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# DIG in to the many *flavors* of LOUISIANA



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# LOUISIANA



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## APPETIZING *Adventures* Savor the treasures on Louisiana's culinary trails

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Simmering secrets are waiting to be told on Louisiana's tasty trails of local lore

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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 - a unique blend of French, Spanish, Sicilian, African, Caribbean, Irish, German and American Indian backgrounds reflected in our world-famous cuisine.

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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# CREOLE *Crescent*

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



NOLA has everything, from high-end eateries by critically acclaimed chefs to smaller off-the-radar spots with the world's best something. From Sazeracs to soul food, our new restaurants are charming locals and inspiring new visitors every day. A short jaunt outside of the city, plantation country beckons with 200-year-old mansions as unique as the flavorful dishes they serve.

Take **Purloo**, inside the beautiful **Southern Food and Beverage Museum**, where you can find a range of regional dishes like fried catfish, panéed rabbit and delta corn tamales with crawfish red gravy. And of course, NOLA is home to a place like **Bacchanal**, where dining is as much about the music as it is about the ambience. Folks rave about their stellar wine selection and the always changing, always delicious, menu of gourmet small plates.

Whether you start with famous, old school soul food at **Lil' Dizzy's Café**, cocktails and live music at the **Three Muses**, or skip directly to modern Israeli cuisine at **Shaya**—where you can find some of the best pita bread you'll ever try—the food in NOLA, just like the people here and the city itself, just keeps getting better.

Retreat from the big city and travel River Road to explore Louisiana's once thriving plantation lifestyle, where you can sip mint juleps and gaze at ancient oaks from the veranda of **Oak Alley Plantation**, or feast on fried eggplant topped with shrimp and crabmeat at **Ormond Plantation**. Every plantation is unique, so extend your day to include other favorites, such as the captivating historical tour at **Laura: A Creole Plantation** or the ornately decorated **San Francisco Plantation**.



## FRENCH QUARTER

**Central Grocery:** Have a muffuletta to share...or not.

## WAREHOUSE DISTRICT

**Pêche:** Taste the Gulf Coast in a whole grilled fish with chimichurri.

## MID-CITY

**MoPho:** Pho with duck sausage is the thing to get in this Vietnamese-inspired eatery.

## CITY PARK

**Morning Call:** A beautiful setting for beignets, 24-7.

## CARROLLTON

**Boucherie:** Krispy Kreme bread pudding. Need we say more?

## ST. ROSE

**Truck Farm Tavern:** Smoked meats, BBQ mussels and a nearly sinful mac and cheese.





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## NEW ORLEANS SCHOOL OF COOKING

From the essential ingredients of the “holy trinity” to making a perfect roux, learn to cook like a local – and eat like one too – at the New Orleans School of Cooking. Grab a friend and head on down to the French Quarter, where you can watch and learn from expert chefs, or take the hands-on approach to creating a mouthwatering masterpiece. Amidst fun, friends and folklore, you’ll be whipping up an authentic bowl of gumbo or plate of jambalaya in no time. Don’t forget to shop their Louisiana General Store for the spices and cookbooks that’ll have you creating your own Cajun and Creole cuisine back home.

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# NORTHSHORE *Sampler*

A feast of fresh produce and seafood prepared by culinary icons

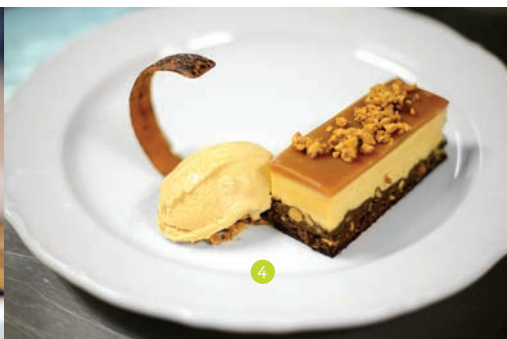
Beyond New Orleans, across the seafood rich waters of **Lake Pontchartrain**, experience the savory side of **St. Tammany Parish** with sky-high pine trees, engaging towns and a deep culinary scene. From farmers markets and fresh, bountiful seafood to sloppy po'boys and beautifully plated regional specialties, there's something for everyone: mom-and-pop diners, haute dining rooms showcasing everything seasonal and local, even a celebrity chef (the talented **John Besh**) whose face is familiar to Food Network viewers nationwide.

