

Louisiana Cuisines

LOUISIANA CUISINES, including Cajun and Creole, are flavorful, colorful, and aromatic. Both Cajun and Creole cuisines have their own recipes for gumbo, jambalaya, and étouffée. An easy way for you to differentiate between the three dishes is to think of gumbo as a stew, of jambalaya as a relative of Spanish paella, and of étouffée as a shellfish smothered in a thick sauce. Creole cuisine features classic European-inspired dishes with several courses, and Cajun cuisine features spicy, pungent, one-pot meals made from local seafood and wild game.



Objective:



Summarize Louisiana cuisine's influences, common ingredients, and top foods and dishes.

Key Terms:



bananas Foster
bayou
beignets
bread pudding
Cajun
bananas Foster
bayou
beignet
bread pudding

Cajun
Cajun cuisine
crawfish
crawfish boil
Creole
Creole cuisine
étouffée
gumbo
holy trinity

jambalaya
lagniappe
Louisiana cuisine
praline
red beans and rice
rice and gravy
roux
shrimp Creole

Louisiana Cuisine: Cajun and Creole

Louisiana cuisine is a style of cooking that stems from a rich history, and is most influenced by Creole and Cajun cuisines.

LOUISIANA CUISINE AND INFLUENCES

Creole cuisine features a number of courses, and Cajun cuisine features spicy, pungent, one-pot meals made from local seafood and wild game. Although Creole and Cajun identities are often grouped together, they evolved separately and have distinctive differences.

Geographical Influences

Louisiana is located in the southern region of the United States. Louisiana is neighbored by Arkansas to the north, Mississippi to the east, Texas to the west, and the Gulf of Mexico to the south. Louisiana owes much of its complex personality to its geographic position. The state shares the general physiographic characteristics (the natural environment including the atmosphere) common to the Gulf Coast of the United States, with one key exception. The Mississippi River not only borders, but flows through the state. Both Cajuns and Creoles settled in lower Louisiana, and eventually were able to coexist, as they do today. Cajuns mainly settled in the deepest southern locations (swamplands) of Louisiana and Mississippi, while the Creoles were part of city aristocracy.

The lowlands consist of the coastal marshes and the Mississippi River floodplain. A **bayou** is a Cajun word for a body of water found in a low-lying area, such as a slow-moving stream or river, or a marshy lake or wetland.

Terraces formed by floodplains are in many of the Florida parishes to the north (such as East Baton Rouge Parish or Livingston Parish) as well as the prairies of southwestern Louisiana. A parish is similar to a county. Hills also flank the Red River valley and contour the northern portion of the Florida parishes. The soils of Louisiana have been one of the state's priceless resources: More than 25 percent of the total land area is covered by rich alluvium soil (clay, silt, and sand deposited by overflowing rivers and bayous—also a result of the floodplains).

Agricultural Influences

Louisiana relied heavily on cotton, sugarcane, and later timber through the 1800s for economic survival. Due to the fertile soil in the northern and delta regions, settlers were able to grow various crops for food. Today, agriculture is much less important to Louisiana's economy than earlier in its history. A small fraction of residents earn their living on farms, and most of the production comes from a few large farms in the plains of the Mississippi River. Cotton,



FIGURE 1. A bayou is a Cajun word for a body of water found in a low-lying area, such as a slow-moving stream or river, or a marshy lake or wetland.

sugarcane, rice, soybeans, corn, feed grains, and sweet potatoes are the main agricultural crops produced in the state. Poultry, eggs, beef cattle, and dairy products are also important. Louisiana is also one of the top producers of timber. (Source: Encyclopedia Britannica.)

Climatic Influences

Louisiana is a subtropical climate, a natural result of its location on the Gulf of Mexico. In the summer it is the humidity, rather than the heat, that reminds residents of this fact. The state lies at the mouth of the Mississippi-Missouri river valley, roughly halfway between the Atlantic and the Pacific oceans. Louisiana is also affected by continental weather patterns. Hot, humid summers give way to frequent afternoon thundershowers, and the winters are mild. Due to its location and humid climate, the state is subject to massive tropical storms, and the hurricane season extends from June through November.

Cultural Influences

Whether from a Creole or Cajun bloodline, most Louisianans are descendants of Spanish and French ancestry. For this reason, the religious underpinnings of most Louisiana celebrations come from Catholic holidays. The main holidays for Louisiana include Epiphany, Shrove Tuesday (Mardi Gras), Ash Wednesday, Lent, Maundy Thursday, Good Friday, Easter, Halloween, All Saints Day, Thanksgiving, Immaculate Conception, Christmas, and New Year's. The "Christian spirit" of their ancestors can be seen through many their many cultural idiosyncrasies and friendly attitudes.

