



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.



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

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has

BOUDIN!



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

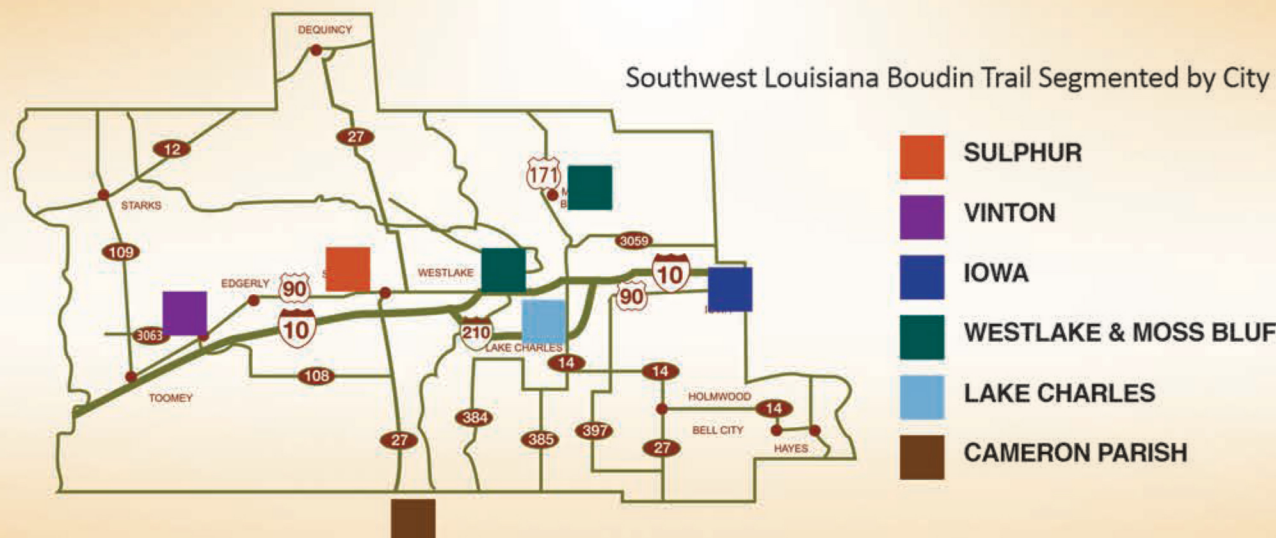
Crawfish boudin—made with cooked crawfish tails and rice

Shrimp boudin—made with cooked shrimp and rice

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



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.

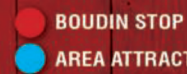
Before you head out on the trail, stop by Creole Nature Trail Adventure Point (located at 2740 Ruth St., Sulphur, LA) to learn about all the unique and exciting offerings along the trail. This free, fun attraction immerses you in nature and Louisiana's unique culture through imaginative and hands-on 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.-Fri. 6 a.m.-8:30 p.m.; Sat. 10 a.m.-8:30 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., LeBleu's Landing, www.lebleuslanding.com

5 Market Basket #41

2227 Maplewood Dr., (337) 625-7578, Regular and smoked jalapeño boudin. Jalapeño & pepper jack 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 & pepper jack 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



1 Market Basket #27

362 Sam Houston Jones Pkwy, Moss Bluff, (337) 855-7739, Regular and smoked jalapeño boudin. Jalapeño & pepper jack cheese, pork, beef, venison and smoked turkey sausage. Mon.-Sun. 7 a.m.-10 p.m., www.mbsmokehouse.com

2 Market Basket #39

2013 Sampson St., Westlake, (337) 433-1546, Regular and smoked jalapeño boudin. Jalapeño & pepper jack cheese, pork, beef, venison and smoked turkey sausage. Mon.-Sun. 7 a.m.-10 p.m., www.mbsmokehouse.com

3 Peto's Meat Market

104 Bruce Circle, Moss Bluff, (337) 855-0034, Meat market with regular and spicy boudin. Boudin balls and jalapeño cheese boudin balls. Voted best boudin 8 years in a row by Lagniappe magazine. Mon.-Sat. 7 a.m.-7 p.m.; Sun. 7 a.m.-5 p.m.

A Isle of Capri Casino Hotel

100 Westlake Ave., (800) THE ISLE (843-4753), www.isleofcapricasinos.com

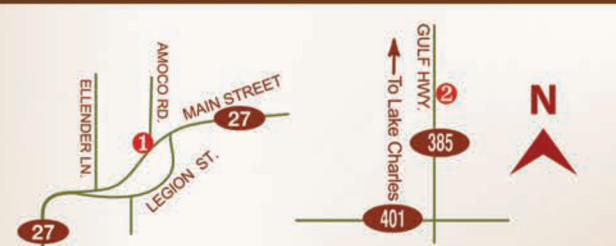
B National Golf Club of Louisiana

1400 National Dr., (337) 433-2255, www.nationalgcl.com

C Sam Houston Jones State Park

107 Sutherland Rd., (337) 855-2665, www.lastateparks.com

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.

LAKE CHARLES