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.

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 20.

When beginning your Northshore culinary adventure, start early Saturday mornings 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.

It's not all about food on the Northshore. 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; old-fashioned ice cream at the **Old Town Slidell Soda Shop**. Also not to miss are the new **Oxlot 9** in the restored Southern Hotel, the sustainable menu from chefs Besh and Erick Loos IV at **La Provence** and local seafood at **Palmettos**.



*Northshore*  
★ **SAMPLER** ★

**LOCAL  
LORE**

## COVINGTON

**LOLA:** Louisiana sweet potato ravioli, homemade soups and lunch specials.

**Gallagher's Grill:** Marbled Chicago prime 16-oz ribeye served sizzling.

**Oxlot 9:** Panfried stuffed rabbit.

## LACOMBE

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

## MANDEVILLE

**Trey Yuen:** Tong cho crawfish.

**Café Lynn:** Shrimp, crab & eggplant casserole.

## SLIDELL

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

## KITCHEN KUES

Learn the simmering secrets of local cuisine at **Passionate Platter** cooking school, from cooking with home-grown herbs to the finesse of backyard seafood boils.



© Deborah Burst

## CARRY-OUT CUISINE



Char-grilled oyster found a new home with Schwing's **SOS Oyster Shells**. The stainless steel shells are the perfect heating element for oysters, shrimp or veggies, with lots of room for the sauce.



*Come Hungry...  
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In St. Tammany Parish, great food reflects our rich culinary heritage so when you come, bring a healthy appetite.

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# CAPITAL Cravings

Baton Rouge rallies local fare diced with generations of international influences



So much to do and so little time, but we're here to help. Check out the city with a bird's eye view atop the capitol building then hit the streets for lunch, literally. No reason to settle on one place when you can join the **Baton Rouge Food Tours** and sample your way through crab cakes and po'boys with a side of history lessons. Ready for a shucking adventure? Order up a Naked Cowboy or Bloody Mary Shooter at **Jolie Pearl Oyster Bar**—slurp 'em down raw, baked or grilled with a medley of toppings.

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 new-age cocktails with fresh fruit and praline pecan liqueur. Choose from a long row of local brews on tap at **Restaurant IPO** and pair them with one of their modern southern tapas.

Come on down and experience the international flavors of Baton Rouge from the state's rich European fare with a heavy dose of Asian and Mediterranean. Don't miss **Albasha Greek and Lebanese**, food created from generations of Lebanese farmers, grocers and merchants that have passed down their culinary skills to younger generations.

What better way to extend your vacation than learning how to cook those prized Louisiana dishes. Grab your friends and head to the **Louisiana Culinary Institute** for hands-on leisure cooking classes and leave with some tasty leftovers. If you enjoy vintage cooking, **Magnolia Mound Plantation** offers open hearth cooking demonstrations.

Marvel at the mighty Mississippi as you head to **West Baton Rouge**, where locals will greet you like family and woo you over with their home-cooked favorites. Feast on **Bayou Bistro's** blackened tilapia or go for the "best dang fried chicken you'll ever have!" At **D.C.'s Grill**, grab a drink at the bar while you wait for your hamburger or seafood to be cooked to perfection.



