



LOUISIANA OUTDOOR GUIDE / TIP # 53:

**ENJOY THE WORLD'S  
BEST SEAFOOD.  
AVAILABLE FOR PICKUP  
OR DELIVERY.**



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the many *flavors* of  
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# LOUISIANA



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# APPETIZING *Adventures*

## Savor the treasures on Louisiana's culinary trails

Whether in the heart of the Crescent City, down on the bayou or deep in Sportsman's Paradise, every trip to Louisiana brings adventure, sights and a culinary expedition you'll experience nowhere else. Like our rich gumbo, our culture is a melting pot of traditions and heritage. Our restaurants are serving up the fresh Louisiana seafood for which we are known, with chefs finding innovative ways to deliver this superior product to your table every day.

Here in Louisiana, eating well is a way a 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.

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

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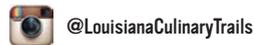
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Hop on the trail of Louisiana libations



### LOUISIANA SEAFOOD

Look for this logo on each trail for the **Louisiana Seafood highlight!** Taste the distinct flavors from Louisiana's waters at each of these restaurants.



# CREOLE *Crescent*



Come taste why the New Orleans area is lauded for some of the most inventive and delicious food in America

**New Orleanians** live to eat, whether at elegant establishments with critically acclaimed chefs or smaller off-the-radar spots with the world's best something. Around every corner—from the French Quarter to Uptown, the Lakefront to New Orleans East—another restaurant waits to be discovered, and every dish proves to be better than the last. To the west, **Jefferson Parish** stretches from Lake Pontchartrain to the Gulf of Mexico, offering endless access to the bountiful waters that provide seafood to many of the area's restaurants.

At **Arnaud's**, you can enjoy Sunday jazz brunch in a 100-year-old Creole restaurant in the heart of the French Quarter. And every New Orleans restaurant bucket list should include **Dooky Chase's** Creole gumbo and stuffed shrimp; **Mother's Restaurant's** Ferdi Special, a sloppy po'boy packed with baked ham, roast beef, debris and gravy; and the best fried chicken in the country at **Willie Mae's Scotch House**.

Whether you start with old school soul food at **Café Reconcile**, small plates and live music at **Bacchanal Wine**, or skip directly to award-winning South Louisiana cuisine at **Brigtsen's**—the food in NOLA, just like the people here and the city itself, never ceases to surprise.

Then travel the **Jefferson Parish Oyster Trail** and see why Louisiana is the country's number one oyster producer. Start in Metairie at **Drago's Seafood Restaurant and Oyster Bar**, home of the original charbroiled oysters, or at **Andrea's Restaurant**, where local seafood meets Northern Italy. In Marrero, **Perino's Boiling Pot** offers an array of menu items, from oysters, shrimp and catfish to crabs, alligator and calamari. There's plenty to go around!



**CREOLE  
CRESCENT**

**LOCAL  
LORE**

## UPTOWN

**Domilise's Po-Boys:** Locals' favorite neighborhood hole-in-the-wall with large, overstuffed po-boys.

## WAREHOUSE DISTRICT

**Sac-a-Lait:** Try their one of a kind deviled crab with Pontchartrain crab meat.

LOUISIANA  
SEAFOOD

## BAYOU ST. JOHN

**Lola's:** Try the garlic mushrooms, seafood paella and homemade almond nougat ice cream.

## NEW ORLEANS EAST

**Dong Phuong Bakery:** Pork meat pies, Vietnamese sweets and New Orleans' best French bread.

## METAIRIE

**Deanie's Seafood:** Locals flock to this Bucktown fixture for heaping helpings of seafood.

## CROWN POINT/LAFITTE

**Restaurant des Familles:** Cajun and Creole meals alongside beautiful Bayou des Familles.





# Jefferson Parish OYSTER TRAIL

Dine your way around Jefferson on the Oyster Trail!  
Visit [www.LouisianaOysterTrail.com](http://www.LouisianaOysterTrail.com) or call 877-572-7474

## New Orleans Food Festivals

Loosen that belt and get ready to eat your way through the New Orleans festival circuit. Start off with the Treme Creole Gumbo Festival, Greek Fest or Boudin, Bourbon and Beer. Love BBQ? Don't miss the Blues & BBQ Festival or Hogs for the Cause. In the mood for fresh vegetables? Check out the Creole Tomato or Mirliton festivals. Need your seafood fix? There's Crawfish Mambo, the New Orleans Oyster Festival and, of course, the Louisiana Seafood Festival. And be sure to feed that sweet tooth with the King Cake or Beignet festivals. From po'boys to tacos, fried chicken to mac and cheese, there's a festival to satisfy everyone.



