

Laissez les Bon Temps Roulet Guide to New Orleans

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Welcome to New Orleans (or more affectionately, “Nawlins”), the Crescent City, the Big Easy, a city veiled in myths and legends, a city that never sleeps, a city whose spirit a hurricane could not destroy, a city alive with excitement that beckons you to visit. But how does one begin? Perhaps a few suggestions would help.

RESTAURANTS

The city is internationally known for its cuisine, especially seafood. For the oyster lovers, look no further than Acmes located on Iberville in the French Quarter (FQ). Stand at the bar and watch big gulf oysters being shucked in front of you. Add a brew (or perhaps two) and your evening is off to a grand beginning. If you’re looking for a po-boy (a hoagie in Northern language) try Masperos on Chartres (FQ). The shrimp, oyster, and ham poboyos are mouth watering and at a price that won’t break the wallet. For traditional Louisiana menus, the Gumbo Shop on St. Peter (FQ) is outstanding. Their seafood gumbo—filled with oysters, shrimp, and crab—is excellent, and other dishes such as red beans and rice and jambalaya are equally good. Other places worth mentioning are the Palace (Canal Blvd, on edge of FQ), K-Pauls (FQ), and the Red Fish Grill (FQ). If you decide to dine in style, several restaurants should be considered and of course, reservations are essential. Brennans (FQ), Broussards (FQ), Mr. B’s Bistro (FQ), and Commander’s Palace in the Garden District are among the premier restaurants in New Orleans.

And what would a trip to New Orleans be without a late night (or early morning) visit to Café du Monde across from Jackson Square in the French Quarter? The small café is the home of beignets and coffee. The beignets (French donuts covered with powdered sugar) and a steaming cup of hot coffee are the perfect way to begin or end an evening.

MISCELLANEOUS

But New Orleans is much more than just food. One will find the city abounding in things to do and see. The French Quarter is the center of activity. Explore its narrow streets, its antique stores, the French Market, Jackson Square, and St. Louis Cathedral. Stroll along the river levee boardwalk, take a paddle wheeler trip on the Mississippi, shop in the many boutiques, take a ghost tour of the French Quarter, and yes, you can even take cemetery tours. Revel in its acclaimed music—jazz and cajun music at every turn, and the piano bar at Pat O’Briens. To drink a hurricane at Pat O’s and spend late evenings at its piano bar is a New Orleans tradition.

And for gambling with other interests, New Orleans also has Harrah’s that serves both the high rollers and those simply interested in trying their luck on the quarter slot machines. The Aquarium of the Americas, one of the top five aquariums in the US, is an adventure into exotic marine worlds and is adjacent to an IMAX theater. The Audubon Zoo (located in Audubon Park) is also an interesting destination. Reached by the St. Charles Avenue streetcar (which passes through the elegant Garden District), the zoo is home to thousands of animals and exhibits. If one has time to venture outside the

city, tour the lavish plantations along the Mississippi River or take a guided tour of one of the adjacent swamps and bayou country.

- ❑ Nawlins may be in the South but January/February can be chilly; survey the weather channel to see the projected temps and the chance of rain; high humidity and low temps can make for some very frigid weather even for those from colder regions of the country
- ❑ Duplicating/copying services (i.e., Kinkos, etc.):
 - FedEx Kinkos
762 St. Charles (Downtown)
 - Choice Professional Copy Service
400 Poydras St (Downtown)
 - B-Quick Printing, LLC
200 N Rampart St (FQ)
 - PSR Copy & Imaging Center
601 Poydras St (Downtown)

Whatever you seek, in New Orleans you are likely to find it. Be it the food, the music, or the entertainment, the city is a portrait of many colors. Fall in love with its charm and its people. Oh, and don't forget to buy a praline from Aunt Sally's or Evan's to bring home.

ITEMS TO BRING BACK OR TO TRY WHILE IN NAWLINS:

- ❑ Pralines (traditional Creole candy made with pecans, brown sugar, butter, and vanilla) such as those from Aunt Sally's (810 Decatur, FQ) or Evan's (848 Decatur, FQ)
- ❑ Community coffee (with or without chicory)
- ❑ Mardi Gras beads, masks, doubloons (Mardi Gras coins), and posters
- ❑ Hurricane drink mix (packages make great gifts)
- ❑ Bottles of hot sauce (and yes, there are others than *Tabasco* or *Crystal*)
- ❑ Cajun or jazz CDs
- ❑ King cake (Mardi Gras tradition, served at parties prior to Mardi Gras)
- ❑ Cajun, Creole, or Southern cookbooks (well shut my mouth and bring on the red beans and rice)
- ❑ T-shirts and t-shirts and more t-shirts (from Hard Rock to local vendors)
- ❑ Dixie beer, Abita Amber, or Abita Voodoo Lager (local beers)
- ❑ Cajun spices such as Tony Chacheries and Zatarains
- ❑ Pepper jelly—either jalapino (green) or spicy (red)
- ❑ Po-boys (roast beef, ham, shrimp, and oyster are the best)
- ❑ Boxes of red beans/rice by Zatarains or Tony Chacheries
- ❑ Hurricane at Pat O'Briens and save the glass as a souvenir
- ❑ Cane syrup (i.e., molasses)
- ❑ Voodoo dolls (no family should be without one)
- ❑ Piano (yes, Frank Philip brought one back several years ago; however, pianos are not recommended to bring back in your carryon)

Nawlins Culinary Dictionary



Andouille (pronounced ahn-*dooy*). A mildly spiced Acadian smoked sausage of lean pork, it often flavors gumbos, red beans and rice, and jambalayas



Barbecue shrimp. The shrimp are not barbecued but baked in their shells in a blend of olive oil, butter, or margarine and usually seasoned with bay leaf, garlic, and other herbs and spices.



