



Napa Valley has **wine**.
New York has **pizza**.
Wisconsin has **cheese**.

SOUTHWEST LOUISIANA
has
BOUDIN!



bou·din
[boo-dan]

Q: How do I pronounce it?

A: This can be a tricky one for non-natives.

From the spelling, it may seem correct to pronounce it “boodin”, but the proper pronunciation is “boodan” or “boodeh.” If this seems too intimidating, just ask for a “link,” and you’ll be okay.



LAKE CHARLES
SOUTHWEST LOUISIANA

CONVENTION & VISITORS BUREAU
LAKE CHARLES | SULPHUR | WESTLAKE
DEQUINCY | VINTON | IOWA

www.visitlakecharles.org
1-800-456-SWLA
1205 NORTH LAKESHORE DRIVE
LAKE CHARLES, LA 70601
337-436-9588



Q: Why is boudin so good?

A: Because it's an authentic Louisiana product with varying recipes and ingredients from producer to producer.



Revvng up for Boudin!

The best way to enjoy this meat and rice treat is to fill a vehicle with gas, get some napkins and follow your nose to mom & pop meat markets and grocery stores on the Boudin Trail throughout Southwest Louisiana.

The Missing Boudin Link?

Boudin could be called the spiced-hybrid cousin of beef or pork sausage. It's a food item that melds the best from Cajun, German and Creole culinary traditions and traces its history back to Canada by way of France.

Boudin—Anytime of the day! Matters not.

Considered a staple snack in the southern regions of the Bayou State, boudin is made of varying amounts of pork meat, liver, rice, onions, parsley and dry seasonings like salt, red pepper, black pepper and garlic powder. Bought by the pound, boudin is Southwest Louisiana's favorite finger food. It's perfect for breakfast, lunch, dinner, or anytime in between.

Smoked Meats

Smoked meats are called so because they spend time in the fire box with some oak, hickory or pecan wood and are packed full of flavor. Traditionally prepared in Southwest Louisiana's cast-iron pots, smoked meats include sausage, turkey legs, wings, tasso and even boudin. Most boudin shops have a smokehouse in the back where they prepare these meats.



BOUDIN TYPES!

Boudin blanc—light colored boudin

Crawfish boudin—made with cooked crawfish tails and rice

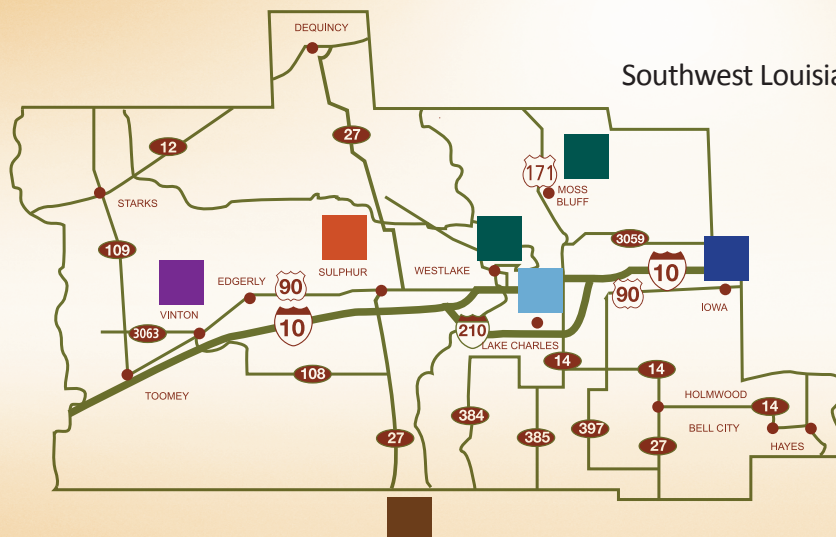
Shrimp boudin—made with cooked shrimp and rice

Alligator boudin—made with cooked alligator meat and rice

Hot boudin—extra spicy boudin, make sure you buy a cold drink

Mild boudin—spices are pleasant and won't leave a burn, no cold drink needed

Smoked boudin—boudin links that have been stuffed and then placed in a smokehouse to infuse with flavor



Southwest Louisiana Boudin Trail Segmented by City

- SULPHUR**
- VINTON**
- IOWA**
- WESTLAKE & MOSS BLUFF**
- LAKE CHARLES**
- CAMERON PARISH**

Q: How do I cook it?

