana's Sweet Spot.



a





SEAFOOD STUFFED SHRIMP

2 tbsp. butter 1 shallot, minced 3 cloves garlic, minced 1 stalk celery, minced 2 tbsp. flour ½ lb. medium wild American shrimp, peeled, deveined and chopped ½ lb. jumbo lump crabmeat 1 green onion, minced ½ cup shrimp stock or water ½ cup fresh breadcrumbs 1 tsp. crushed red pepper flakes Salt and pepper ½ cup dried breadcrumbs ½ cup grated parmesan cheese ½ cup olive oil 1 tsp. fresh thyme 18 jumbo wild American shrimp, peeled with heads and tails on

Serves 6

Preheat the oven to 425°F. Melt the butter in a medium skillet over mediumhigh heat. Add the shallots, garlic, and celery and cook, stirring often, until the vegetables are soft, about 5 minutes. Sprinkle the flour into the skillet and stir until mixed into the vegetables. You're making a blond



roux. Add the chopped medium shrimp, crabmeat, and green onion. Slowly add the stock, stirring until sauce thickens; remove from the heat. Add the fresh breadcrumbs, pepper flakes, salt, and pepper. Set the stuffing aside.

Mix together the dried breadcrumbs, Parmesan, oil, and thyme in a small bowl until the oil moistens the mixture. Set the topping aside.

With a small knife, butterfly the jumbo shrimp by making a deep incision down the back of each. Remove the vein, keeping the head and tail intact. Smear some olive oil all over the shrimp with your hands. Salt and pepper well and transfer to a baking pan, open side up.

Generously fill each jumbo shrimp with stuffing and top with the bread crumb topping. Bake until golden, 12-15 minutes.

Courtesy of Houmas House and Gardens



LOUISIANA'S SWEET SPOT, ASCENSION PARISH

Where soul food merges with Creole cuisine, and where art, agriculture and industry meld to echo yesterday and today. Come enjoy casual to fine dining with fabulous farm-to-table dishes in Ascension Parish.

888-775-7990 | VisitLaSweetSpot.com

WAYNE JACOB'S ANDOUILLE CHEESECAKE

½ cup butter
½ link Wayne Jacob's andouille
casing removed and sliced
l leek, chopped and washed
red pepper, seeded and diced
l6 oz. cream cheese
¾ cup mayonnaise
3 eggs
2 tbsp. Creole mustard
l tsp. salt
l tsp. black pepper

Crust

2 tbsp. biscuit mix

1 ½ cups Italian breadcrumbs ½ cup grated parmesan cheese 3 tbsp. butter ½ cup pecan pieces 3 dashes Tabasco®

Serves 12

This delicious, savory cheesecake can be served warm or cold. It is perfect for parties and can be made into bite-size hors d'oeuvres as well.

Melt butter in a large pan over medium heat. Sauté andouille, leek, and red pepper. In a stand mixer, combine cream cheese, mayonnaise, eggs, mustard, salt, pepper, and biscuit mix. Add andouille mixture to cheese mixture and mix well to incorporate.

Crust

In a separate bowl or food processor, combine all crust ingredients. Press crust into greased 9 inch springform pan and bake at 350°F for 10 minutes. Pour andouille and cream cheese mixture into crust and bake at 350°F for 1 hour or until set. Remove from oven and let rest for at least 30 minutes before removing the spring form mold.





LOUISIANA'S RIVER PARISHES

The Andouille Trail is a unique culinary byway in Louisiana's River Parishes that will introduce you to our contribution to Louisiana cuisine. You'll find producers with wooden smokehouses, recipes that have been handed down for generations, and restaurants serving up andouille in traditional and inventive new ways.

866-204-7782 | 985-359-2562 | andouilletrail.com



CHARMING TOWNS, FARM-FRESH HARVESTS & RESTAURANTS WITH SCENIC VIEWS

Visit **The Northshore** where flavors boldly mingle and life is oh, so good. It's not a dream. It's a destination. One that is closer than you think and perfectly made for weekends spent together.

Moments and food should be savored in **St. Tammany Parish**. From farmers markets and local produce to fresh seafood and beautifully plated regional specialties, there's something for everyone. Start your culinary adventure early Saturday morning at the **Covington Farmers**Market or the **Slidell Camellia City Market**. Vendors tempt with Creole and heirloom tomatoes, seasonal blueberries and satsumas, homemade tamales, stuffed artichokes and more. Stop by the **Mandeville Trailhead** for fresh produce, hand-made crafts, and live music by the old station depot. On Sundays, head over to **Abita Spring's Market** for fresh eggs, sweet potatoes, collard greens and baked goods or the **Madisonville Market** for a wide variety of foods, goods, and gifts.

Take in the culture and landscape from restaurants with a view of the lake or one of The Northshore's scenic bayous. Savor gumbo or feast on spicy boiled crawfish in a dining room, on a desk or one of the many culinary festivals celebrated in the parish. In Slidell, stop by **Palmettos on the Bayou, eight60 Wine, Whiskey and Bites,** or **Gilligil's Island**. Watch the sun set over Lake Pontchartrain while dining at **Pat's Rest Awhile** in Mandeville. Slurp oysters and sip cold beer by the Bogue Falaya River at **The Chimes** in Covington or spend a lazy afternoon beside the Tchefuncte River in Madisonville at **The Anchor, Morton's Seafood** or **Abita Roasting Company**. Experience southern fare and charm in downtown Covington at the elegant **Del Porto**, down the street at **LOLA** in an old train depot, or on the covered patio at **Meribo**.

It's not all about food on the Northshore. Popular nationwide, **Abita Beer** is still made on The Northshore, with the brewery featuring a popular tasting tour. Wine lovers will enjoy the fresh taste of **Wild Bush Farm + Vineyard** with tours and tastings, along with their outdoor concert series. The Northshore's culinary scene will awaken your senses and season your soul.





CRAWFISH AND SHRIMP ROLL SERVED WITH ZAPP'S POTATO CHIPS

Lemon & Herb Mayo:

32 oz. Blue Plate Mayo

5 ea. lemon

1 cup chopped fresh dill

1 cup chopped fresh tarragon

3 oz. seasoned rice

1 oz. wine vinegar

Old Bay seasoning (or your favorite seafood spice blend)

Rolls:

2 cups lemon and herb mayo

3 boiled Louisiana shrimp

2 boiled Louisiana crawfish tails

6 Pistolettes (We recommend the

7" Pistolettes from Dong Phoung

Bakery)

1 cup chopped fresh dill

1 cup fresh chives

1 cup melted butter

6 bags of your favorite

Zapp's Potato Chips

Serves 6

Lemon & Herb Mayo:

In a large mixing bowl, combine all ingredients and season with salt if needed. The extra sauce can be kept in your fridge and saved for french fry dipping, fried seafood dip, or burger sauce.