LOCAL  
LORE

## BATON ROUGE

**City Pork:** Bite into the Cubano sandwich layered with 17-hour smoked pork and honey ham.

**Louie's Café:** 24-hour grill and staple of college students and faculty.

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

**Tsunami:** Great sushi with a side of romance and panoramic of the Mississippi River.

**Mestizo Louisiana Mexican Cuisine:** Shrimp, crab, pork and chicken enchilada all on one plate.

**Ruffino's:** Celebrate and dine on fish covered with shrimp, artichokes and wild mushrooms.

**Mike Anderson's:** A Baton Rouge icon; shrimp and crab dinner is prepared seven different ways.

**Tony's Seafood:** Stock up on seafood and fish fry from Louisiana's largest seafood market.

## PORT ALLEN

**Bergeron's Restaurant:** Boudin and Cajun meats followed by homemade lemon icebox pie.





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## SIMMERING SECRETS

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dining at on-site restaurant **Latil's Landing**, where acclaimed chefs prepare a rack of lamb marinated in Community Coffee. Dine inside or out and enjoy sweeping views of massive oaks while feasting on Creole cuisine at **Nottoway Plantation's Mansion Restaurant**.



Welcome to the **Crossroads of the South**, where amazing local food isn't just an occasional topic of conversation, it's a daily obsession. From up-and-coming culinary innovators to hidden down-home gems, there's plenty to savor, see and do, with an authenticity and culture that run as deep as the south. Start cooking up your experience today with a taste of what's on the menu at **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 **Lafayette** to **Thibodaux**. Home to Cajun and Creole heritage, you'll pass a good time with a generous helping of hospitality, savory seafood and dancing lessons.

You'll soon learn why Southern Living Magazine proclaimed **Lafayette** the "**Tastiest Town of the South.**" Start the day with eggs and crab cakes at **Prejean's**, or enjoy the Cajun Benedict at **French Press**. Then strut your stuff at **Randol's Restaurant & Cajun Dancehall**. Next stop is **E's Kitchen**, which runs the gamut with lessons from master chefs, plate lunches and all the gadgets, from cookware to cutlery.

Crawfish and toe-tapping tunes are king in **Breaux Bridge**, so roll up your sleeves and polish those dancing shoes. Down the road in **New Iberia** and **St. Martinville**, you'll find **Bayou Teche**, home to the literary legends, Longfellow's Evangeline and James Lee Burke's Cajun detective Dave Robicheaux.

Hang on, we're just getting started. Heading south to the Gulf's warm water, **Houma** and **Morgan City** celebrate year-round seafood and festivals. After two-stepping the night away, hit the road to **Avery Island**, home to Jungle Gardens and the spicy empire of **TABASCO®**.

**Bayou Lafourche** flows through historic **Thibodaux**, home to the **Chef John Folse Culinary Institute** and **Laurel Valley Village Sugar Plantation**, the country's largest surviving 19th and 20th century sugar plantation complex. Continue "down the bayou" past quaint fishing villages, stopping at **Lockport's Bayou Lafourche Folklife & Heritage Museum** or setting out to catch dinner on a charter fishing trip.

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.



©Philip Gould

## BAYOU BOUNTY LOCAL LORE

### LAFAYETTE

**Nash's Restaurant:** Savor their veal osso buco inside a romantic Victorian home.

**Village Café:** Start your day with their brunch grits and grillades.

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

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

### NEW IBERIA

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

### HOUMA

**Bayou Delight:** Stuffed crabs and potato salad with a side of swamp tours.

### MORGAN CITY

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

### BREAUX BRIDGE

**Café Des Amis:** People come from far and wide for the Saturday Zydeco breakfast, so grab a table early.


### THIBODAUX

**Fremi's:** Filet mignon topped with crabmeat served in a restored 19th century drugstore.

©Denny Culbert







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Lafayette is at the heart of Louisiana's Cajun & Creole Country, an area whose cuisine is deeply rooted in culture. With new generations of chefs merging tradition with innovation it's no wonder people are heading down south with a smile on their face.



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# SEAFOOD *Sensation*

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



Lovers of food, drink and the outdoors, get ready for more than eating in Southwest Louisiana, affectionately called **Louisiana's Outback**.

Grab the camera for a day-long safari along the **Creole Nature Trail**, a fertile ground of wildlife where you can even catch your dinner crabbing or fishing along the roadside piers or on waterways with a charter guide.

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 this regional delicacy.

There's no sitting on the sidelines in **Lake Charles**. Begin your 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.