BEEN THERE.  
NEVER  
DONE THAT.

FOLLOW YOUR



From satsuma snoballs to second lines, there's always something new to discover in New Orleans. So follow your NOLA and see how we do it like no other city in the world.  
[followyournola.com](http://followyournola.com)



NEW  ORLEANS

# TAMMANY Taste



Charming towns, farm-fresh harvests and restaurants with scenic views

Across the seafood rich waters of Lake Pontchartrain, experience the savory side of **St. Tammany Parish** with sky-high pine trees, engaging towns and a deep culinary scene. From farmers markets and local produce to fresh seafood and beautifully plated regional specialties, there's something for everyone.

When beginning your Northshore culinary adventure, start 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, garlicky stuffed artichokes and other regional specialties. On Sundays, head over to **Abita Springs'** market for fresh eggs, sweet potatoes, collard greens and baked goods. Most markets showcase live entertainment, chef demonstrations and samplings.

Take in the culture and the 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 deck or at one of the many culinary festivals celebrated in the parish. In Slidell, stop by **Palmettos on the Bayou**, **Michael's** or **Phil's Marina Café**. Watch the sunset over Lake Pontchartrain while dining at **The Lakehouse**, **Rip's on the Lake** or the **Barley Oak** 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 **Morton's**, **Water Street Bistro** or the **Abita Roasting Company**. Experience southern fare and charm in downtown Covington at the elegant **Oxlot 9** or down the street at **LOLA** in an old train depot.

It's not all about food on the Northshore. Popular nationwide, **Abita Beer** is still made on the Northshore but there are other breweries, too, all with tasting tours. Learn more about St. Tammany's breweries on page 18.

You can go charter fishing or shopping, canoe a bayou or cycle on the Tammany Trace. Paddleboard on the **Tchefuncte River** or visit the critters at **Global Wildlife** or **Insta-Gator Ranch**. But when you get hungry, there are plenty of options. Find Louisiana comfort food at **Liz's Where Y'at Diner** or **Pontchartrain Po'Boys**, both in Mandeville; upscale Italian at **Del Porto** in Covington; or old-fashioned ice cream at the **Old Town Slidell Soda Shop**.