Rolls:

Start by cutting your boiled shrimp into quarters or halves depending on the size. Add your shrimp, crawfish, chive, dill and mayo to a large mixing bowl and combine with a spoon until mixed well and set aside.



Take your pistolettes and with a serrated knife cut a slit down the top $\frac{3}{4}$ of the way down to open up for stuffing. Brush the pistolettes with melted butter and place them on a baking sheet tray in a 350° F oven for 2 mins to toast. You can add another minute to the oven time if you would like a crispier top

Remove pistolettes from the oven and stuff pistolettes with the seafood mixture. Serve with a bag of your favorite Zapp's Potato Chips and enjoy.

Courtesy of Chef Ross Dover, Palmettos on the Bayou



THE NORTHSHORE

Visit The Northshore delivers world-class culinary flavors, thriving downtowns, aspirational adventures and plenty of outdoor recreation to enjoy. The Northshore is easy to discover, hard to leave, created for moments and seasoned for memories.

800-634-9443 | VisitTheNorthshore.com

LOCAL FARE DICED WITH GENERATIONS OF INTERNATIONAL INFLUENCES

Louisiana's capital city is home to an abundance of local favorites that captures the essence of its rich cultural heritage and culinary traditions. Whether it's indulging in a piping hot bowl of gumbo at **Dempsey's** or diving into a fresh plate of oysters straight from the Gulf of Mexico at **Phil's Oyster Bar**, you will find yourself in a culinary paradise in **Baton Rouge**. For a finer dining experience, **Louisiana Lagniappe** is an excellent choice to feast on Cajun and Creole entrees.

For a laid-back nightlife ambiance, **Mid City Beer Garden** is a hotspot for locals on a Saturday evening. Sip on seasonal cocktails while savoring their classic pretzel with a tangy twist of coarse ground mustard and dip it in a small cup of tomato basil soup that's pure bliss. Newcomer **Pelican to Mars** brings a tiki flair to the scene, offering beer and wine on tap in a mid-century inspired setting. Located in the Garden District, **Zeeland Street** awaits with a variety of home-cooked meals perfect for breakfast or lunch. Come "reste un peu" (stay a while) in downtown Baton Rouge, where magic happens at **Cecelia Creole Bistro**. Brace yourself for their renowned skillet cornbread, a culinary masterpiece that's beyond comparison once you top it with their maple bourbon glaze syrup.

The only thing Louisianans love better than food is serving it up with a healthy dose of football. Navigate the tailgating crowds at Southern University, the largest historically black college or university (HBCU) system in the country, and Louisiana State University, where mouthwatering BBQ and spicy jambalaya are waiting to be devoured before the big game. Keep the celebration going and good times flowing after the game at **Soulshine Kitchen & Bar**, where downhome soul food is at the forefront of the menu. For your pizza fix, stop by **Light House Bar & Pizzeria** for a slice of cheesy heaven paired with your favorite libation.

The most mouthwatering treats are always found where the locals eat in **Tangipahoa Parish!** Start your day by finding your way to Kentwood, where you'll enjoy an eggcellent breakfast at **The Café**. Louisiana seafood on your wish list? Head south to Amite to find your new favorite lunch dish at **Mike's Catfish**. No need to restrict what makes your tastebuds tick. End your day in the very best way at Ponchatoula's **The District**.



REDFISH ON THE HALF SHELL

Redfish:

2 each 10-12 oz., scale & skin on redfish fillet

Olive oil, minimal amount brushed on each fillet

Kosher salt and fresh ground black pepper to taste

Lemon butter sauce:

½ shallot, chopped
½ tbsp. oil
1 lemon, peeled
½ tsp. fresh thyme
½ tsp. peppercorns
1 bay leaf
½ cup white wine
½ cup cream
1 lb. unsalted butter, chopped
and chilled
Kosher salt and white pepper
to taste

Corn relish:

l oz. butter
4 oz. corn kernels, fresh or frozen
1 jalapeño, minced
1 tsp. garlic
1 shallot, minced
½ cup diced red bell pepper
1 tbsp. heavy cream
1 tbsp. bourbon
1 tsp. thyme, minced
1 tsp. cilantro, minced
½ tsp. creole seasoning

Visit BATON ROUGE

Redfish:

Brush the flesh side of the redfish with olive oil and season well with kosher salt and black pepper. Place the fillets on a hot grill, scale side down, for 5 minutes, or until the skin is seared. Remove the fish from the grill and place it in a broiler set at 350°F for 3-5 minutes.



Lemon butter sauce:

Lightly sauté shallot in oil. Add the lemons, thyme, peppercorns, bay leaf and white wine. Reduce by ½ and add the cream and reduce by ½. Add the butter piece by piece, stirring to incorporate after each addition. Season to taste with salt and white pepper. Strain through a fine sieve before serving.

Corn relish:

In a skillet over medium heat sauté melt half the butter, once foaming add the shallot and peppers, sauté for 2 minutes. Add the garlic and cook until fragrant about 1 minute, then add the corn and heat through. Flambé the bourbon in the pan and when the flame is out, remove from the heat and add the creole seasoning, cream, butter, cilantro and thyme. Toss a few times in the pan to melt the butter and glaze the relish.

Set the grilled fish onto a serving platter and top with the corn relish. Serve the lemon butter on the side.

Courtesy of Chef Frederic Terluin, Rouj Creole

VISIT BATON ROUGE

Embark on a culinary adventure through Louisiana's capital city, where Cajun and Creole influences combine to ignite your palate. Taste local favorites and savor every bite as you immerse yourself in an authentic Louisiana experience along the Mississippi River.

225-383-1825 | VisitBatonRouge.com

FULL OF FLAVOR

There's no better way to experience Baton Rouge than to feast on the decadence that is the Capital City's culinary scene. From classic Cajun and Creole, to the explosive flavors of modern fusion, every ounce of Baton Rouge is worth savoring.

Get a taste of the Baton Rouge experience at visitbatonrouge.com



AN AUTHENTIC LOUISIANA EXPERIENCE

STRAWBERRY PECAN CAKE

Cake:

1 box white cake mix

1 box strawberry jello (small)

1 cup vegetable oil

½ cup milk

4 eggs

1 cup frozen strawberries, thawed

1 cup coconut

1 cup pecans, chopped

Frosting:

1 stick oleo (margarine)

1 box of powdered sugar

1 cup frozen strawberries, thawed and drained

 $\frac{1}{2}$ cup coconut

 $\frac{1}{2}$ cup pecans

Cake:

Preheat the oven to 350°F. Mix all cake ingredients together in a large bowl. Grease three (3) 8" or 9" cake pans and evenly distribute the mix in each pan. Bake in the oven for 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow it to cool before frosting.