Lagniappe

Louisiana is famous for giving customers lagniappes. A **lagniappe** (pronounced lahn-YAP) is a Louisiana term (pieced together from French and Spanish words) for a small gift given to a customer by a merchant. For example, a vegetable vendor is expected to throw in a few extra peppers or tomatoes to an order. Also, many restaurants bring a free appetizer or soup to each customer, from the chef, regardless of what the table ordered.

Mardi Gras

A Catholic holiday that receives special treatment in Louisiana is Mardi Gras. Mardi Gras, a.k.a. Fat Tuesday or Shrove Tuesday, is a carnival-like celebration (starting on the Catholic holiday of Epiphany and ending with a parade on the day before Ash Wednesday) that celebrates feasting before Lent begins. New Orleans is famous for this celebration, which lasts several days and involves parades, balls, music, and lots of food. One traditional element of the feast is the king cake, in which a small figurine is baked inside. Whoever gets the piece with the figurine is responsible for hosting the next year's gathering.

Creole Influences

Creole culture is a blending of various ethnicities, especially French and Spanish. It was also influenced by Portuguese, Italian, Amerindian, and West African cultures. The first European

settlers in the region arrived in the eighteenth century, and the term Creole was coined. **Creole** are the second generation of Europeans that colonized Louisiana during French and Spanish rule. The influence of the various cultures is very apparent in Creole cuisine.

- ◆ French bouillabaisse led to the creation of Creole gumbo.
- ◆ Spanish paella led to the creation of Louisiana jambalaya.
- ◆ German charcuterie led to fine sausage making in South Louisiana.
- ◆ West Indian and Haitian exotic vegetables and unique cooking methods became part of Louisiana cuisine.
- ◆ Amerindians (natives of the Americas, generally not of the United States) introduced settlers to local produce, wildlife, and seafood. Important ingredients such as corn, sassafras leaves (filé powder), and bay leaves added depth and interest to the Louisianan culinary melting pot.



FIGURE 2. French bouillabaisse led to the creation of Creole gumbo, such as the seafood gumbo pictured here.

Cajun Influences

Cajuns come from old-world French refugees who fled from Acadia, or what is now Canada's Maritime provinces (Nova Scotia, New Brunswick, and Prince Edward Island), during the French and Indian War. As wave after wave of refugees ran south, their Acadian homeland was reborn in the southern region of Louisiana (even now known as Acadiana). The term Cajun is derived from their particular French pronunciation of Acadian. **Cajun** is an ethnic group, largely self-contained in the bayou areas of south Louisiana, which speaks in a unique, regional, archaic (old-fashioned) form of French. Cajun cuisine is a mirror image of their unique history, which reflects ingenuity, creativity, adaptability, and survival. Cajuns often cooked everything together in black iron pots, and they used the foods indigenous to southern Louisiana: fish, shellfish, alligators, wild vegetation, local herbs, and wild game.

- ◆ Jambalaya, grillades (pronounced GREE-yahds), stews, fricassees, soups, gumbos, sauce piquantes, and stuffed vegetables are all characteristic of those one-pot meals.
- ◆ Cajun cuisine is considered a “table in the wilderness,” a creative adaptation of indigenous Louisiana foods. (Source: Folse.) As none of the exotic European spices that the Creole enjoyed were available to the bayou-dwelling Cajuns, the Arcadians lived off the land.



DIGGING DEEPER...

UNCOVERING ADDITIONAL FACTS: Mardi Gras King's Cake

Mardi Gras is a holiday celebrated in Louisiana, including the city of New Orleans. Celebrations are concentrated for about two weeks before through the start of Lent (a Catholic tradition). Thousands of tourists descend upon New Orleans to dance in the streets, catch beaded necklaces, and eat (or drink!) their way through a city that's famous for its culinary scene. Mardi Gras is French for "Fat Tuesday." This name has a double meaning, as you are meant to indulge yourself before fasting for the next 40 days of Lent. What are some Mardi Gras food traditions? Read Sarah Pruitt's article, "From King Cakes to Zulu Coconuts: The History of Six Mardi Gras Traditions," at <https://www.history.com/news/from-king-cake-to-zulu-coconuts-the-history-of-6-mardi-gras-traditions> on the History website.