A: There are several methods of cooking boudin.

Method One

Put the links in a pot of boiling water for about five minutes.

Method Two

Heat them on a barbecue pit to add a smoked flavor and a crispy casing.

Method Three

Steam the links in a rice cooker or slow cooker until heated through.

Method Four

Microwave the links.

Method Five

Heat the boudin in a 300 degree oven. This will also result in a crispy casing.

Q: Is it raw?

A: Locally sold boudin is pre-cooked and should just be heated through.

Explore our culinary heritage at www.visitlakecharles.org/boudintrail



Creole Nature Trail
All-American Road

In addition to the Boudin Trail, explore the Creole Nature Trail while you're in town!

View alligators, birds and wildlife. Also, enjoy 26 miles of natural Gulf beaches - great for shelling & picnicking. The trail features four wildlife refuges with walkways, nature drives and boardwalks to explore, plus numerous recreational areas to fish & crab.

Before you head out on the trail, stop by Creole Nature Trail Adventure Point (located at 2740 Ruth St., Sulphur, LA) to learn about all the unique and exciting offerings along the trail. This free, fun attraction immerses you in nature and Louisiana's unique culture through imaginative and hands-on displays. For more information, go to www.AdventurePoint.info or call 337-502-4358. Download the free Creole Nature Trail tour app by searching "Creole" in your app store.



You Be The Guide!

Enjoy boudin off the beaten path where the locals eat! Take a look at the descriptions of the boudin stops and create your own route along the trail, taking in some of the attractions along the way.

ICONS DENOTE KEY INFORMATION ALONG THE TRAIL

● BOUDIN STOP

● AREA ATTRACTION



RESTAURANT/DELI



GROCERY STORE



MEAT MARKET

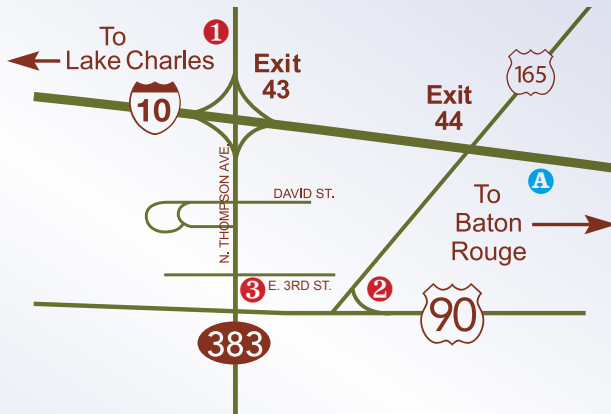


CONVENIENCE STORE



SHIPPING AVAILABLE
AT THIS LOCATION

IOWA



1 In-Laws Cajun Specialties

1121 Lowe Grout Rd. (Hwy. 383), Iowa, LA (337) 391-7004, *Authentic quality boudin, cracklins, sausage, BBQ and specialty meats. Located next to the Pilot Travel Center, Exit 43 off Interstate 10.* www.inlawscajun.com,

2 Rabideaux's Sausage Kitchen

105 Hwy 165, (337) 582-3184, *Retail and wholesale sales. Daily lunch 6 days a week. Smoked sausages, boudin, meat deals and more. Mon.-Sat. 5:30 a.m.-8 p.m.; Sun. 7 a.m.-8 p.m.,* Rabideaux's Sausage Kitchen Inc www.rabideauxs.com

3 Roy's Meat Market • 401 S. Thompson St., Suite B, (337) 582-2220, *Variety of sausage & boudin. Fresh cut meats daily. Specialty meats, meat deals, plate lunches, homemade burgers, fresh baked bread poboys. Mon. 9 a.m.-6 p.m.; Tues.-Fri. 9 a.m.-8 p.m.; Sat. 9 a.m. - 2 p.m.,* Roy's Meat Market