Frosting:

Mix all the ingredients together and spread between layers and on top of cake.

Courtesy of Janet Dufreche





TANGIPAHOA PARISH

Sip and snack your way through Tangipahoa Parish, Louisiana's hottest foodie destination! At the Crossroads of Louisiana, the melting pot of our cultures cooks up something for everyone.

800-542-7520 | TangiTourism.com





MAKE ROOM FOR A SPICY ADVENTURE

They say the best way to see Louisiana is from the water, so grab those sunglasses and hit the bayous from Morgan City to Lafayette. Home to Cajun and Creole heritage, you'll pass a good time with a generous helping of hospitality, savory seafood and dancing lessons.

There's no better way to experience **Lafayette** than the city's mouthwatering cuisine. Start your day off on the **Cajun Boudin Trail**, which includes over 50 local meat markets serving boudin, cracklin', and all things specialty and smoked meats. For lunch, eat like a local by grabbing a plate lunch at **Laura's II** with a plethora of rice and gravy options and more sides than you can handle. Stop in at **Vestal** for a modern take on fresh, local cuisine and try a classic fried shrimp po' boy at **Old Tyme Grocery**. Want to leave the decision-making up to someone else? **Cajun Food Tours** is the perfect tasting tour of food, culture, and history, allowing you to sample various dishes or local restaurants.

Crawfish and toe-tapping tunes are king in Breaux Bridge, so roll up your sleeves and polish those dancing shoes in **St. Martin Parish**. People come from far and wide for the Saturday Zydeco breakfast at **Buck and Johnny's** so grab a table early. Just a short distance away, you'll find **Jeaux Biffs**, a haven for burger enthusiasts and lovers of American comfort food.

Down the road, in Henderson, Pat's Fisherman's Wharf is a must-visit culinary destination that showcases the best of Cajun and seafood cuisine.

In the sprawling waters of **Houma – Louisiana's Bayou Country**, crawfish is king. Taste for yourself by exploring the **Bayou Country Crawfish Trail** with over 30 trail stops serving up crawfish dishes from po-boys and gumbos, to bake and live crawfish, they've got delicious, cravable crawfish for miles, all year long. If you're looking for an authentic fall-off-the-bone barbeque, try **Big Mike's BBQ Smokehouse**. Feeling nostalgic for the classic ice cream parlor? Swing into **Scarlet Scoop** for delicious treats such as Red Velvet Cake, Salted Caramel and King Cake ice creams.

Head on over to **Iberia Parish** and enjoy overstuffed po-boys, seafood baskets, home-cooked plate lunches and seasonally boiled crawfish at **Bon Creole**. Or, at **Café Jefferson** at the Rip Van Winkle Gardens, enjoy a relaxing lunch under ancient moss draped live oaks overlooking Lake Peigneur. Be sure to not miss the famous TABASCO® brand at the **TABASCO® Restaurant 1868** where they serve authentic Cajun favorites and other classic favorites seasoned with TABASCO® Sauce.

In Louisiana's Cajun Bayou, just 35 miles south of New Orleans, the team in Lafourche Parish have made it easy to enjoy their culinary

scene with the **Cajun Bayou Food Trail**. Stops include **Spahr's Seafood**, a local staple since 1968, serving their famous catfish chips and Bloody Mary's, **Cher Amie's Seafood Restaurant** in Cut Off with their mouthwatering fresh-caught seafood dishes, and **Cinclare** in Thibodaux, a finer dining experience that changes menus with the seasons.

And, in order to get any fresher, you would have to meet the boat at the dock. When you are in St. Mary Parish, you are truly experiencing the **Cajun Coast**. Check out local favorite like **Atchafalaya Café** in Morgan City.

CAIUN COAST SHRIMPLY DELICIOUS FOOD TRAIL



The Cajun Coast has so much delicious dining, including the Shrimply Delicious Food Trail! Visit the site to see all the locations on the trail & enjoy a delicious, jumbo-sized dining adventure! Turn in your receipts for your Shrimply Delicious Trail t-shirt to wear proudly!

985-380-8224 | cajuncoast.com/shrimptrail

BLUE CRAB QUESADILLAS WITH CHARRED TOMATO SOUR CREAM

Sour cream:

1 medium ripe tomato, sliced thick Salt and pepper 4 fl oz. sour cream

Quesadilla filling:

½ lb. fresh blue crab claw meat 3 oz. mascarpone cheese 1 green onion, sliced ½ oz. parsley leaves, chopped 1 tsp. lemon juice Salt and pepper to taste

Quesadillas:

4 medium flour tortillas Quesadilla filling from above Butter for frying ½ oz. parsley leaves, chopped Serves 2

Sour cream:

Season the tomato slices with salt and pepper. Heat a cast iron skillet over high heat. Sear the tomato slices on both sides until they are slightly charred. Remove from pan and place on a plate lined with paper towels. Place in refrigerator to cool completely.

Once cool, chop the tomato slices and mix into sour cream. Set aside.

Quesadilla filling:

In a medium mixing bowl, combine all ingredients and set aside.

Quesadillas:

Spread half the filling on each of the two tortillas. Top each with another tortilla to



© Denny Culbert

assemble quesadillas. Heat butter in cast iron skillet over medium heat. Fry the quesadillas, one at a time, in the butter, flipping the quesadillas over when the bottom tortilla becomes golden brown around the edges. Slice the quesadillas into quarters or sixths and place one set on each of two serving plates. Top with the charred tomato sour cream and the chopped parsley and serve.

Courtesy of Jeremy Conner



LAFAYETTE

Lafayette has a distinct culinary identity as the heart of Louisiana's Cajun & Creole country where tradition merges with a new generation making it an incredible place to eat.

800-346-1958 | Lafayette Travel.com



CRAWFISH ÉTOUFFÉE

2 onions
2 sticks of celery
1 green bell pepper
1 red bell pepper
1 bunch green onions
6 cloves of garlic
2 sticks of butter
1 tbsp. Cajun or
Creole Seasoning
¼ tsp. of salt
¼ tsp. cayenne pepper
⅓ cup of flour
2 lbs. of crawfish tails
2 cups of hot water
(Add more if desired)

Start out by heating a large pot or pan to a low heat. Chop the onion, celery, red bell pepper, green bell pepper, green onions, and garlic. Drop two sticks of butter into your pot and melt completely, then add the chopped vegetables to the pot and raise burner to a medium heat

Add the Cajun seasoning, salt, and cayenne pepper and sauté for about



30 minutes. After 30 minutes of sautéing, push the vegetables to one side of the pot, add the ½ cup of flour and blend into the butter. Once the flour is mixed in well, stir everything altogether.