And that's just the beginning. Spice up the entertainment at **L'Auberge Casino Resort** and **Golden Nugget**. The neighboring resorts pack a combo of 18 restaurants, from 24-hour cafés to fine dining fit for a king. Enjoy the nightlife at **Isle of Capri Casino Hotel** or try your luck at **Delta Downs Racetrack and Casino Hotel**.

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.

**Botsky's:** Gourmet hotdogs, try the smoked duck sausage made with Apple Jack Brandy.

## 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

**Shucks:** Generational recipes from gumbo to oysters Rockefeller.

## JENNINGS

**Babineaux's Café:** Smothered pork chops and genuine comfort food.

## LAKE ARTHUR

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







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## Southwest Louisiana Boudin Trail

Stop by any of the 27 boudin locations across Calcasieu and Cameron parishes and you're bound to meet a local celebrity crafting their own version of Louisiana's southwest sausage. A third generation owner of B&O Kitchen and Grocery in Sulphur, Jeff Benoit is creating their masterpiece boudin by blending pork meat and pork liver with Cajun seasonings and rice. Simply heat it up and enjoy it plain, shape it into a boudin burger or fry it into boudin balls. Be sure to take some of Benoit's cracklins, fried pork skins, to go before continuing on to your next stop on the Boudin 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. 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. In **Opelousas**, **Slim's Y-Ki-Ki Club** is known as the Grand Ole Opry of Zydeco, and the **Liberty Center** in **Eunice** hosts the nationally acclaimed “Rendez-Vous des Cajuns” radio and television show featuring live Cajun and Zydeco music and dancing.

History buffs will love the historic architecture across many of the downtown districts. Fill up that memory card in Grand Coteau with more than 70 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

**The Kitchen Shop:** Enjoy pecan scones or berry tarts on the patio.

## EUNICE

**Lejeune's Sausage Kitchen:** Family-run smokehouse known for smoked garlic sausage.

## OPELOUSAS

**Hebert's Boudin & Cracklins:** The name says it all—known for their boudin, cracklins, boudin balls, sausage and tasso.

**Back in Time:** Try the chicken salad and corn-crab-shrimp soup.

## PORT BARRE

**Bourque's Supermarket and Deli:** Dine in or take out, cracklins, boudin, plate lunches and their own jalapeno, sausage and cheese bread.

## SUNSET

**Café Josephine:** Rustic atmosphere with a unique twist, deer sausage and quail fajitas.

## WASHINGTON

**Steamboat Warehouse Restaurant:** Overlooking Bayou Courtableau, dine inside an old style steamboat warehouse.



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# OUTDOOR EXCURSIONS THAT WILL MAKE YOUR MOUTH WATER

Take your culinary adventure outdoors where you can work up an appetite amidst fresh air, beautiful scenery and one of our favorite past times – football! Whether crabbing along the Creole Nature Trail, biking to fresh produce on the Tammany Trace or sampling tailgating delights, Louisiana has something for everyone.

## SEAFOOD SENSATION

### Seafood along the Creole Nature Trail

South of **Lake Charles** lies one of America's "Last Great Wildernesses," where bayous, marshes and beaches beckon along the 180-mile **Creole Nature Trail All American Road**. Begin your journey at **Creole Nature Trail Adventure Point** to learn about the history, wildlife and culture that await in Louisiana's Outback.

Bring along a fishing pole and cast a line in your choice of freshwater, brackish or saltwater fishing holes. Look for alligators and deer while casting a net for shrimp at **Rockefeller Wildlife Refuge**. With a little patience, a crab net and bait, you'll be pulling in a dinner of blue crabs before you know it. Or if you'd rather spend the day bird watching and collecting shells on the beach, then pick up dinner at one of the local seafood shops along the trail.

## NORTHSHORE SAMPLER

### Fresh Produce and Brew on the Tammany Trace

Bike, stroll or rollerblade the **Tammany Trace**, a rail-to-trail system stretching 31 scenic miles through St. Tammany's forests and wetlands. Hop on in **Covington**, where you can fill up on lunch and hear live music on Wednesdays at the **Covington Farmers Market**. Then take a break in **Abita Springs** to visit the **Trailhead Museum** and the **Abita Mystery House**. Children will love the playground and splash park, and adults can quench their thirst at the **Abita Brew Pub**.