Béarnaise (pronounced bare-*nayz*). This sauce of egg yolk and butter with shallots, wine, and vinegar is used on meat and fish.



Beignet (pronounced ben-*yay*). Although a beignet was originally a rectangular puff of fried dough sprinkled with powdered sugar, the term can also refer to fritters or crullers containing fish or seafood.



Bisque. A thick, heartily seasoned soup, bisque is most often made with crawfish, crab, or shrimp. Cream appears in some versions.



Bouillabaisse (pronounced *booy-yah-base*). A Creole bouillabaisse is a stew of various fish and shellfish in a broth seasoned with saffron and often more assertive spices.



Boulette (pronounced *boo-let*). This is minced, chopped, or pureed meat or fish shaped into balls and fried.



Bread pudding. In the traditional version, stale French bread is soaked in a custard mix, combined with raisins and baked, then served with a hot sugary sauce flavored with whiskey or rum



Café au lait. This hot drink is a blend, often half and half, of strong coffee and scalded milk.



Café brûlot (pronounced broo-*loh*). Cinnamon, lemon, clove, orange, and sugar are steeped with strong coffee, then flambéed with brandy and served in special pedestaled cups.



Chicory coffee. The ground and roasted root of a European variety of chicory is added to ground coffee in varying proportions. Originally used for reasons of economy, coffee with chicory is now favored by many in New Orleans. It lends an added bitterness to the taste



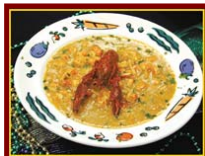
Crème brûlée (pronounced broo-*lay*). Literally, this means “burned cream.” It’s a custard with a brittle crust of browned sugar.



Dirty rice. In this cousin of jambalaya, bits of meat, such as giblets or sausage, and seasonings are added to white rice before cooking.



Dressed. A po’boy “dressed” contains lettuce, tomato, pickles, and mayonnaise or mustard.



Étouffée (pronounced ay-too-*foy*). Literally, “smothered,” the term is used most often for a thick stew of crawfish tails cooked in a roux-based liquid with crawfish, fat, garlic, and green seasonings.



Gumbo. From an African word for okra, it can refer to any number of stew-like soups made with seafood or meat and flavored with okra or ground sassafras and myriad other seasonings. Frequent main ingredients are combinations of shrimp, oysters, crab, chicken, andouille, duck, and turkey. A definitive gumbo is served over white rice.



Jambalaya (pronounced jam-buh-*lie*-uh). Rice is the indispensable ingredient in this relative of Spain's paella. The rice is cooked with a mix of diced meat and seafood in tomato and other seasonings. Shrimp and ham make frequent appearances in it, as do sausage, green pepper, and celery.



Meunière (pronounced muhn-*yehr*). This method of preparing fish or soft-shell crab entails dusting it with seasoned flour, sautéing it in brown butter, and using the butter with lemon juice as a sauce. Some restaurants add a dash of Worcestershire sauce.



Mirliton (pronounced merl-i-*tawn*). A pale green member of the squash family, a mirliton is usually identified as a vegetable pear or chayote. The standard preparation is to scrape the pulp from halved mirlitons, fill them with shrimp and seasoned bread crumbs, and bake them.



Muffuletta. The city's southern Italian grocers created this round-loaf sandwich traditionally filled with ham, salami, mozzarella, and a layer of chopped, marinated green olives. Muffulettas are sold whole and in halves or quarters.



Oysters Bienville (pronounced byen-*veel*). In this dish, oysters are lightly baked in their shells under a cream sauce flavored with bits of shrimp, mushroom, and green seasonings. Some chefs also use garlic or mustard.



Oysters en brochette (pronounced awn-bro-*shet*). Whole oysters and bits of bacon are dusted with seasoned flour, skewered, and deep-fried. Traditionally, they're served on toast with lemon and brown butter.



Oysters Rockefeller. This dish, baked oysters on the half shell in a sauce of pureed aromatic greens laced with anise liqueur, was created at Antoine's, which keeps its recipe a secret. Most other restaurants make do with spinach.



Panéed veal (pronounced pan-*aid*). Breaded veal cutlets are sautéed in butter.



Po'boy. A hefty sandwich, the po'boy is made with the local French bread and any number of fillings: roast beef, fried shrimp, oysters, ham, meatballs in tomato sauce, and cheese are common. A po'boy "dressed" contains lettuce, tomato, pickles, and mayonnaise or mustard.



Praline (pronounced *prah-leen*). A sweet patty-shape confection made of pecans, brown sugar, butter, and vanilla.



Ravigote (pronounced *rah-vee-gote*). In Creole usage, this is a piquant mayonnaise, usually with capers, used to moisten blue crabmeat



Rémoulade (pronounced *ray-moo-lahd*). The classic Creole rémoulade is a brick-red whipped mixture of olive oil with mustard, scallions, cayenne, lemon, paprika, and parsley. It's served on cold peeled shrimp or lumps of back-fin crabmeat



Souffléed potatoes. These thin, hollow puffs of deep-fried potato are produced by two fryings at different temperatures.



Tasso (pronounced *tah-so*). Acadian cooks developed this lean, intensely seasoned ham. It's used sparingly to flavor sauces and gumbos