Sauté for another 30-40 minutes, or until the flour becomes brown in color. Around this time, you want to begin cooking some rice. When you start to see some brown color forming, begin heating 2 cups of water in the microwave.

Add a little bit of hot water to the pot, stir, breaking up anything on the bottom, until it's a creamy mixture. Add the rest of the hot water to the pot and raise the heat to where you see a slight boil.

Cover, and then lower to a simmering heat. Cook for 30 minutes, then add the shrimp to the pot and let simmer for another 10 to 15 minutes. If you feel as though you would like a thinner gravy, just add a little more water. However, also taste it to see if you need more seasoning.

Enjoy Dat!

Courtesy of the Cajun Ninja



EXPLORE HOUMA

With more water than land, Explore Houma is a premier destination for seafood and is home to the Bayou Country Crawfish Trail. Offering a Heads season and Tails season, you're able to find mouthwatering seafood dishes across Louisiana's Bayou Country all year long!

985-868-2732 | explorehouma.com | crawfishtrail.com



GRADY V'S FRIED CRAWFISH MONICA PASTA

8 oz cooked pasta
4 oz. Louisiana crawfish
tails, divided
16 fl. oz. heavy whipping
cream
1 tsp. shallots, minced
T tsp. garlic, minced
1 tsp. blackened seasoning,
Redfish Magic
1 tsp. butter

4 oz. parmesan cheese,

divided

2 oz. buttermilk 4 oz. fish fry

l oz. green onions, for garnish Oil for frying Serves 1

Preheat oil in a Dutch oven to 350° F. in a large sauté pan over high heat. Add butter, shallots, and garlic for 1-2 minutes. Then add 2 oz. crawfish, cream, blackened seasoning and reduce by half. Add 2 oz. cheese and pasta and reduce until thick sauce consistency. Season 2 oz. of crawfish for 1-2 minutes just until crispy. Plate the pasta in a large bowl, top with remaining cheese, top with fried crawfish, and garnish with green onions.



Courtesy of the Chef Brent Daigle



LOUISIANA'S CAJUN BAYOU

You gotta try this! Just 35 miles south of New Orleans is an authentic Cajun experience unlike any other. Discover this unapologetic Cajun culture in Lafourche Parish!

985-537-5800 | lacajunbayou.com





CAJEN BAYOU

LAFOURCHE PARISH

VIEW OUR UPDATED FOOD TRAIL AT

LACAJUNBAYOU.COM/FOODTRAIL

BEEF TENDERLOIN GRILLADES SERVED WITH CREAM CHEESE GRITS

Grits:

2 tbsp. butter
½ cup yellow onion, diced
½ tbsp. coarse black pepper
1 tsp. salt
2 cups milk
1 qt. chicken stock
8 wt. oz. yellow stone
ground grits
½ cup cream cheese

Grillades:

2 lbs. beef tenderloin, cubed into 1 oz. cubes 1 tbsp. canola or vegetable oil ½ cup yellow onion, diced ¼ cup red bell pepper ¼ cup green bell pepper 1 tsp. minced garlic 8 oz can crushed tomato 1 tsp. salt ¼ tsp. cayenne pepper 1 bay leaf 1 at. beef stock ¼ cup Worcestershire sauce 2 tbsp. red wine vinegar 1 tsp. Italian seasoning 2 tbsp. roux 1 tbsp. season all of choice (Ex: Prudhomme's meat magic)

Grits:

Melt your butter on medium low heat in a high walled pot, once melted, add your diced yellow onion and sauté until translucent. Add your dry seasonings, stir, and cook until fragrant (about 2 minutes). Once onions and seasonings are combined, raise the heat to high, add your chicken stock and milk and bring the mixture to a boil. This should take about 10 minutes. Once everything is boiling, reduce heat to medium and add your dry grits. Whisk the grits constantly for 5-10 minutes or until the grits are fully cooked and tender. Once grits are cooked, gently whisk in your cream cheese one tablespoon



at a time. Add more milk or chicken stock if you desire a looser texture. Cook longer if a firmer texture is desired.

Grillades:

Season your cubed beef with your choice of season. In a high-walled pot, brown your beef tenderloin cubes on medium high heat in 1 tbsp. of oil until beef is browned on all sides. Remove browned beef from the pot and add your diced onion and peppers. Cook until veggies start to soften and add minced garlic. Cook for an additional 3-5 minutes until fragrant.

Add dry seasonings and combine, cook for an additional 4-5 minutes. Add liquid ingredients and cook until a hard simmer. Cook for 10 minutes stirring constantly. After 10 minutes has elapsed, reduce heat to medium low and cook for an additional 1 hour.

After one hour, add back in cubed beef and cook for 45 minutes, or until desired consistency is achieved. Serve grits in a bowl, top with grillades and enjoy!

Courtesy of the Chef Kwinn Theriot, Café Sydnie Mae



ST. MARTIN PARISH

St. Martin Parish is the ultimate foodie destination. When you dine with us, you'll sample and savor some of the best authentic Cajun and Creole cuisines from our many family-owned restaurants and cafés.

888-565-5939 | CajunCountry.org





The ultimate foodie destination!



Right in the heart of Cajun Country is St. Martin Parish, home to one of the most authentic cultures in America. While you can enjoy a plethora of outdoor activities, incredible music, and historical attractions, one of the best ways to experience Cajun and Creole culture is through your taste buds.

Plan your visit at cajuncountry.org



SHRIMP & PASTA

1 lb. angel hair pasta
4 cups heavy whipping cream
1 tbsp. dried basil
1 tbsp. fresh garlic, minced
1 tsp. Cajun/Creole seasoning
2 cups Louisiana wild shrimp
½ cup Romano cheese

Cook angel hair pasta as directed.
Set aside. In a large saucepan, add heavy whipping cream, basil and garlic. Add Louisiana wild shrimp and seasonings. Cook three minutes.
Add pasta, cheese and toss.



CAJUN COAST



Seductive waterways, hypnotic beauty. It's one of America's most beautiful, mysterious natural areas complete with abundant Cajun culture and cuisine – including shrimp, Louisiana's favorite crustacean. Experience the Mystically Beautiful Cajun Coast!