Pack a picnic and stop off at the **Trailhead Headquarters**, which features Jamming on the Trace concerts throughout the year. On Saturday mornings, plan your ride around the **Mandeville Community Market**, or complete the journey to **Slidell** and treat yourself to a congratulatory meal in one of the many local restaurants.

## CAPITAL CRAVINGS

### Tailgating with Seasoned Pros

The only thing Louisianans love more than food is serving it up with a healthy dose of football. Visit **Louisiana State University** in **Baton Rouge** for some of the most intense tailgating in the country. Unforgettable Saturday nights in **Death Valley** are preceded by thousands of fans staking claim to every inch of space around campus.

Don some purple and gold, mingle with the crowds and prepare to be amazed by the food. Giant vats of jambalaya and gumbo, pigs roasting in "Cajun microwaves," fried alligator, boiled crabs, boudin...the list goes on and on. But if football isn't your thing, stop by **Tiger Stadium** on Memorial Day weekend for **Bayou Country Superfest**. The multi-day country music festival also attracts a number of tailgating enthusiasts.





# RED RIVER *Riches*

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



Begin your feast in **Alexandria**, a city surrounded by rich farmlands that sustain a growing downtown food scene, with new restaurants opening in restored historical buildings. From here, travel north to **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 **Alexandria**, enjoy bountiful harvests at the local favorite, **Inglewood Farm**, with organic produce, eggs and meats. Check the calendar for Inglewood's popular events, including farm-to-table dinners and themed markets.

On your journey north to **Natchitoches**, grab lunch at **Lasyone's** to experience 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 watching 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.

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

## ALEXANDRIA

**Atwoods Bakery:** Try their Normandy french toast with raspberry marmalade and cream cheese.

**Tunk's Cypress Inn:** Overlooking Kincaid Lake, this family restaurant specializes in seafood.

**Good People Kitchen:** Dine in or order tasty prepared meals to go.

**Lea's Lunchroom:** Country pies worth the detour off the interstate, with flavors such as coconut, chocolate, pecan and sweet potato.

**Spirits Food & Friends:** The name speaks for itself with live music and a full menu.

## SHREVEPORT-BOSSIER

**2Johns Steak and Seafood:** Award-winning steak and seafood.

**Real BBQ & More:** Famous for Harvey Clay's "toothless" brisket smoked for 14 hours.

**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.

**Shreveport-Bossier**  
**LOUISIANA**

**SEE IT. BET IT.  
TASTE IT.**

Discover one-of-a-kind cuisine, from Cajun, Creole and barbeque to country cooking and soul food. Get inspired by the local food experiences and enjoy our exciting 24-hour gaming action in Shreveport-Bossier: Louisiana's Other Side.

Request the free brochure **Eat Here: A Food Lover's Guide to Shreveport-Bossier** by calling 1-800-551-8682.  
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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 and country cooking. You're living the delta life with steaming butter beans, a side of turnip greens, cornbread and a large glass of sweet tea. And better make room for another local favorite—smoked barbeque.

Take a break between meals and stroll along **Antique Alley** in **West Monroe** or kayak the bayou inside **Black Bayou Lake National Wildlife Refuge**. Catfish is king here and so are the waterfront restaurants. Spend a romantic evening watching the sun set along the cypress-lined rivers.

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** and the **Poverty Point World Heritage Site**, home to six mounds estimated to be thousands of years old.

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



LOCAL  
LORE

## MONROE

**Warehouse No. 1:** Riverside dining with crab bisque and hush puppies.

**Nonna:** Chef Cory Bahr's menu includes lamb stew, lobster risotto, prosciutto pizza and blue crab gnocchi.

**BBQ West:** Tasty ribs, chicken and sausage.

**Cascio's Tavern:** Go with the snapper topped with lump crabmeat.

**Cheniere Shack:** Locals love the desserts, especially the coconut cake.

**Tummy Yummy Creations:** Baked goods, candy and fudge.

## RUSTON

**Brister's Smokehouse:** Pulled meat sandwich on jalapeño cheese bread.

**Mitcham Farms:** Take your peach cobbler to go in a jar.







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West  
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LOUISIANA

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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 in their beer, or wine-makers who take advantage of warm winters and moist climates cultivating special grapes and plump berries. Visit a growing number of distilleries harvesting fresh fields of sugar cane for unique blends of liquors.