Tammany  
★ TASTE ★

LOCAL  
LORE

## COVINGTON

**Bäcobar:** Dishes inspired by international cuisines, blended with Cajun and Creole flavors.

**Meribo:** Wood-fired pizza after a day of shopping on Lee Lane.

**Forks & Corks:** Shrimp Clemenceau and barrel-aged cocktails.

## LACOMBE

**Sal & Judy's:** Brucioloni stuffed with cheese, Italian sausage and ground beef.

## MANDEVILLE

**Fazzio's:** The Jimbob shrimp is sure to leave you satisfied.



**Nuvolari's:** Oyster carbonara and an extensive wine list.

## SLIDELL

**Ky's Restaurant:** Fried oyster po'boy with side of sweet potato fries.



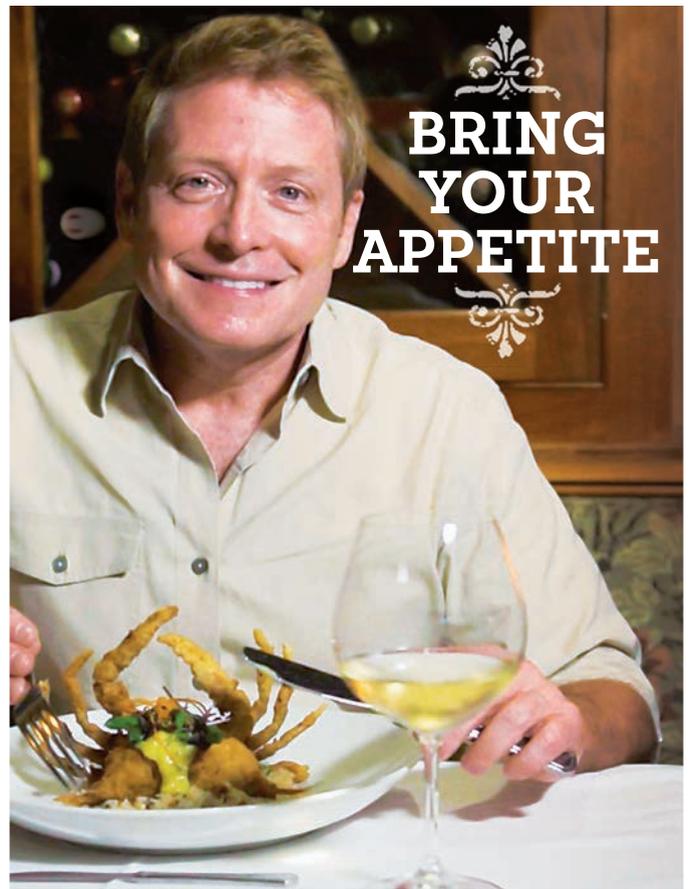
## Tammany Taste Webisodes

Jot down your wish list while watching Emmy® Award-winning Tom Gregory sample his way across St. Tammany's culinary scene in 30 webisodes celebrating the Northshore's chefs and farmers, brewers and bakers.

[LouisianaNorthshore.com/tammany-taste](http://LouisianaNorthshore.com/tammany-taste)

## Stock Up on Basics

A mecca for Louisiana merchandise, **Slidell's Bayou Country General Store** is a one-stop shop for Louisiana spices, Cajun foods, cooking products, souvenirs and some of the best pralines around.



BRING  
YOUR  
APPETITE

## TAMMANY TASTE

Visit our website for bite-sized appetizers of the Tammany Taste, a three-episode mini-series of WLAE-TV's "Go Coast: Louisiana." Nosh along with Emmy Award-winning host/producer Tom Gregory as he eats and sips his way across the Northshore in more than 30 video webisodes from the show celebrating the chefs and farmers, brewers and bakers energizing St. Tammany Parish's vibrant culinary scene.



1-800-634-9443     

[LouisianaNorthshore.com/Tammany-Taste](http://LouisianaNorthshore.com/Tammany-Taste)

# CAPITAL Cravings

Baton Rouge rallies local fare diced with generations of international influences



Louisiana's capital city enjoys the added distinction of being one of the best foodie towns in the state. But don't just take our word for it. Join in a **Baton Rouge Food Tour** and see for yourself as you sample crab cakes and po'boys with a side of history lessons. Discover the city's international side at **Cocha**, where locally sourced ingredients mesh with globally inspired flavors.

Here in Louisiana we're known for our partying spirit so step into the night at **Blend**, a mix of sassy architecture and divine wines and cocktails. Looking for something out of the ordinary? **Olive or Twist** serves "adult snowballs" in the summer, and new-age cocktails with fresh fruit and praline pecan liqueur year-round. Check out the **Tin Roof Brewing Company** for frequent pop-up dinners, a perfect blend of local favorites and local brew straight from the tap. Be sure to book a tour of **Cane Land Distilling Company**, where you can taste spirits and rum distilled from Alma Plantation's sugar cane.

The only thing Louisianans love better than food is serving it up with a healthy dose of football. Taste your way through the tailgating crowds at **Louisiana State University** before an unforgettable Saturday night in Death Valley. Celebrate after the game at **The Chimes**, a student-favorite restaurant with a world-wide beer list, or refuel anytime of night at the 24/7 **Louie's Café**.

Hop in the car and head east to **Tangipahoa**, a parish dotted with historic small towns and home-cooked fares. Enjoy live music and juicy burgers at **Rockin' Willy's Bar & Grill** in Pontchatoula, a town dubbed the strawberry capital of the world. Try the strawberry beignets at the **Berry Patch Café** in Hammond, and you'll be forced to go back for seconds.

In the tiny hamlet of Manchac, stop by **Middendorf's Restaurant**, a seafood shack famous for its thin-fried catfish and views of Lake Maurepas. For the ultimate farm-to-table experience, book a private table event at **Covey Rise Lodge** and enjoy a tour of **Covey Rise Farms**, which supplies quality produce to top Louisiana restaurants.



## LOCAL LORE

### BATON ROUGE

**Southfin Southern Poké:** Hawaiian street food with a Louisiana twist.

**The Overpass Merchant:** Coconut shrimp tacos, bourbon pecan pie and an impressive selection of draft & bottled beer.

**Poor Boy Lloyds:** Sloppy po'boys for over 40 years.

### Phil's Oyster Bar & Seafood

**Restaurant:** Try some of Louisiana's classic chargrilled oysters.



### Mestizo Louisiana Mexican Cuisine:

Shrimp, crab, pork and chicken enchilada all on one plate.