King Cake (kings' cake, three kings cake) is a dessert prepared to celebrate Mardi Gras. A plastic baby is placed inside the cake, symbolizing luck and prosperity to whoever finds it. [The symbolic references within the cake are the three kings (or wise men) and the baby Jesus. Even the three colors of the cake represent each of the three kings (wise men). There are, of course, secular variations with other trinkets baked into the cake.]

COMMON INGREDIENTS AND CLASSIC CUISINE

Because of their ties to French heritage, there are many shared spices, preparations, and dishes within the Creole and Cajun cuisines of Louisiana. Throughout this section, the dishes of Louisiana cuisine will be discussed, along with the similarities and differences of Creole and Cajun versions.

Creole Background

Creole cuisine is a blend of French, Spanish, Amerindian, and West African culinary traditions—fancy, classical cuisine based on the aristocratic ancestry of its people. Creole cuisine uses fine ingredients, such as oysters, shrimp, and butter, as well as imported ingredients (due to their wealth and proximity to the Port of New Orleans). Soon after the Creole's ancestors arrived in Louisiana, Native Americans and Amerindians introduced them to the use of locally grown vegetables, spices, and herbs. Tomatoes from Central and South America were also introduced. These ingredients, along with deep French-heritage influences, shaped the Creole cuisine known today.

Meats

Traditional Creole cuisine includes many ways of preserving meat. These old customs are disappearing due to refrigeration and the mass-produced meat now found at the grocery store.

Seafood

Increased catfish farming in the Mississippi Delta created a huge increase in the use of catfish in Creole cuisine—replacing the more traditional wild-caught trout and red fish. Oysters on the half shell is a dish still around today—ice-cold oysters on the half shell, served with red or white remoulade sauce. (Remoulade sauce comes from France. Although there are multiple Creole and Cajun variations, it is closely related to tartar sauce.)

Beef and Dairy

Creole cooking was established near areas well suited to cattle and dairy farming. This is a reason Creole roux is made with butter instead. Beef is seldom used in a pre-processed form for Creoles. It is usually prepared simply for chops, stews, or steaks. Ground beef use is traditional throughout the southern United States, and some Louisiana recipes reflect this tradition. Dairy farming is not as prevalent as in the past, but there are still some operating farms. There are unique dairy items produced in Creole cooking, such as Creole cream cheese.

Cajun Background

Cajun cuisine is a simple, rustic style of food preparation, with entire meals often being made in one pot. Cajun cuisine also tends to be spicier than Creole cuisine. Its ingredients differ from Creole ingredients, because they include more of the regional, wild plants and animals, including wild game such as rabbit, squirrel, and alligator. In many cases, those who created Cajun cuisine were extremely poor. These were refugees and farmers who fed large families with whatever they could find. Because they needed to feed large groups, Cajuns added rice to increase meal sizes. For this reason, many Cajun dishes call for the addition of rice.

Seafood

Cajuns live close to the Gulf of Mexico, so, naturally, seafood appears in their dishes. Favorites include crawfish, catfish, crab, and oysters. Again, Cajun people tend to use whatever living thing they find on land or water.

Meats

Smoked meats, sausages, chicken, and hunted game were the main ingredients in Cajun food. Smoking meat remains a common practice in Louisiana. Some traditional preparations, such as turkey or duck confit (meat cooked and preserved in its own fat, with spices), are now viewed as quaint rarities or, as with many old traditions, have found their way onto fine-dining menus.

Roux

In New Orleans, roux preparation can vary in Creole and Cajun cooking, along with the colors and flavors created. Many Louisiana dishes are made from a roux base. A **roux** (pronounced roo) is a thickening agent made from equal parts of flour and fat (by weight). Creole and Cajun cooks inherited the roux (thickening agent) from the French. The secret to making a good dish is the pairing of the roux with the protein. This pairing follows the same philosophy as pairing wine with an entrée. Creole cuisine generally involves the use of butter as a fat, whereas Cajuns use oil or lard. The scent of a good roux is strong, and it can remain embedded in clothing until washed. To trained cooks, just the scent of the roux can tell them if it is being prepared for a sauce or for a gumbo.

Light Roux

Creole roux is lighter in color than Cajun roux, and it is usually made with butter and flour. However, dark roux is used in certain Creole dishes. A light roux is best suited for seafood dishes and is unsuitable for meat gumbos because it cannot support heavy meat flavors.