A Bayou Rum - Louisiana Spirits Distillery
20909 Frontage Rd., (337) 588-5800
www.bayourum.com

SULPHUR



1 B&O Kitchen and Grocery

3011 E. Burton St., (337) 625-4637
Boudin, cracklins, beef jerky, stuffed chickens, specialty meats, sausage, plate lunches, turducken, deer processing. Mon.-Fri. 6 a.m.-6 p.m.; Sat. 7 a.m.-4 p.m., B&O Kitchen and Grocery

2 Boiling Point

1730 S. Beglis Parkway, (337) 625-9282, *Full service restaurant. Homemade boudin, sausage jerky, boiled seafood. Catering of all kinds. Mon.-Wed. 6 a.m.-8:30 p.m.; Thurs.-Fri. 6 a.m.-10 p.m.; Sat. 10 a.m.-10 p.m.,* The Boiling Point

3 Hollier's Cajun Kitchen

1709 Ruth St. (I-10 Exit 20), (337) 527-0061, *Family style restaurant. Large variety of food, steaks, seafood, gumbo, boudin, sausage, burgers, poboys. Deer processing available. Mon.-Fri. 7 a.m.-9 p.m.; Sat. 9 a.m.-9 p.m.,* Hollier's Cajun Kitchen

4 LeBleu's Landing and Sausage Link Specialty Meats

202 Henning Dr., (337) 528-6900, *Authentic, family owned Cajun restaurant. Louisiana gift shop. Meat market prepares traditional and Cajun favorites with a window for visitors to view boudin being made. Mon.-Sat. 7 a.m.-9 p.m.,* LeBleus Landing, www.lebleuslanding.com

5 Market Basket #41

2227 Maplewood Dr., (337) 625-7578, *Regular and smoked jalapeño boudin. Jalapeño cheese, pork, beef, venison and smoked turkey sausage. Mon.-Sun. 7 a.m.-10 p.m.* www.mbsmokehouse.com

6 Richard's Boudin and Seafood Mart

2250 E. Napoleon St., (337) 625-8474, *Homemade boudin and smoked sausage. Dine in & take out, seafood mart inside restaurant. Mon.-Thurs. 10 a.m.-8:30 p.m.; Fri.-Sat. 10 a.m.-9:30 p.m.*

7 The Sausage Link

2400 E. Napoleon St., (337) 625-2030, *Family owned, casual Cajun restaurant. Traditional market prepares hand-cut meats and Cajun specialties. Mon.-Sat. 7 a.m.-8 p.m.* The Sausage Link

A Brimstone Museum Complex

900 S. Huntington St. (337) 527-0357
www.brimstonemuseum.org

B Creole Nature Trail Adventure Point

2740 Ruth St., (337) 502-4358, www.AdventurePoint.info

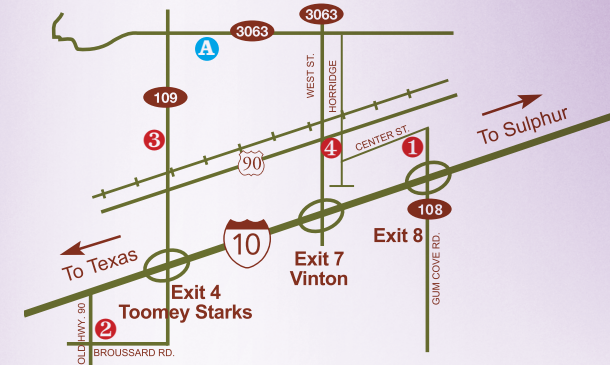
C Henning Cultural Center

923 S. Ruth St. (337) 527-0357, www.brimstonemuseum.org

D Sulphur Parks and Recreation and Aquatic Center

933 West Parish Rd., (337) 721-3040, www.sulphurparks.com

VINTON



1 Cajun Cowboy's Restaurant and Glenn's Mart

1312 Gum Cove Rd., (337) 589-3520, *Shrimp, smoked, or regular boudin available. Homemade jerky, tasso, cracklins. Deboned, stuffed chickens. Deer processing available. Mon.-Sat., 5 a.m.-9 p.m., Sun., 7 a.m.-9 p.m.* Cajun Cowboys