In New Orleans, the **NOLA (New Orleans Lager and Ale) Brewery** crafts each brew with finesse and a catchy label from their home base on Tchoupitoulas Street. In the Garden District, check out the **Courtyard Brewery**, a smaller brewery with a taproom and occasional food truck. Stop by for a tour or tasting at **Celebration Distillation** on Frenchman Street, where sugar cane from Thibodeaux is used to craft Old New Orleans Rum. Visit **Atelier Vie's** New Orleans distillery each Saturday and Sunday for tastings and bottle purchases of their Euphrosine gin, absinthe, rice-based whiskey and vodka.

St. Tammany brews primo suds at **Abita Beer** sourced from local artesian waters of Abita Springs. Tour the brewery and sample Abita Amber, Purple Haze and Turbo Dog, then get a close look at the towering tanks. Don't miss the **Covington Brewhouse** inside a late 19th century hardware store. Thirsty visitors are welcome to tour and sample their German-based brews each Saturday and during festivals. In Mandeville, a young couple is living their dream at **Chafunkta Brewery**, a small-batch brewery with tours available every Friday evening. 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.

Just blocks from the mighty Mississippi in Baton Rouge, the **Tin Roof Brewery** brings home local flavors with year-round brews and seasonal specials such as Watermelon Wheat and Juke Joint IPA. Tours on Friday evenings include a souvenir glass and three samples of Tin Roof beer with occasional food trucks and live music. In April, sip your way through more than 200 foreign and domestic beers, ales and home-brews at the **Zapp's International Beerfest** or sample craft beers and pub food at **Brew at the Zoo** in October. And don't forget Baton Rouge's premier wine and food fest, **Fête Rouge**, featuring more than 200 wines and a local chefs' competition in August.

In Hammond, **Gnarly Barley** has grown from a home brew to two flagship beers with Radical Rye P.A. and Catahoula Common. In East Feliciana, stop by **Feliciana Cellars Winery & Vineyards** and **Casa de Sue Winery** with tours, tastings and gift shops. Walk down rows of blackberries and blueberries at **Amato's Winery** in the small town of Independence, then sample their wines in a spacious tasting room.

In Lafayette, **Rank Wildcat Spirits** is Acadiana's first micro distillery and maker of Sweet Crude Rum crafted from a Jeanerette sugar cane mill. Tours and tastings available by appointment. **Bayou Teche Brewery** rests on the banks of Bayou Teche in Arnaudville, brewing their famed LA 31 label. 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).

In southwest Louisiana, witness the latest evolution straight from Louisiana's sugar cane fields. Bayou Rum, produced by **Louisiana Spirits Distillery** in Lacassine, uses local raw unrefined cane sugar and molasses. Take a tour and discover the taste of Bayou Rum Silver, Spiced Rum and their latest Satsuma Rum. 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. A resurgence of craft breweries is on its way to Lake Charles, with **Rikenjaks** returning to the city with their original Old Hardhead brew and **Crying Eagle Brewing** promising seasonal beers, an outdoor beer garden and live music.

Cheers to the growing craft beer scene in northwest Louisiana featuring **Great Raft Brewing**. Enjoy their flagship beers straight from their taps or on the store shelves, along with beer-centric events including Shreveport's beer festival called BREW.

In northeast Louisiana, **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.

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.





## THE BAYOU CLASSIC

- 1 1/2 oz. Bayou Rum  
Spiced
- 1/2 oz. Lilet Blanc
- 1/2 oz. Triple Sec
- 1/2 oz. fresh lemon juice
- 1/2 dash Orange  
blossom water

Shake and strain over ice.  
Garnish with lemon twist.

Recipe courtesy of  
Louisiana Spirits Distillery.