Medium Roux

A medium roux is the most common among cooks and chefs in the New Orleans area. A medium thickness and color (the color of a copper penny) work well with most dishes.

Dark Roux

A dark roux has a strong, nutty flavor that would overpower a simple seafood gumbo, but is the perfect complement to a gumbo using chicken, duck, sausage, or alligator (which is why Cajuns use it frequently). Preparing a dark roux is a complex procedure. It involves several steps, which includes heating oil or fat and flour very carefully (without burning), stirring constantly for 15 to 45 minutes (until the mixture has darkened into color of a pecan shell), and waiting for the development of a nutty flavor and aroma.



FIGURE 3. A roux is a thickening agent made from equal parts of flour and fat (by weight). What are some Louisiana dishes that would use a light roux?

Holy Trinity

The **holy trinity** is the flavor base and set of ingredients used to start most Creole and Cajun dishes—chopped onions, bell peppers, and celery. Both Cajun and Creole versions of gumbo and jambalaya start with the holy trinity.

Étouffée

Étouffée is actually the method of “smothering” to prepare a dish; however, it is commonly referred to as a Cajun stew served over rice. For example, crawfish étouffée is just crawfish that has been smothered (cooked in a covered pan with liquid and other ingredients) rather than grilled, broiled, fried, or braised. In French, étouffée is literally “to smother or choke.”

- ◆ To make Cajun crawfish, étouffée the shellfish is smothered with crawfish tails, oil, onions, bell peppers, and “crawfish fat” (a gland in the head similar to the liver and pancreas).
- ◆ To make a Creole étouffée, chopped vegetables and tomatoes are added to a rich, buttery roux.



FIGURE 4. To make Cajun crawfish étouffée, the shellfish is smothered with crawfish tails, onions, bell peppers, celery, and “crawfish fat” (a gland in the head similar to the liver and pancreas). To make a Creole étouffée, chopped vegetables, finer seafoods, and tomatoes are added to a rich, buttery roux.

Red Beans and Rice

Red beans and rice is a dish consisting of small red beans, white rice, pork fat, and seasonings. Starting with the holy trinity, it is flavored with pork bones, spices, and sometimes pieces of pork. It is a staple in Creole cuisine, and it is also one of the few mild dishes in Louisiana cuisine (even though it is often served with an optional hot sauce at the table). Because leftover pork and bones from Sunday dinner are available, red beans and rice is traditionally made on Mondays.



FIGURE 5. Because leftover pork and bones from Sunday dinner are available, red beans and rice is traditionally made on Mondays.

Shrimp Creole

Shrimp Creole is a dish made of shrimp, tomatoes, onions, bell peppers, celery, garlic, and cayenne pepper—served over boiled or steamed rice. Classic shrimp creole does not contain a roux, but some cooks may add one. This early Creole dish shows strong French and Spanish influences and is a favorite in the greater New Orleans area.

Rice and Gravy

Rice and gravy is a dish composed of a brown sauce made from pan drippings that are deglazed, simmered, seasoned, and served over steamed or boiled rice. It is a staple of Louisiana cuisine. In Cajun cooking, it is traditionally made from cheaper cuts of meat and cooked in a cast iron pot—typically for an extended time period in order to let these tougher cuts of meat tenderize. Beef, pork, chicken, or any game meat can be used for its preparation.

Crawfish Boil

Crawfish (“crayfish” in the Northeast, “crawdads” in the Midwest, and “mudbugs” in the Delta) are small shellfish that look like miniature lobsters and are found in much of the fresh water of Louisiana. Crawfish are eaten in a variety of ways, but one of the most popular is at a crawfish boil. Crawfish boils are popular events held each summer across the state. A **crawfish boil** is a cooking event in which the “boil master” drops crawfish into boiling water that is seasoned with spices (cayenne and hot sauce). The dish is sold by the pound to diners, or, at parties, they are dumped on the table for everyone to dig into.

Gumbo

Gumbo is a stew made of meats (such as shellfish, sausage, poultry, or pork), vegetables, and spices. This term likely came from a West African word for okra, which is the traditional thickening agent for the stew. Many gumbo dishes are now thickened with roux, but okra is still a favorite ingredient. Gumbo has been a specialty in both Creole and Cajun cuisines since the eighteenth century. Both gumbo varieties use poultry, sausage, shellfish, or any combination of these meats.

- ◆ Cajun gumbo is usually made with a dark roux and includes vegetables, especially the holy trinity. Cajun gumbo is darker and spicier than Creole varieties.
- ◆ Creole gumbo is identifiable by the use of tomatoes and seafood. Creole roux is usually made from butter and flour, in the classic French style.