2 Comeaux's Restaurant

2213 Old Hwy. 90, (337) 589-7177, *Authentic Cajun restaurant/deli with true Southern hospitality serving boudin, cracklins, barbecue and seafood. Sun.-Wed., 8 a.m.-8 p.m.; Thurs.-Sat., 8 a.m.-9 p.m.,* Comeaux's Vinton, www.comeauxsrestaurant.com

3 Insane Sausages

2255 Highway 109 N, (337) 409-0313, *Quick service eatery serving classic Cajun offerings and some of the most unique sausage creations. info@insanesausages.com, www.insanesausages.com*

4 Market Basket #26

1717 Hwy. 90 W., (337) 589-6025, *Regular and smoked jalapeño boudin. Jalapeño cheese, pork, beef, venison and smoked turkey sausage. Mon.-Sun., 7 a.m.-10 p.m.,* www.mbsmokehouse.com

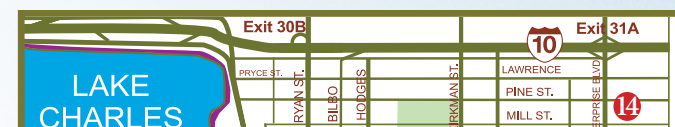
A Delta Downs Racetrack Casino & Hotel

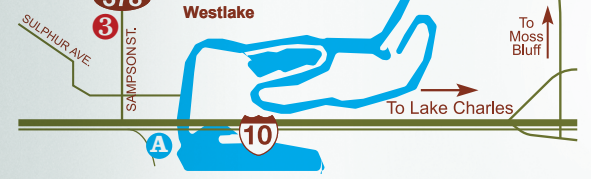
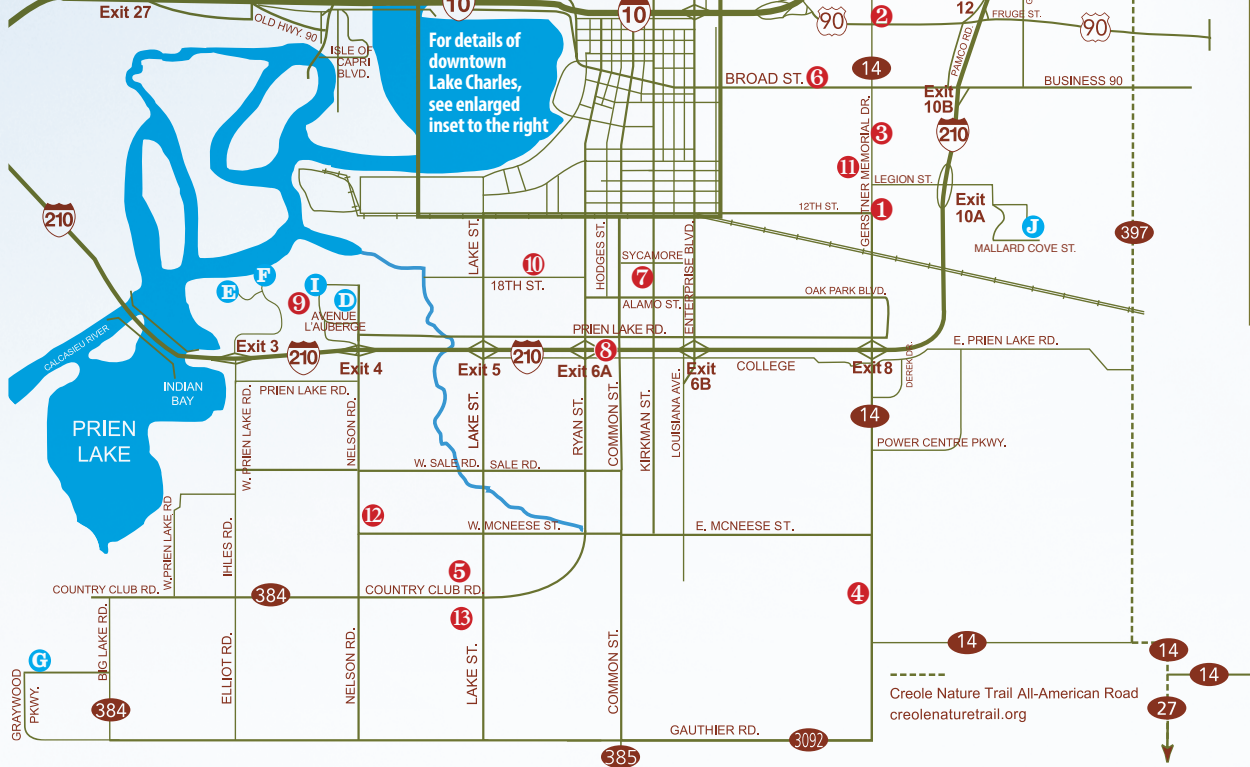
2717 Delta Downs Dr., (800) 589-7441, www.deltadowns.com