985-380-8224 | cajuncoast.com/shrimptrail

ROASTED ROSEMARY PECANS

5 cups Cane River

Mammoth Pecan, halves*

¼ cup fresh rosemary, chopped

1 tbsp. fresh cracked pepper

¼ cup olive oil

2 tbsp. sugar

2 tsps. kosher salt

*Iberia Parish Product

Pre-heat oven to 350°F.

Lay rosemary leaves on cutting board and roll with a rolling pin to crush leaves, then chop. Mix olive oil and remaining ingredients in a bowl; add pecans and toss to coat. Place pecans on rimmed baking sheet and roast for 17-20 minutes.

Recipe courtesy of Cane River Pecan Company.





IBERIA PARISH

Cane River Pecan Company's new Pie Bar on Historic Main Street New Iberia serves gourmet coffee; sweet, savory and seasonal pies; house-made ice cream; pastries, breads, soups, sandwiches and salads.

888-942-3742 | Iberia Travel.com

RIDING THE GULF WATERS, SOUTHWEST LOUISIANA BRINGS TRAILS OF FRESH SEAFOOD & BOUDIN



Home to one of the country's "last great wildernesses," Southwest Louisiana beckons lovers of food, drink and outdoors to Louisiana's Outback, where nature and culture are waiting to be explored.

Get an early rise in **Lake Charles** with a honey lavender latte and fresh artisan pastries from **The Bekery**, the only authentic Parisian bakery in Southwest Louisiana. Then savor a raw, salty oyster, dive into boiled shrimp and taste the delicious recipes that have made Louisiana famous at local restaurants including **Steamboat Bills** and **Seafood Palace**.

On your road trip around the area, snack your way across the **Southwest Louisiana Boudin Trail**, where more than 25 meat markets and grocery stores are serving up unique versions of Louisiana's favorite sausage links.

This is also the land of rice and crawfish farms, and many offer agriculture tours. Sometimes the best stops are the tiny dots on the map. Savor the accents and hometown comfort food in **Jeff Davis Parish** like **Nott's Cajun Restaurant** in Lake Arthur, with delicious Cajun, homemade food.

Don't miss Mike's Seafood and Steakhouse in Jennings, where they have a variety of dinner selections and award winning gumbo. In Welsh, visit the Parish Seafood Company and enjoy seafood and deli specialties from farm to table. For a look into the hopping craft brew scene, head back to Lake Charles and pull up a chair at Crying Eagle Brewing Company or Rikenjaks. Spice up the entertainment at the L'Auberge Casino Resort and Golden Nugget, or try your luck at the Delta Downs Racetrack & Casino Hotel.

lt's big platters, huge smiles and plenty of laughter waiting for you along Louisiana's southwest coastlands.



LOCAL taste

Chefs present what dinner can be. Po' boys straight from the sea.

VisitLakeCharles.org

FLAKE. HARLES

LOUISIANA'S PLAYGROUND

BREAD PUDDING WITH RUM SAUCE

Bread pudding

15 oz. of white sandwich bread

2½ cups of sugar

5 eggs

3½ cups of skim milk

2 tbsp. vanilla

Rum sauce

¼ lb. butter

1 cup sugar

1 egg

 $\frac{1}{4}$ cup white rum

Bread pudding

Preheat oven to 350°F. 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. 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 on high for 20 to 30 seconds until light and fluffy. Serve atop the bread pudding.

Recipe courtesy of Pujo St. Café and Visit Lake Charles.



LAKE CHARLES

For those who relish in both "turning it up" and "tuning out," Lake Charles is Louisiana's premier resort destination, masterfully blending excitement and world-class luxury with relaxation and unspoiled natural beauty.

800-456-7952 | VisitLakeCharles.org

CRAB AU GRATIN

2 lbs. jumbo lump crabmeat
1½ lbs. unsalted butter

4 cups onions, chopped

2 cups celery, chopped

9 cans of Carnation evaporated milk

2 cups flour

2 tsp. salt

2 tsp. black pepper

1 pinch of red pepper

2 cups cheddar cheese, shredded

9 egg yolks

1 bunch of green onion, chopped

1 bunch of parsley, chopped

Serves 12

Sauté vegetables in butter until clear. Add flour and cook for 5 minutes. Add milk and cook on low until well incorporated. After it thickens, add your seasonings and shredded cheese. Temper a few egg yolks, the add them all to the mixture. Let cook for 10 minutes on low heat. Add green onions and parsley. Fold in the crabmeat and heat through. Transfer to greased 12 inch individual casserole or ramekin. Bake at 350°F for 20 minutes.

Courtesy of Mike's Seafood and Steakhouse





JEFF DAVIS PARISH

Jeff Davis Parish has a dish for you! From local meat market boudin and specialty meats to the best fried and boiled seafood around! Grab a homestyle 'plate lunch' or dine on the water!

337-821-5521 | jeffdavis.org

A SCENIC BYWAY OF VINTAGE TOWNS PACKED WITH HOMESTYLE COOKING & DANCE HALLS



Cultural pride runs deep in Louisiana's Cajun prairie land, with some of the oldest European settlements and Native American tribes. From the field to the table, the passion is celebrated with every meal.

Kick up your heels at the many dance halls and music clubs in **St. Landry Parish** or a jam session at **Savoy Music Center**, an accordion factory where admission is beer, boudin or any ability to tap your feet. Don't pass up the chance to spend some time with locals on the banks of Bayou Fuselier at the **Little Big Cup** in Arnaudville. Enjoy fine dining in a casual historic atmosphere while overlooking Bayou Courtableau at **Steamboat Warehouse Restaurant** in Washington.

Of course, no road trip is complete without a stop at **Billy's Boudin & Cracklin** in Opelousas. Billy's is known for their different types of boudin, including crawfish and boudin balls stuffed with pepper jack cheese.

Several towns through the parishes in this region celebrate Mardi Gras season with the traditional Cajun-French "Courir de Mardi Gras," where revelers go from house to house singing and dancing to "beg" for ingredients for a communal gumbo to be served later that evening.

Acadia Parish is the heartland of Acadiana with dishes people drive hours to experience. From specialty meats like boudin and sausage stemming from Cajun and German culinary traditions, to restaurants like Fezzo's voted top Cajun Restaurant for more than a decade, Chef Roy's Frog City Café is known for its pond-to-platter favorites including frog legs, or D.I.'s Cajun Restaurant, serving up Louisiana favorites with a side of live Cajun music!

Come home to Louisiana's prairie lands and experience generations-old cuisine and culture.