**Parrain's:** Gulf Coast seafood crafted into corn & crab bisque and fried catfish topped with crawfish etouffee.

### TANGIPAHOA

**Jacmel Inn:** Regional cuisine in one of Louisiana's most romantic dining destinations.

**Cate Street Seafood Station:** Sushi, seafood and steaks served up in a restored railroad station.

**Paul's Café:** Hometown favorite for breakfast, lunch and Ponchatoula strawberry daiquiris

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**TANGIPAHOA Tourism**

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## Cook Like a Pro



Want to learn how to cook like a master Louisiana chef? Grab your friends and head to the **Louisiana Culinary Institute** for hands-on leisure cooking classes and leave with some tasty leftovers. Then catch a glimpse of cooking methods of the past by visiting **Magnolia Mound Plantation** for open hearth cooking demonstrations.

*Second Helpings are Second Nature*



*Visit Baton Rouge*

Cook up your itinerary at [visitbatonrouge.com](http://visitbatonrouge.com)

# BAYOU *Bounty*

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.

Breakfast is the most important meal of the day, so start your morning off right with a Cajun Benedict—boudin and poached eggs on French bread and topped with gumbo—at **The French Press** in Lafayette. Then hop on board **Cajun Food Tours** and get a lesson in Cajun history and culture alongside a tasting tour of the city a Harvard study dubbed the “Happiest City in America.” Work off a long day of eating by kicking up your heels at **Randol's Restaurant & Cajun Dancehall**.

Crawfish and toe-tapping tunes are king in **Breaux Bridge**, so roll up your sleeves and polish those dancing shoes. Down the road in **St. Martinville**, you'll find **Longfellow's Evangeline Oak**, plus seafood gumbo and boiled crawfish at the **Kajun King Restaurant** on Main Street.

Follow Bayou Teche to **New Iberia**, home to author James Lee Burke and his Cajun detective Dave Robicheaux. From here, you're only a short drive away from **Avery Island**, home to Jungle Gardens and the spicy empire of **TABASCO®**. To the southeast, **Morgan City** celebrates year-round seafood and festivals on the banks of the Atchafalaya River.

Explore the source of Louisiana's delectable seafood with the **Cajun Coast Paddling Trails**. Canoe or kayak throughout Bayou Teche, Lower Atchafalaya and St. Mary Parish. Or look a gator in the eye and fall asleep serenaded by the throaty calls of bullfrogs at the **Lake Fausse Pointe State Park** cabins.



© Danny Culbert/LafayetteTravel

## BAYOU BOUNTY

## LOCAL LORE

### LAFAYETTE

**Dark Roux:** Seasonal dishes such as crawfish fried rice and innovative cocktails.

**Wurst Biergarten:** Authentic German biergarten and open air market in the heart of Acadiana.

**Café Vermilionville:** The crawfish beignets are a must-try.

LOUISIANA SEAFOOD

**Bread & Circus Provisions:** Try their pork porchetta, stuffed, rolled and roasted.

**Poupart's Bakery & Bistro:** Besides the divine pastries, munch down on a grilled crabcake po'boy.

### BREAUX BRIDGE

**Buck and Johnny's:** People come from far and wide for the Saturday Zydeco breakfast, so grab a table early.

### NEW IBERIA

**Legnon's Boucherie:** Pork and crawfish boudin made on site.

### MORGAN CITY

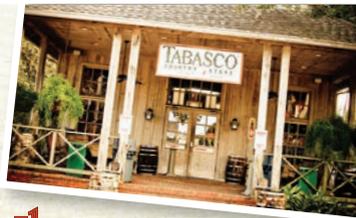
**Scully's Cajun Seafood:** Fresh seafood, pick your pleasure: fried or broiled.



© Danny Culbert/LafayetteTravel

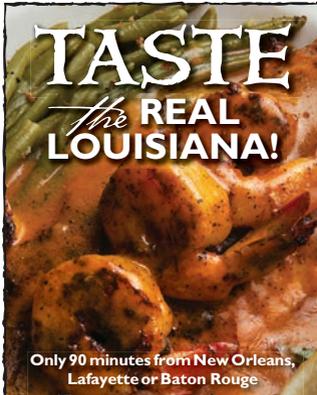
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*Poboys at Atchafalaya Café. Shrimp stew at Rita Mae's. Eggplant Jo Jo at Café Jo Jo's. From crab cakes at Mr. Lester's Steakhouse to great Creole & Cajun homestyle cooking at Joe's on the Bayou. Bring an appetite, cher!*



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STAY  
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# SEAFOOD Sensation

Riding the Gulf waters, Southwest Louisiana brings trails of fresh seafood and boudin



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

Grab the camera for a day-long safari along the **Creole Nature Trail**, a 180-mile All American Road ripe with wildlife. Here you can catch your dinner crabbing or fishing along the roadside piers or pick up a meal at one of the local seafood shops along the trail.