WESTLAKE & MOSS BLUFF



LAKE CHARLES





- 1 Abe's Grocery** 🛒📄 • 1833 Gerstner Memorial Dr., (337) 439-2556, Grocery store with great selection of meat products and regular boudin, frozen Cajun foods, shrimp boudin, smoked boudin, smoked sausage and boudin balls. Mon-Fri 8 a.m.-7 p.m.; Sat 9 a.m.-5 p.m.
- 2 Billedeaux's Cajun Kitchen** 🍴🍴 • 2633 Fruge St., (337) 439-9944, Meat Market, sausage & boudin, plate lunches Monday through Friday. Mon.-Sat. 10 a.m.-4 p.m.
- 3 Famous Foods** 🍴 • 1475 Gerstner Memorial Dr., (337) 497-1477, The People's Choice of Boudin Winner of the 2011 Southwest Louisiana Boudin Wars. Mon.-Sat. 8 a.m.-6 p.m.
- 4 Hackett's Cajun Kitchen** 🍴🍴 • 5614 Gerstner Memorial Dr., (337) 474-3731, Warm, inviting, friendly people to take care of you. Nine kinds of boudin, including alligator. Mon.-Sat., 7:30 a.m.-3 p.m., 📄 Hackett's Cajun Kitchen, www.hackettscajunkitchen.com
- 5 Hebert's Specialty Meats** 📄🐖 • 1140 Country Club Rd. (337) 602-6198, Home of the deboned stuffed chicken & turducken. Hot boudin and boudin balls daily, plate lunches, jambalaya egg rolls, crawfish, shrimp & meat pies. Also offers cauliflower boudin, boudin eggrolls and chicken & pork cracklins. Tues.-Fri. 8 a.m.-6 p.m.; Sat. 8 a.m.-4 p.m.; Sun. 8 a.m.-2 p.m., 📄 Heberts Specialty Meats www.HebertsoftLakeCharles.com
- 6 Homs's Deli** 📄🐖 • 2124 Broad St., (337) 439-2770 or (337) 439-8789, Convenience store and boudin/sausage kitchen serving specialty meats. Mon.-Sat. 6:45 a.m.-8:45 p.m.; Sun. 6 a.m.-6:45 p.m.