POPCORN RICE CRAWFISH CAKES

½ cup mayonnaise ½ cup (3 stalks) green onions, sliced 2 cloves garlic, minced 1 tbsp. lemon juice 1 tbsp. worcestershire sauce 1 tsp. Cajun seasoning ½ tsp. Louisiana Hot Sauce Pinch of salt & black pepper to taste 1 large egg, lightly beaten 1 lb. Louisiana crawfish tails, cooked and peeled 2 cups Cajun Country Popcorn Rice, cooked 1½ cups bread crumbs, divided Vegetable oil for frying Arugula for serving Remoulade sauce for serving Lemon wedges for serving Sliced green onions for serving

Combine the first eight ingredients in a large mixing bowl. Fold in egg, crawfish tails, & rice. Add ½ cup breadcrumbs to tighten up the mixture. If necessary, refrigerate until mixture holds its shape (30 mins. - 1 hour).

Form into 8-10 patties, then gently coat all sides with the remaining breadcrumbs.



Preheat a cast iron (or heavy bottomed) pan over medium-high heat, then coat the bottom with oil. Once oil is heated, shallow fry patties in batches, until golden brown. Set aside on a paper towel lined plate or keep warm in the oven on a cooling rack lined pan.

Serve over a bed of arugula and top with a squeeze of lemon, remoulade sauce, sliced green onions & a sprinkle of Cajun seasoning.

Courtesy of the Cajun Country & Falcon Rice Mill



ACADIA PARISH

Cajun Harvest Country

Acadia is the heartland of Acadiana and its celebrated Louisiana food, music and culture create lasting memories as you explore our cities, towns, and villages to shop, dine, dance and more.

877-783-2109 | Acadia Tourism.org

CHICKEN & SAUSAGE GUMBO

1 (4-5 lb.) chicken, cut into pieces
Tony Chachere's Original
Creole Seasoning*

4 tbsp. LouAna Vegetable Oil*

4 tbsp. 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 qt. water

3 tbsp. green onions, chopped

3 tbsp. parsley, chopped

*St. Landry Parish product

Serves 10

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 1½ hours or until meat is tender. Add additional seasoning along with green onions and parsley.

Serve in soup bowls with Prairie Ronde Rice*.



ST. LANDRY PARISH

St. Landry Parish is gumbo for your soul! We're a rural, heritage destination in South Central Louisiana, a place with Cajun spirit and Creole soul.

337-948-8004 | CajunTravel.com

CLEAR YOUR CALENDAR FOR AN EPICUREAN JOURNEY AND SAMPLE A GLOBAL MENU



On the state's northwest border, the twin cities of **Shreveport** and **Bossier City** are known for their panoramic view of the Red River and their unique blend of flavors. You'll enjoy Cajun and Creole along with Italian and Middle Eastern fare, a heavy dose of country cooking and soul food, a dash of Mexican taquerias and Vietnamese noodle houses. And don't forget the amazing Texas barbeque. Stop by **Silver Star Smokehouse** for a plate of tender, smoky ribs, a sausage platter or a chopped brisket sandwich. For iconic eats, try **Orlandeaux's Café's** Shreveport-style stuffed shrimp. Or check out a new local favorite, **Fat Calf Brasserie** for upscale French-inspired Southern cuisine.

Explore Bossier City's **East Bank District and Plaza**, northwest Louisiana's only open-container district that frequently hosts outdoor block parties, farmers' markets and festivals. There you'll find a bevy of dining options, from **BeauxJax Crafthouse's** Creole and Cajun fare to **Flying Heart Brewery and Pub's** unique craft pizza and candied bacon wings.

Next stop is **Natchitoches**, where historic architecture mingles with true Southern charm in the oldest permanent settlement in the Louisiana Purchase. Of course, the world-famous meat pies at **Lasyone's** are a MUST stop. Then, take a horse-drawn carriage tour through the town's historic district or browse shops along Front Street. Top off the day by enjoying boudin wontons at **Mariner's Restaurant**, then dig into a delicious Italian/Creole blend menu on the banks of Cane River Lake at **Maglieaux's Riverfront Restaurant**.

Nestled in the storied folds of the Cane River, try the **Cane River Commissary**. **The Legacy Café** offers a made from scratch menu with locally sourced ingredients when available. Every purchase made helps fund their mission of helping people overcome barriers to employment.

Louisiana's Legend Country, Vernon Parish, has legendary tastes, from Hazel's Tea Parlor to Brenda's Kitchen Puerto Rican Cousine, along with road-side stops with mouthwatering plate lunches, boudin, and more at spots like Bud's Grocery in Simpson and Strother's Country Store in Pitkin.

In **Toledo Bend Lake Country**, you can find everything from fine dining at Cypress Bend Resort to "Good Food Done Right" at **The Bend Café**. Our Gas Station Eats locations like **Curtis Grocery** serve up great food on the go, and you must travel the **Zwolle Tamale Trail** for a famous Zwolle Tamale at spots like **Bub T's Tamale House**.

From downtown finery to roadside delights, plus riverside views, this region has something for everyone.

NATCHITOCHES



Established in 1714, Natchitoches (pronounced "Nack-a-tish"). Home of the Cane River National Heritage Area, Steel Magnolia

film sites and famous meat pies.

800-259-1714 | Natchitoches.com

SPICED MEXICAN CHOCOLATE POTS DE CRÈME

1 qt. heavy cream

¼ cup brown sugar

1 tsp. vanilla extract

Pinch salt

Pinch cayenne

2 tsp. ground cinnamon

¼ tsp. ground ginger

¼ tsp. allspice

8 oz. chocolate chips

8 egg yolk

Dulce de Leche:

1 can sweet condensed milk

Vanilla Whip Cream:

2 cups whipping cream ½ cup powdered sugar 2 tsp. vanilla extract

Serves 6-8 4 oz. ramekins

In a medium saucepot, bring cream to a simmer at 180 degrees. Stir in chocolate chips until completely incorporated. Add all the spices/salt.

Slowly temper the cream mixture into egg yolks, add slowly to be careful not to curdle the egg yolks.

Once all the ingredients are together, add the mixture back to the pot, using a spatula continuously stirring to ensure the mix doesn't stick or burn. When you reach a custard state, remove from heat and strain through a fine mesh strainer.



Portion into desired ramekins (6 oz ramekins are the best). Place in a water bath and bake at 300°F for 20-30 minutes until slight giggle. Remove from heat and let cool.

Dulce de Leche:

Remove paper from can of condensed milk. Place in Sous vide bath at 185°F for twelve hours. Once cooked, remove from water bath and portion over chilled pot de crème.

Vanilla Whip Cream:

Place all ingredients either in a KitchenAid mixer with a whisk attachment or a bowl using a hand whisk. Whisk until whip cream consistency and portion over chilled pot de crème.