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 **Jennings, Kaplan and Maurice**. Or snack your way across the **Southwest Louisiana Boudin Trail**, where nearly 30 meat markets and grocery stores are serving up unique versions of Louisiana's favorite sausage links.

Tour the largest privately owned rum distillery in the country at **Louisiana Spirits Distillery** in Lacassine, then enjoy a glass of **Bayou Rum** in the tasting room. For a look into the hopping craft brew scene, head 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**, enjoy the nightlife at **Isle of Capri Casino Hotel** or try your luck at **Delta Downs Racetrack and Casino Hotel**.

Get an early rise the next morning with a cup of brew from **Acadian Coffee Roasters**, the only certified organic coffee roaster in southwest Louisiana. Then slurp down a raw salty oyster, dive into boiled shrimp and taste the delicious recipes that have made Louisiana famous at local restaurants.

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



## LOCAL LORE

### LAKE CHARLES

**Pat's of Henderson:** Get your fill with chargrilled oysters, soft-shell crabs and frog legs.

**Steamboat Bills:** Don't miss the fried rolls stuffed with crawfish or shrimp étouffée.

**Seafood Palace:** Locals love the boiled crabs.

**Luna Bar & Grill:** Out-of-this-world galactic crab dip with fried flour tortillas.

### KAPLAN

**Suire's Grocery & Restaurant:** Dine on a crab pistolette and bring home a shrimp stew.

### CREOLE

**T-Boys Cajun Grill:** Local favorite on the Creole Nature Trail with seafood & burgers.

### ABBEVILLE

**Dupuy's Seafood and Steak:** World famous salty pearl reef oysters on the half shell.



### WELSH

**Cajun Tales:** Cajun crawfish pie and award-winning seafood gumbo.

### JENNINGS

**Boudin King:** Mild or spicy boudin, served hot for instant devouring or packaged frozen for later satisfaction.

### LAKE ARTHUR

**Regatta La Seafood & Steakhouse:** Great atmosphere on the water, try the catfish smothered in crawfish étouffée.



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raw oysters to  
boiled seafood and  
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\*Mike's Seafood & Steakhouse  
\*Cajun Tales Seafood  
\*Nott's Corner  
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## Southwest Louisiana Boudin Trail

In Calcasieu and Cameron parishes, boudin is king and the chefs who create it are local celebrities. Take Jeff Benoit, owner of B&O Kitchen and Grocery in Sulphur, who blends pork meat and pork liver with Cajun seasonings and rice to create B&O's version of Louisiana's signature sausage. It's a mouthwatering treat you won't want to miss!



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- Creole Nature Trail
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# PRAIRIE Home Cooking

A scenic byway of vintage towns packed with homestyle cooking and dance halls



Cultural pride runs deep in **St. Landry Parish** with some of the oldest European settlements and Native American tribes. One might best describe the history of St. Landry Parish's cuisine as that of a cultural gumbo! Come see why food is a "religion" in these parts. From the field to the table the passion is celebrated with every meal.

So, pack up an ice chest, roll down your windows and head out across the wildflower prairies. On the way, stock up at roadside gas stations and café combos for boudin, cracklins and hearty plate lunches with seafood and meats slathered in tangy sauces.

Kick up your heels at the many dance halls and music clubs. Cajun music is celebrated Saturdays in Eunice in a Grand Ole Opry-style broadcast from the historic **Liberty Theater** or a jam session at **Savoy Music Center**, an accordion factory where admission is beer, boudin or an ability to tap your feet.

History buffs will love the historic architecture across many of the downtown districts. Fill up that memory card in Grand Coteau with more than seven historic properties, including religious institutions draped in groves of cascading trees.

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



**PRAIRIE**  
HOME COOKING

**LOCAL**  
**LORE**

## GRAND COTEAU

**Chicory's Coffee & Café:** Have your choice of specialty coffees, smoothies, breakfast or lunch.

## EUNICE

**Ruby's Restaurant & Courtyard:** Enjoy Cajun and Creole daily specials.

## DERIDDER

**Cecil's Cajun Kitchen:** Catfish Opelousas features blackened catfish, oysters, shrimp and crab meat.



## OPELOUSAS

**Billy's & Ray's Boudin:** Billy's serves a variety of different types of boudin including crawfish and boudin balls stuffed with pepper jack cheese.