Jambalaya

Jambalaya is a spicy rice dish mixed with meats, including chicken or Andouille sausage, seafood, the holy trinity, and stock. (Andouille is a smoked pork sausage from French roots, but the Cajun version includes garlic and hot chili peppers.) It is prepared in both Creole and Cajun styles with roots in Spanish paella. Jambalaya is an example of a one-pot meal characteristic of Cajun cuisine. Creole jambalaya is the more popular variety due to its inclusion of tomatoes, seafood, and finer meat choices. As with most shared dishes, Cajun jambalaya is more brown than red, does not include tomatoes, and often uses local meats—crawfish, alligator, or turtle.

Grillade

According to the Food Network website at <https://www.foodnetwork.com/terms/grillade>, a Grillade is:

- ◆ “French for ‘grilled (or broiled) food,’ usually meat.”
- ◆ “A Creole dish of pieces of pounded round steak seared in hot fat, then braised in a rich sauce with vegetables and tomatoes. Grillade is customarily served with grits.”

Sandwiches

Poor boys (or po’ boys) are sandwiches created by the Martin brothers for their lunch stand in 1929. They worked with the Parkway Bakery (which is still operating) to create the right crispy bread for the sandwich. A poor boy originally consisted of scraps from breakfast, fried meat, and french bread. Today, they usually contain fried seafood or other meats with a gravy or melted butter dressing on a baguette. In 1906, an Italian, French Quarter grocer (Salvatore Lupo) invented the muffuletta sandwich. Muffuletta is round, Sicilian sesame bread. For the muffuletta sandwich, the bread (about seven inches thick) is split in half and piled with olives, dressings, and Italian meats and cheeses. A whole sandwich can sometimes feed four people.



FIGURE 6. The muffuletta sandwich was invented by an Italian (Salvatore Lupo) in 1906. His grocery store was in the French Quarter, and his sandwich caught on quickly. Besides poor boys, muffalettas are synonymous with New Orleans sandwiches.

Bread Pudding

Bread pudding is a dessert made from day-old or stale bread, eggs, cinnamon, and vanilla. It is a popular Creole and Cajun dessert that can be served warm with a sweet sauce, freshly whipped cream, or with a scoop of ice cream. It can also be sprinkled with powdered sugar and served at room temperature.

Beignet

A **beignet** is a square doughnut made from deep-fried choux pastry (or sometimes yeast dough). It is served immediately after deep-frying, and it is usually heavily coated with powdered sugar. Along with chicory coffee or café au lait, famed Café du Monde (of New Orleans)

serves three beignets (on a plate or in a bag) 24-hours per day. In 1986, the state of Louisiana voted the beignet the official state donut.

Bananas Foster

Bananas Foster is a dish containing vanilla ice cream and sautéed bananas which are topped with a flambéed sauce of sugar, butter, banana liqueur, cinnamon, and rum. The dessert was created by Ella Brennan and Chef Paul Blangé in honor of a family friend (Richard Foster). It was created in the 1950s at Brennan’s Restaurant in the French Quarter of New Orleans, which is still owned by the Brennan family. In the 1950s, New Orleans was the hub of banana imports to the United States.



FIGURE 7. Along with chicory coffee or café au lait, famed Café du Monde (of New Orleans) serves three beignets (on a plate or in a bag) 24-hours per day. In 1986, the state of Louisiana voted the beignet the official state donut.

Praline

Praline (pronounced prah-lean in New Orleans) is a Creole candy made with sugar, butter, Louisiana-grown pecans, and cream (or buttermilk). Many versions of pralines exist, and they may include shaved coconut, chocolate, walnuts, or vanilla.

Chicory Coffee

Chicory coffee is a mixture of roasted coffee beans and chicory root. It is used in café au lait, a traditional beverage served at Café du Monde and Morning Call restaurants, which is made by adding hot milk to the coffee. Brand name coffees include French Market, Community, and Café du Monde.

Renowned Chefs

There are many renowned chefs in Louisiana, with the majority of them appearing in restaurants all over New Orleans. These chefs have won many awards, been on television shows, and educated a nation about Creole and Cajun cuisine.