- 7 Homs's Tobacco and Beer** 🍴🍴🐖🛒 • 2612 Kirkman St., (337) 439-2323, Sausage kitchen serving specialty meats. Mon.-Sat. 6 a.m.-9 p.m.; Sun. 9 a.m.-6 p.m.
- 8 Honey B Ham & Deli** 🍴🍴🐖 • 506 E. Prien Lake Rd., (337) 478-3354, Boudin, cracklins, BBQ, plate lunches, daily specials, fully cooked sliced hams and turkeys. Crawfish when in season. Extended hours during holidays and crawfish season. Tues.-Sun. 9 a.m.-2:30 p.m. 📄 Honey B Ham & Deli, www.honeybham.net
- 9 Jack Daniel's® Bar & Grill at L'Auberge Casino Resort** 🍴🍴 777 Avenue L'Auberge, (337) 395-7104, Full service restaurant featuring savory food & tasty entertainment. Barbecue, steaks, specialty sandwiches and daily house-made Creole specials developed by our award-winning chef. Open Daily. 📄 LaubergelC, www.lakecharles.com
- 10 Kat's Cracklins** 🍴📄 • 529 W. 18th St., (337) 494-7460, Cracklins, hamburgers, seafood, plate lunches (home cooked), chicken livers, frozen cups and much more. We accept EBT (food stamps). Mon.-Fri. 7:30 a.m.-5 p.m.; Sat. 8 a.m. - 4 p.m.
- 11 Leonard's Food Quarters** 🍴📄 1708 Hwy. 14, (337) 494-0618, Leonard's specializes in Cajun and Creole food with a touch of soul. Mon.-Fri. 7 a.m.-8 p.m.; Sat. 7 a.m.-6 p.m. 📄 Leonards Food Quarters, www.leonardsfoodquarters.com
- 12 Market Basket #18** 🛒 4431 Nelson Rd., (337) 477-4868, Regular and smoked jalapeño boudin. Jalapeño cheese, pork, beef, venison and smoked turkey sausage. Mon.-Sun. 7 a.m.-10 p.m., www.mbsmokehouse.com

- 13 Market Basket #36** 🛒 4950 Lake St., (337) 474-9806, Regular and smoked jalapeño boudin. Jalapeño cheese, pork, beef, venison and smoked turkey sausage. Mon.-Sun. 7 a.m.-10 p.m., www.mbsmokehouse.com
- 14 Sonnier's Sausage and Boudin** 🐖📄 1217 Mill St., (337) 656-2876, Best smoked, spicy, regular, chicken boudin. Homemade tasso and seasoning. Smoked meat. Great customer service. Mon.-Fri. 6 a.m.-6 p.m.; Sat. 7:30 a.m.-2:30 p.m., 📄 Sonniers Sausage and Boudin
- A 1911 Historic City Hall**, 1001 Ryan St., (337) 491-9147 www.cityoflakecharles.com
- B Central School Arts and Humanities Center**, 809 Kirby St., (337) 439-2787. Inside Central School view the largest display of Mardi Gras costumes in the world at the **Mardi Gras Museum**, (337) 430-0043, or view the exhibits at the **Black Heritage Gallery**, (337) 488-0567 or **Art Associates Gallery**.
- Charpentier Historic District**, (337) 436-9588, Download the free tour app and a brochure at www.visitlakecharles.org/historic
- C Children's Museum**, 327 Broad St., (337) 433-9420, www.swlakids.org
- D Contraband Bayou Golf Club at L'Auberge Casino Resort** (337) 395-7220, www.mylauberge.com
- E The Country Club at Golden Nugget – Golf Course** (337) 508-4653, www.goldennuggetlc.com
- F Golden Nugget Lake Charles** 2550 Golden Nugget Blvd., (844) 777-4653, www.goldennuggetlc.com
- G Gray Plantation Golf Club** 6150 Graywood Pkwy, (337) 562-1663, www.grayplantationgolf.com
- H Imperial Calcasieu Museum** 204 W. Sallier St., (337) 439-3797, www.imperialcalcasieumuseum.org
- I L'Auberge Casino Resort** 777 Avenue L'Auberge, (866) 580-7444, www.mylauberge.com
- J Mallard Cove Golf Course** 4300 Mallard Cove St., (337) 491-1204, www.cityoflakecharles.com
- K USS Orleck Naval Museum** 604 N. Enterprise Blvd., (337) 214-7447, www.orleck.org

CAMERON PARISH



- 1 Brown's Food Center** 🛒 620 Main St., Hackberry, (337) 762-4632, Located along the Creole Nature Trail. Stop in and see us. Mon.-Sun. 5 a.m.-9 p.m., 📄 Brown's Food Center, www.brownsmarkets.com
- 2 Brown's Neighborhood Market** 🍴🛒 10051 Gulf Hwy. (Hwy. 385), Lake Charles, (337) 905-3013 Full line supermarket serving hot boudin in our deli. Open 7 days a week. Mon.-Sun. 6 a.m.-9 p.m.