## WASHINGTON

**Steamboat Warehouse Restaurant:**

Overlooking the Bayou Cortableau, dine inside an old style steamboat warehouse.



**"YOU DON'T NEED A SILVER FORK  
TO eat GOOD FOOD."**

— Chef Paul Prudhomme, ST. LANDRY PARISH NATIVE

- ▲ Spice House Tours
- ▲ Craft Beer Brewery & Tasting Room
- ▲ Festivals: Crawfish to Sweet Dough Pies

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# FOOD FESTIVAL SAMPLER

With the amount of food we have to pay homage to, Louisiana fills practically every weekend with festivals to celebrate it all. That's endless weekends of fresh air, savory dishes and toe-tapping tunes. So gather your family and friends, pull out your festival calendar and go outside to the nearest party.

## TAMMANY TASTE

Most people flock to the Northshore for the great outdoors. Throw in some music and great food and you have a recipe for a lively festival. Commemorate crawfish season during Slidell's **All You Can Eat Crawfish Cook-off** in April, then spend five memorable days enjoying food and wine pairings during **A Taste of Covington**.

Thousands of crabs prepared every way imaginable take center stage at Slidell's Heritage Park during the **St. Tammany Crab Festival** in September, while Olde Towne Slidell hosts its own five days of food, wine and arts during **A Taste of Olde Towne** in October.

## CAPITAL CRAVINGS

Indulge your palate with gourmet crawfish meals, fine wine and craft beers during the capital city's **Crawfête** in April. Just outside the Red Stick, Gonzales hosts the **Jambalaya Festival** in May, including three stages of live music, carnival rides and a cooking contest to find the "World Jambalaya Cooking Champ of Champs."

Families come together on Mother's Day weekend to enjoy delectable food, live music and arts and crafts at the annual **Red Stick Food Fest**. While in August, the city rolls out the red carpet for **Fête Rouge**, Baton Rouge's Premier Food & Wine Festival. Local chefs whip up delightful dishes to pair with the more than 200 wines featured from across the world.

## BAYOU BOUNTY

In the heart of Cajun country, locals find any reason to party through the weekend. With seven music stages and countless food booths, **Festival International de Louisiane** is an unforgettable five days of the country's largest free Francophone festival, which sprawls across downtown Lafayette.

Bring a large appetite to compete in the crawfish eating contest at the **Breaux Bridge Crawfish Festival** in May, but be sure to save room to sample the endless crawfish dishes featured during this three-day event. St. Martinville celebrates a favorite gumbo ingredient at the **Creole Zydeco and Okra Festival**. In October, discover the food, music and culture of Lafayette at the **Festivals Acadiens et Créoles**.

## SEAFOOD SENSATION

Lake Charles might be known for **Contraband Days**, when pirates descend upon the city, but this Southwest Louisiana city also does a fine job of throwing fests to showcase its cuisine. Kick the summer off at the **Gulf Coast Shrimp & Jazz Festival**, where you can feast on local Gulf shrimp while being serenaded by talented musicians. In July, work off those dishes of jambalaya and gumbo by dancing the Cajun two-step at the **Cajun Food & Music Festival**.

Celebrate all things local—from blue crabs to art and music—at the **Arts & Crabs Festival** in August. Then spend your September days sampling Cajun food at the family-friendly **Calca-Chew Food Festival** and helping to choose the area's best boudin during **Boudin Wars**.



# RED RIVER *Riches*



Clear your calendar for an epicurean journey and sample a global menu

Begin your feast in **Natchitoches**, where historic architecture mingles with true Southern charm in the oldest permanent settlement in the Louisiana Purchase. 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 vibrant downtown arts district, which has also attracted the film industry.

In Natchitoches, celebrate **Lasyone's** 50th anniversary by experiencing their world-famous meat pies. Then take a horse-drawn carriage tour through the town's historic district or browse the shops along Front Street. Top off the day by enjoying an appetizer of fried green tomatoes at **The Landing**, then watch the sun set on Sibley Lake while feasting on the oysters' combo at **Mariner's**.

Shreveport-Bossier serves up a culinary crossroads 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. If you're looking for fine dining, head over to local favorite **2Johns Steak & Seafood** for an award-winning meal. Or, grab a drink and a delicious bite at the recently revamped **Wine Country Bistro**.