Courtesy of Chef Anthony Felan, Fat Calf Brasserie



SHREVEPORT-BOSSIER

A place with enough flavor, style and soul for two cities – Shreveport-Bossier, Louisiana! From mouth-watering cuisine to riverfront gaming and entertainment, Shreveport-Bossier has a cultural blend you won't find anywhere else.

800-551-8682 | VisitShreveportBossier.org



JALAPEÑO CHEESE BREAD

Starter:

½ cup warm water

3 tbsp. instant yeast

1 tsp. sugar

Remainder:

3-4 cups all purpose flour

1 tbsp. (+1 tsp.) sugar

1 tsp. salt

1 cup warm water

1/3 cup butter (room temperature)

1 tbsp. (heaping) jalapeño slices,

 $\mathsf{diced} \ \& \ \mathsf{drained}$

3 tbsp. shredded cheddar cheese

Starter:

Dissolve yeast & sugar in warm water. Let stand for 5 minutes.

Remainder:

Add flour, sugar, salt, butter, diced jalapeños and warm water. Mix till smooth. Add shredded cheese. Mix till evenly combined. Do not overmix to avoid melting cheese.

Take dough out and knead, forming into a dough ball.

Oil bread pan and place dough ball inside.

Brush top of loaf with melted butter.

Let rise in warm place till well-formed.

Bake in oven at 325°F for 19 minutes.

Courtesy of Sunrise Cookies





DESOTO PARISH

Follow byways and bayous to explore historic sights, quaint churches, charming villages and our local winery, as well as the best gas station eats anywhere! Located 30 miles south of Shreveport.

318-872-1177 | DiscoverDeSoto.com

NATCHITOCHES MEAT PIES

Meat pie filling

1 tsp. 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

Meat pie crust

1 qt. plain flour

2 tsp. salt

to taste 1 tsp. flour

1 tsp. baking powder

½ cup + 1 tbsp. shortening

2 eggs

1 cup milk

Serves approximately 18

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 tbsp. 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 tbsp. 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.

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



NATCHITOCHES

Established in 1714, Natchitoches (pronounced "Nack-a-tish") is the oldest permanent settlement in the Louisiana Purchase and a one-of-a-kind community full of culture, history, recreation, architecture, dining, shopping and more!

800-259-1714 | Natchitoches.com

BUB T'S HOT TAMALE RECIPE

Corn shucks
1 gal., 1 qt. Water
½ tsp., 1½ tbsp. salt
1 tbsp., 1 tbsp. granulated garlic
2 cups raw, whole-kernel corn
¼ cup pickling lime
½ cup soft lard
1 Boston butt pork roast,
cut into small pieces
1 yellow onion
4 garlic cloves
1 tbsp. cayenne pepper
1 tsp. minced garlic

1/4 cup crushed red pepper

½ cup paprika

Serves 5 dozen

For the dough, cook raw whole-kernel corn, pickling lime, and 1 gal. of water, about 45 min-1 hour or until tender. Once cooked, wash corn and clean off husks. Refrigerate overnight. The next day, grind corn 2x. Mix the ground corn with ½ tsp. of salt and 1 tbsp.



of granulated garlic. Next, add lard and 1 qt. of water, mixing all ingredients until smooth. Return dough to refrigerate until ready to use.

For the meat: In a stock pot, cover the Boston butt pork roast pieces with water and boil until tender. Next, remove the meat from the stock and set it aside to cool. Save 1 qt. of stock. Add onion and cloves of garlic to the meat and grind together. After ingredients are ground, add in 1-½ tbsp salt, 1 tbsp. granulated garlic, cayenne pepper, 1 tsp. minced garlic, crushed red pepper, paprika. Lastly, add in saved qt. of stock, mixing all ingredients together completely.

To form the tamales, soak the corn shucks in hot water until tender. Then, on the smooth side of the shuck, put 3 tbsp. of dough onto the shuck and smooth out for tamale base. Add I heaping spoonful of meat mixture on top of the dough and smooth accordingly. Next, roll the shuck together, tucking the tail of the shuck inside. Repeat until all have been rolled.

To cook, place in steamer pot to steam for 1 hour, then enjoy! Allow the leftover tamales to cool completely before refrigerating to enjoy later.



TOLEDO BEND LAKE COUNTRY

Toledo Bend Lake Country is known for world-class fishing, festivals, and food! The Zwolle Tamale Fiesta brings together tamales from our Spanish & Indian cultures. Come taste at the fiesta or Bub T's!

800-358-7802 | ToledoBendLakeCountry.com

PAN FRIED LARGEMOUTH BASS WITH LEMON GARLIC HERB BUTTER SAUCE

4 largemouth bass fillets,
skin removed
1 cup flour
4 tbsp. unsalted butter
1 tbsp. garlic, sliced thin
½ cup mild, fresh herbs, such as
basil, parsley, chervil, or oregano
2 tbsp. fresh lemon juice
Salt and pepper to taste

Season the fillets with salt and pepper. Heat a sauté pan on top of the grill. When the pan is hot, add 2 tbsp. 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 filet on a plate and spoon some of the lemon garlic herb butter over the fish.



VERNON PARISH

Find legendary Louisiana in Vernon Parish, with museums, festivals, history, and the people who make it all come alive, along with Gas Station Eats worth going back for seconds.

337-238-0783 | LegendCountry.com



GRAB A MAP AND HEAD FOR THE HILLS FOR A FEAST OF SOUTHERN DELIGHTS

From rich farmlands to multiple waterways, the unspoiled landscapes of the **Monroe-West Monroe** area bring generous helpings of seafood, country cooking and juicy peaches. You're living the delta life with crispy fried catfish and smothered pork chops, a side of turnip greens and hot water cornbread, topped off with a heaping slice of peach pie. And better make room for another local favorite – smoked barbecue.

Enjoy Cajun cuisine and live music on the banks of Ouachita River at **Trapp's** or check out Chef Cory Bahr's inventive take on classic Southern dishes utilizing live fire cooking at **Parish Restaurant**.

Take a break between meals and stroll along Antique Alley in West Monroe or drop by the taproom at **Flying Tiger Brewery** or **Flying Heart Brewing & Pub** to quench your thirst. Kayak the bayou inside Black Bayou Lake National Wildlife Refuge, then spend a romantic evening watching the sun set from the deck of a waterfront restaurant.

Located in the rolling hills of West Monroe, **Landry Vineyards** has become both a local tradition and a must-see stop for visitors. Enjoy the views from the Tasting Room while sampling their wines that range from dry to semi-sweet. Don't miss the Fall and Spring Outdoor Concert Series and Summer Harvest Festivals when the grounds are filled with music, food and fun. To learn more about the region, tour the Chennault Aviation & Military Museum, discover the first bottler of Coca-Cola at the Biedenharn Museum & Gardens and see Native American mounds estimated to be thousands of years old at Poverty Point World Heritage Site.

