



## Cajun Taste-away

### *A Foodie Getaway*

All the Louisiana flavors you are looking for, are right here in Southwest Louisiana! Cajun and Creole cuisine is prevalent and boudin is a staple snack throughout the area.

Experience the culturally-infused cuisine unique to Southwest Louisiana for yourself by adding some of the culinary tourism adventures below to your visit. Utensils are optional.

### Day 1

#### Revvng up for Boudin

Served for breakfast, lunch or dinner - The best way to enjoy this meat and rice treat is to fill up the car with gas, get some napkins and follow your nose along the **Southwest Louisiana Boudin Trail**. Over 25 mom and pop meat markets and grocery stores make up this trail of deliciousness! You're the guide on this foodie exploration. With a copy of our **Boudin Trail brochure** you'll enjoy boudin off the beaten path where the locals eat. Create your own route along the trail, taking in some of the attractions along the way.

**\*Digestion Suggestion I:** Visit the **Creole Nature Trail Adventure Point**, a fun, free attraction that immerses you in nature and Louisiana's unique culture. Foodies will enjoy the boudin exhibit, as well as the mouthwatering aromas of Cajun and Creole cooking as you smell the spices used in our regional cuisine.

#### Dinner Bell is Ringing

Finish the day with ONE more boudin meal but with a twist! **Tia Juanita's Fish Camp** will serve you boudin quesadillas, a Cajun/Mexican fusion dish that mouthwatering good!

\*For other restaurant options, check our **Top 20 Local Favorites** list.

### Day 2

#### Thirsty? Rum equals Fun

Time to wet your whistle with a local spirit or two! **Bayou Rum**, located off of Interstate 10 in Laccassine, La. is the largest private rum distillery in the USA. The facility offers free distillery tours, a rum tasting bar and gift shop. Bayou Rum is handcrafted on-site the Louisiana way; in a traditional copper pot using 100% natural unrefined Louisiana cane sugar and molasses. Did we mention it tastes incredible?

**\*Digestion Suggestion II:** Louisiana is known for secret sauces, flavorful spices and family recipes. So, some of our dishes might not be able to be cooked away from the Bayou State with a few ingredients. Local shops like **Crave, Lebleu's Landing & Acadian Coffee Roasters** offer a variety of culinary treasures to stash in your suitcase.

### **Hops, a skip and a jump away**

Super local and authentic – make sure you stop to sip on the local brews at **Crying Eagle Brewing Company and Rikenjaks Brewing Company**.

**Crying Eagle Brewing Company** has it all – tasting bar, live music, and free tours. Step outside to the beer garden to relax and enjoy Louisiana's beautiful outdoors and enjoy live music while playing a game of washers or cornhole. Before the day is done, make sure you fill a growler to go!

**Rikenjaks Brewing Company** is the only restaurant/microbrewery in Southwest Louisiana. It is a great spot to grab a bite to eat, hear local tunes and most importantly try a variety of beers. Their most popular brew, Old Hardhead. This traditional Scottish ale has a rich brown color and strong flavor. With a sweet and very malty finish it's been the cure to stressful days since 1992!

## **Day 3**

### **Local Favorites:**

Every year the locals vote on their Top 20 Favorite restaurants – use your visit to sample some of the tastiest foodie stops Southwest Louisiana has to offer!

#### **Top 3 Winners:**

**Luna Bar & Grill**

**Steamboat Bills on the Lake**

**Pat's of Henderson**

#### **Start Strong**

Breakfast is the most important meal of the day. Biscuits and gravy or shrimp and grits, we've got it all. On Sundays, make sure you catch a brunch at **Luna Bar & Grill** or **Blue Dog Café**.

#### **Both Nostalgic & New**

Its lunch time – what do you want to eat? Grab a slice at **Tony's Pizza**; they have been making pizzas since 1968! They are a local favorite with great pasta and salad options. Maybe the catina is calling you. Head for **Casa Mañana** for south-of-the-border flavors served with Southern Charm. Psst – they've been serving margaritas since 1976!

If you are looking for new and modern, you'll love **Restaurant Calla**. This a neighborhood restaurant serving modern tapas with Louisiana specialty cocktails and exceptional wines. Calla offers creative, seasonal and sustainable dishes in an inviting atmosphere. All menu items are freshly prepared by Chef David Sorrells, formerly with The French Laundry, and his team.

**\*Digestion Suggestion III:** Museums can be delicious too. Stop at any of our museums to chew on something less heavy and more historical. Better yet – tour the Charpentier Historic District with our free, touring app. Step out and take a stroll through Lake Charles’ memory lane. Feeling the Carnival spirit? Stop by the Mardi Gras Museum of Imperial Calcasieu to view the largest collection of Mardi Gras!

### **Special Goodbye**

Close out the ultimate foodies weekend with a **Darrell’s** Special. You need a few 100 of napkins for this po’boy! The Darrell's Special comes with layers of ham, turkey and roast beef smothered in roast beef gravy. Fans of spicy food love the jalapeno mayo. Mmm...tasty.

Check out our Cajun Fusion Cooking video that highlights traditional and creative food prepared by local chefs in the area! <http://www.visitlakecharles.org/cajunfusion/>