From downtown finery to roadside delights, plus riverside and lakeside views, we have something for everyone. So hit the road and discover the region's riches.



## LOCAL LORE

### SHREVEPORT-BOSSIER

**Ernest's Orleans:** Famous for their marinated crab claws and red snapper Ernest. [LOUISIANA SEAFOOD](#)

**Herby-K's:** "Shrimp Buster" features pounded shrimp fried and stacked on buttery French bread.

### NATCHITOCHEs

**Maglieaux's on the Cane:** Delicious Italian/Creole blends on the banks of Cane River Lake.

### Lasyone's Meat Pie Restaurant:

The meat pie, although famous and the most popular item on the menu, is not the only thing that makes this restaurant a proud favorite.

©Jim Noetzel



©Jim Noetzel



EAT LIKE

A *Local.*

Learn how by downloading *Eat Here: A Food Lover's Guide to Shreveport-Bossier, Louisiana.*

[Shreveport-Bossier.org/brochures](http://Shreveport-Bossier.org/brochures)



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# LOUISIANA SEAFOOD

Be sure to look for this logo on each trail for the **Louisiana Seafood** highlight!



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# DELTA *Delights*

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 northeast delta 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 barbeque.

Take a break between meals and stroll along **Antique Alley** in **West Monroe** or drop in for a tasting tour at **Landry Vineyards** or the taproom at **Flying Tiger Beer**. 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.

Hit the road and head to the college town of Ruston in Lincoln Parish, home to **Louisiana Tech University** and **Grambling State**. These fertile grounds not only produce exciting football, but juicy peaches famous for peach pies, jams and jellies. 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**.

A treasure trove of delta delights is waiting for you at every turn.



## LOCAL LORE

### MONROE

**Bayou Roux:** Inspired by the 2016 Louisiana Seafood King's winning dish, the sous vide grouper is a meal for the bucket list.



**Trapp's:** Cajun cuisine and live music on the banks of the Ouachita River.

**Waterfront Grill:** Feast on gumbo and Catfish Desiard while overlooking scenic Bayou DeSiard.

**Braiz'n Bar & Grill:** Family-friendly taco and burger joint.

**Roela Roaster:** Perk up with an Oxbow Espresso or a VooDoo Cool Brew.

**Miss Kay's Sweets & Eats:** Made-from-scratch cookies, pralines and pies whipped up by Duck Dynasty's Miss Kay.

### RUSTON

**Log Cabin Grill & Market:** Tasty selection of mesquite grilled meats, Tex Mex and burgers with jalapeno buns.

**Rosemary's Kitchen:** Locals rave about this home-cooked lunch venue.

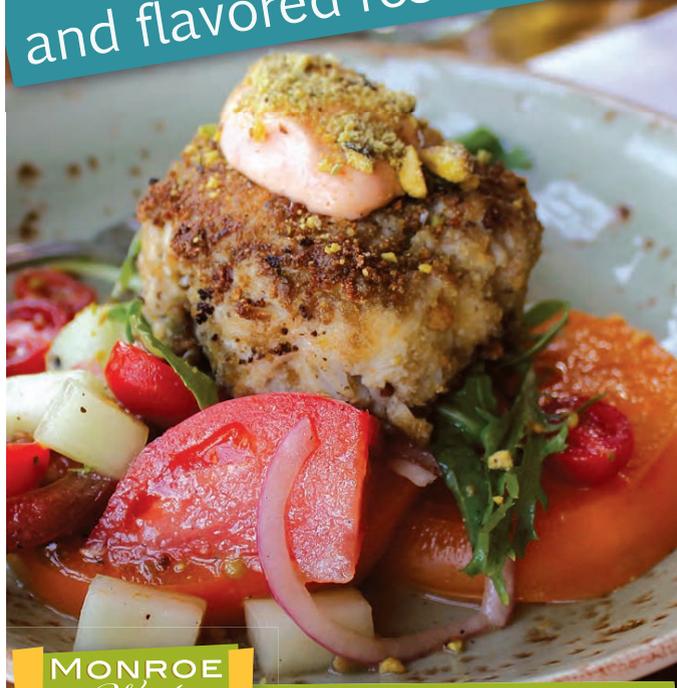


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# BREW, WINE & *Spirits*

Hop on the trail of Louisiana libations

A kingdom of cuisine deserves a royal blend of merriment to accompany its feasts. Talk to the brew masters who infuse local flavors and culture into their beer, or wine-makers who take advantage of warm winters and moist climates cultivating special grapes and plump berries. Also visit a growing number of distilleries harvesting fresh fields of sugar cane for unique blends of liquors.