Located in North Louisiana, **Ruston-Lincoln Parish** is known for its lively college-town atmosphere, 22-block historic downtown district and scenic outdoor attractions. In the heart of downtown Ruston, you'll find **Utility Brewing Co.**, a hometown microbrewery serving craft beer and wood-fired pizzas. Known for their homemade breads and pastries, **Common Goods** is a favorite breakfast stop and for a speakeasy atmosphere, check out **White Lightnin' Culinary & Cocktail Company** for fresh seafood and handcrafted cocktails.



CHEF CORY BAHR'S SHRIMP & GRITS

Grits

2 cups coarse ground grits

8 cups whole milk

3 tbsp. Diamond Crystal® Kosher Salt

8 oz. cream cheese

8 oz. unsalted butter

12 oz. sharp cheddar

10 dashes TABASCO®

Shrimp

3 tbsp. olive oil

28 jumbo shrimp tails, peeled

1 yellow onion, diced

4 stalks celery, diced

1 green bell pepper, stemmed, seeded, diced

4 links Andouille sausage, sliced

2 tsp. thyme leaves

1 cup white wine

1 tbsp. Crystal Hot Sauce

2 lemons

2 tsp. lemon zest

1 tbsp. + 1 tsp. Creole seasoning

2 tsp. kosher salt

2 tsp. minced shallot

2 tbsp. sliced scallion

2 tsp. chopped garlic

12 cremini mushrooms, sliced

16 cherry tomatoes, halved

½ lb. unsalted butter, diced

2 tsp. sliced chives

2 tsp. parsley, chopped

2 tsp. tarragon, chopped



Grits

In a pot, combine the milk and salt. Slowly bring to a boil while stirring constantly. Then, reduce the heat to a low simmer and slowly whisk in the grits. Cook grits on a low simmer while stirring every 3-5 minutes until tender. Once tender, fold in cheeses, butter & TABASCO®, reserve covered



Shrimp

Place a cast-iron skillet over high heat.

Once it's hot, add the oil. Add the shrimp to the skillet and brown. Next, add the onion, celery, bell pepper and sausage. Cook until the vegetables are translucent, then add the thyme. Deglaze with the wine, hot sauce and lemon juice. Add the lemon zest, Creole seasoning, salt, shallot, scallion, garlic, mushrooms, and tomatoes, and reduce the heat to medium. Cook, stirring occasionally, for 2 minutes. Add the butter and reduce the heat to low. Cook until the sauce thickens. Top with the chives, parsley, and tarragon. Serve over warm grits.

MONROE-WEST MONROE

Discover Monroe-West Monroe, a destination where the natural resources are as rich as the flavors, where the entrepreneurial spirit initially found skies to climb and where you're welcome to play outside the lines.

800-843-1872 | Monroe-WestMonroe.org



BEAU VINE'S CRÈME BRULEE

1 ¾ cups heavy cream
1 ¾ cups milk
½ vanilla bean, split
7 egg yolks
2 whole eggs
½ cup sugar
brown sugar

Combine heavy cream, milk, and vanilla bean and mix thoroughly. Heat until it boils then remove from heat and steep 10 minutes with vanilla bean.

Scrape bean seeds into the milk mixture. Mix eggs and sugar. Add the milk mixture in a steady stream and skim the foam.



Divide into 8 small ramekins (about 5 oz. each) set in a baking dish and pour enough hot water around ramekins to come $\frac{1}{2}$ way up the sides. Place in 325° F oven for approximately 25-30 minutes, until just set (trembles slightly).

Cover top with brown sugar. Caramelize under broiler.

Courtesy of Beau Vines Steakhouse



RUSTON

Ruston is known for its thriving downtown, unique arts culture, diverse foodie scene, and sweet peach crops. Immerse yourself in the vibrant flavors and experiences of Louisiana's College Town!

318-255-2031 | ExperienceRuston.com

PLAINTAIN SCALED GROUPER, SWEET POTATO & YUCCA PUREE, CRAWFISH & COCONUT

Fish:

 $5\,5$ oz. grouper, portions

2 plantains, whole

(slightly ripened)

¼ cup Cajun Select seasoning

½ cup Badia Complete seasoning

¼ cup olive oil

Sweet Potato & Yucca:

3 lbs. sweet potatoes

2 lbs. yucca

4 oz. cilantro

I tbsp. curry powder

4 cups heavy cream

8 cups water

Salt, to taste

Badia Complete seasoning,

to taste

Crawfish & Coconut:

1 ½ lbs. boiled crawfish

2 tbsp. crawfish base

8 oz. coconut milk

16 oz. heavy cream

4 oz. queso frijolero

(hard salted cheese)

Cajun Select seasoning, to taste

Badia Complete seasoning,

to taste



Fish:

Take plantains, cut ends off and peel. Slice thin on mandolin.

Mix Cajun Select and Badia Complete seasoning in a small bowl. Set aside to season fish and plantain.

Season fish on both sides and with skin side up start to layer the plantains in an underlapping manor making them look like fish scales. Lightly season the plantains and vacuum seal the fish and sous vide at 120°F for 15 minutes.

In a non-stick skillet add 1 tbsp. olive oil and sear the fish plantain side down with a weighted press until golden brown. Flip to finish for 3 minutes.



Sweet Potato & Yucca:

In a medium sauce pot add all ingredients minus 2 oz. of cilantro (the other 2 oz. will be used for garnish later) and boil on medium high heat until yucca and sweet potato are tender.

Once done remove cilantro leaves and membrane from the yucca. Process the sweet potato and yucca through a food mill.

With an emersion blender start to blend the mixture, gradually add some of the boiling liquid until it reaches the consistency of choice. For this one, it will be similar to a waffle batter consistency.

Season with salt and Badia Complete seasoning to taste.

Crawfish & Coconut:

In a medium sauce pot take the boiled crawfish and crush them to help extract the crawfish fat.

Add cream, coconut milk, cheese, crawfish base. On low heat steep ingredients for 15 minutes.

Strain through a chinois and cool down in ice bath. Once cooled add to whipping siphon and do not charge until ready to plate.

On your plate of choice, spoon 4 oz. of sweet potato and yucca puree at center of the plate. Using the back of the spoon spread the puree across the plate in one smooth swipe. Center the fish over the puree (scale side up), top with the coconut and crawfish sauce. Garnish with the remainder of the cilantro

Courtesy of Chef Owen Hohl, Hot Tails