- ◆ Chef Emeril Lagasse: Emeril’s New Orleans, multiple cookbooks and television shows, “Top Chef” judge (Creole)
- ◆ Chef John Folse: Donaldsonville (Creole)
- ◆ Chef Leah Chase: Dooky Chase’s Restaurant, New Orleans (Creole and soul food)
- ◆ Chef Paul Prudhomme: K-Paul’s Louisiana Kitchen, New Orleans (Creole and Cajun)

- ◆ Chef Sue Zemanick: “Top Chef,” New Orleans
- ◆ Chef Tory McPhail: Commander’s Palace, New Orleans
- ◆ Chef Justin Wilson: TV Personality, Baton Rouge

Renowned Restaurants

New Orleans is unique when it comes to restaurants. Many of them have been open from 50 to 180 or more years. New Orleans is also the birthplace of several famous dishes and drinks. Other notable restaurants appear in Lafayette, Baton Rouge, Shreveport, and Metairie.

- ◆ Brennan’s Restaurant: Created bananas Foster
- ◆ Commander’s Palace: Open since 1893
- ◆ K-Paul’s Louisiana Kitchen: Famous for Chef Paul’s shows and cookbooks
- ◆ Antoinne’s: Open since 1840, creator of Oysters Rockefeller
- ◆ The Court of Two Sisters: Opened in 1963
- ◆ Crawfish Town USA: Crawfish boils, located in Lafayette
- ◆ Galatoire’s: Opened in 1905
- ◆ Herby-K’s: Opened in Shreveport in 1936, famous for the shrimp buster
- ◆ Tony’s Seafood: Seafood market and catering in Baton Rouge
- ◆ Emeril’s New Orleans and Delmonico: Delmonico in the Garden District, opened since 1895
- ◆ Mr. B’s Bistro: Open since 1979
- ◆ Chef Ron’s Gumbo Stop: Many unique “stuffed” gumbos in Metairie
- ◆ Café du Monde: Original stand opened in 1862, 24-hour beignets and coffee
- ◆ Tujague’s Restaurant: Opened in 1856, creator of the grasshopper and whiskey punch drinks
- ◆ Pascal’s Manale: Open since 1913, creator of barbecue shrimp
- ◆ Parkway Bakery and Tavern: Open since 1911, co-creator of modern poor boy (po’ boy) sandwich with the Martin brothers in 1929.

Summary:



What is the difference between Creole and Cajun cooking? Many in Louisiana claim the answer is simple. Creoles were rich planters and their kitchens aspired to grand cuisine: French and Spanish dishes. By using classic French techniques with local foodstuffs, they created a whole new cuisine, Creole cooking. In contrast, Cajuns were a group of people living under strenuous conditions in the deeply rural Louisiana bayous. As a result, Cajuns tended to serve strongly flavored country food prepared from locally available ingredients. Their dishes are pungent, peppery, and practical, and most are cooked in a single pot. Due to this southern culinary explosion, many new dishes were created that are still eaten today, including jambalaya,

gumbo, the poor boy, the muffuletta, bananas Foster, oysters Rockefeller, and barbecue shrimp.

Checking Your Knowledge:



1. Describe how Louisiana's geographic location influences its ingredients and dishes.
2. Describe the cultural influences in Louisiana cuisines.
3. Compare and contrast Creole and Cajun cuisines.
4. Describe commonly prepared Louisiana dishes.
5. Compare and contrast gumbo and jambalaya.

Expanding Your Knowledge:



Louisiana is home to one of the most famous culinary cities in the world, New Orleans. When it comes to Cajun and Creole cooking, New Orleans is the center! Unless you live in New Orleans, you probably don't get a lot of real Louisiana cuisine. Find real Louisiana recipes [many of the older restaurants of New Orleans (such as Brennan's or Antoine's) put recipes on their websites] and try them out. Ask if any of your Instagram or Facebook friends are from Louisiana. Invite over friends, family, or someone from Louisiana! Take pictures of your meal and share your experience with the class. How hard was it to cook? Did everyone enjoy it? Was it Cajun or Creole? Did you find a Louisiana connection online?

Web Links:



Crawfish? Crayfish? Mudbugs?

<http://www.foodsafetynews.com/2011/08/crawfish-crayfish-mud-bugs-call-them-anything-but-lobster/#.WuHbT0xFx9A>

Creole or Cajun?

<http://www.cnn.com/travel/article/cnngo-cajun-creole/index.html>

Furious World Tour Video—New Orleans

https://www.youtube.com/watch?v=1yoo1Qsue7I&disable_polymer=true

Six Dishes to Try in New Orleans!

<https://www.youtube.com/watch?v=xLjNfy7XdvA>