## CREOLE CRESCENT

- **NOLA (New Orleans Lager and Ale) Brewery** crafts each brew with finesse and a catchy label from their home base on Tchoupitoulas Street.
- Tucked away in the Garden District, **Courtyard Brewery** offers small batch brews and daily food trucks.
- On Frenchman Street, **Celebration Distillation** transforms Thibodeaux sugar cane into Old New Orleans Rum.
- Weekend visitors to **Atelier Vie's** New Orleans distillery enjoy tastings of Euphrosine gin, absinthe, rice-based whiskey and vodka.

## TAMMANY TASTE

- **Abita Beer** uses Abita Springs' pure artesian waters to brew primo suds, such as Abita Amber, Purple Haze and Turbo Dog. Sample them all in the **Abita Brew Pub**.
- Drop in **Covington Brewhouse's** historic downtown building for a taste of their German-style beers.
- In Mandeville, the family-run **Chafunkta Brewery** creates small batch beers such as coffee and vanilla-infused Old 504.
- Bike the Tammany Trace to the Mandeville Trailhead and grab a burger and custom brew at **Old Rail Brewing Company**.
- Wine lovers will enjoy the fresh taste of **Pontchartrain Vineyards** with tours and tastings, along with their Jazz'n the Vines outdoor concert series from March to June.

## CAPITAL CRAVINGS

- **Tin Roof Brewing** brings home local flavors with year-round brews and seasonal specials such as Watermelon Wheat and Parade Ground Coffee Porter.
- In April, sip your way through more than 200 foreign and domestic beers, ales and homebrews at the **Zapp's International Beerfest**.
- The Red Stick's premier wine and food fest, **Fête Rouge**, features more than 200 wines and a local Chefs Competition in August.
- Enjoy craft beers, pub food and live music at the Baton Rouge Zoo's **Brew at the Zoo** in October.
- Visit **Cane Land Distilling Company** and enjoy a premium craft cocktail or daiquiri in their Tasting Room or take a tour and learn the magic behind their spirits.





## BAYOU BOUNTY

- **Rank Wildcat Spirits** is Acadiana's first micro distillery and maker of Sweet Crude Rum crafted from a Jeanerette sugar cane mill.
- **Bayou Teche Brewery** crafts their famed LA-31 and other inventive ales in a converted old rail car near the banks of Bayou Teche in Arnaudville.
- From the tiny town of Broussard comes **Parish Brewing Company** and their flagship brew, Canebrake, made with Steen's Cane Syrup from nearby Abbeville.
- Right outside Thibodaux, take a distillery tour with tastings of **Donner-Peltier Distillers**, makers of Oryza Vodka & Gin and Rougaroux Rum (named after the Cajun werewolf).

## SEAFOOD SENSATION

- Bayou Rum, produced by **Louisiana Spirits Distillery** in Lacassine, uses local raw unrefined cane sugar and molasses.
- **Rikenjaks** brings a great selection of Louisiana craft beers and Louisiana comfort food to midtown Lake Charles.
- Stop by the taproom at **Crying Eagle Brewing** to enjoy the outdoor beer garden and unique beers, such as Calcasieu Common, The Chuck, and Ready to Mingle.
- During the annual **Louisiana Winter Beer Fest**, local and national craft brewers converge on downtown Lake Charles for an afternoon of beer and food each March.

## DELTA DELIGHTS

- A visit to **Flying Tiger Brewery** in Monroe includes great-tasting beer with a bonus history lesson in WWII aviation.
- **Landry Vineyards** hosts widely popular concerts from March to October. Visit their tasting room to enjoy their local wines, which pair perfectly with Cajun foods.

## RED RIVER RICHES

- Experience **Great Raft Brewing's** flagship beers straight from the taps in their Shreveport taproom or on store shelves across Louisiana, Texas and Arkansas.

Be it pub crawls, a vineyard concert or a distillery tour, Louisiana has the perfect flavor to savor. Grab a glass and join us in a toast to Louisiana's libations.



## GATOR BITE

- 1 part Bayou Silver Rum
- 1 part Bayou Satsuma Rum
- 1 part Bayou Spiced Rum
- 1 part orange juice
- 1 part cranberry juice
- 2 parts pineapple juice
- Fresh lime juice



\*Combine ingredients, shake and serve over ice. Garnish with a lime wedge.