

# SHREVEPORT-BOSSIER LOUISIANA

THE SPIRITS OF  
*Mardi Gras*  
ARE ALIVE

PG. 5

BRUNCH LIKE  
IT'S YOUR  
*Birthday*

PG. 11

GEAUX  
*Vegan*

PG. 13

*Got Gator?*  
EATING IN THE  
EAST BANK

PG. 3

YOU CAN'T  
CANCEL  
*King Cake*

PG. 8

# THE *Culinary* ISSUE

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# LETTER FROM THE PRESIDENT

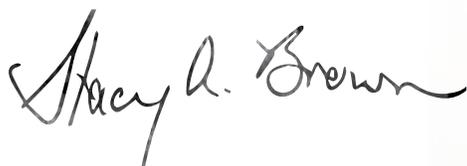
*Hello 2021,  
Let's Start Fresh*

My hopes for the visitors and residents of Shreveport-Bossier, Louisiana this year are brighter days, pleasant journeys, and a fresh start. 2020 was the year that made us rethink our roaming ways and reimagine the way we explore the sister cities. It was the year that reinvented social dining encounters and saw the resurgence of fresh-air experiences. Because of 2020, we're able to reshape and redefine the way our destination is experienced.

In our first-ever culinary e-Magazine for Shreveport-Bossier, you'll discover foodie revelations about our most decadent meals, as well as insight on the locals that craft them. Delve into a world of enticing pairings that include Mardi Gras staples, cocktail intricacies, unexpected pairings, and more. We're on new footing, and we're shaking up the culinary grounds across the Ark-LA-Tex, one plate at a time.

Shreveporters and Bossierites are strong and feisty with the resilience to adopt, adjust and move forward with a fresh start that makes our visitors feel right at home with good ol' Southern hospitality. So, when you're ready to un-pause life and press play in Shreveport-Bossier, we'll be right here waiting.

Laissez les bons temps rouler...responsibly,



Stacy Brown, CDME  
President, Shreveport-Bossier  
Convention and Tourist Bureau



*Stacy Brown cutting fresh greens at Cotton St. Farms in downtown Shreveport. To learn more about Cotton St. Farms, flip to page 13.*



## *GATOR GRILLIN' IN THE* **EAST BANK DISTRICT**

**BY SHALISA ROLAND**

**Bossier City's East Bank District & Plaza** is an up-and-coming entertainment and arts district that offers both family-friendly activities and nightlife experiences. This entertainment district is a popular hangout for locals and visitors, as well as a location for annual festivals. Not to mention, it's a quick journey to **Louisiana Boardwalk Outlets, Horseshoe Bossier City Hotel & Casino, Margaritaville Resort Casino,** and downtown Shreveport.

The district is lined with restaurants, a local brewery, art gallery, and bars. One corner of the district thrived relentlessly, distinctively and honorably during America's historic shutdown.

"When I got news about the shutdown, my first thought was how am I going to support my employees? What about their families?" said Doug Rogers, owner of **Bayou Axe Throwing Company**. "Even when everything seemed bleak, thinking of creative ways to support my employees anchored me to finding a solution. After that, our entire chain of establishments refurbished our focus and prioritized family, internally and externally."

Doug Rogers, Beaux Hays, and Aaron "Peanut" Hanning are just a few of the many members of the friendly coined, "East Bank Mafia". These restaurateurs and hospitality bosses are a chain of friends and business owners with this catchy name that derives from their tight-knit relationships. When the pandemic struck, they

*Pictured above (left to right): Doug Rogers, Aaron "Peanut" Hanning and Beaux Hays. Photographed by Kyle Johnson at Frozen Pirogue.*

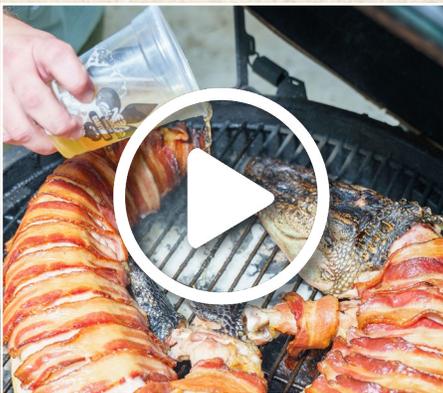
showed care for their community, compassion for their employees and continuously clever tactics to survive when the future of dining became dim.

"After a long prayer, family contributions and a bunch of creative brainstorming, we were able to roll out two trailblazing business propositions," said Beaux Hays, owner of **BeauxJax Craffhouse**. "We were the first business in Louisiana to take advantage of the new law permitting beer delivery per COVID exceptions, but our most effective plan was the Feed the Frontline Campaign. Recognized by the National Guard and fueled by the mission to feed every wing in local hospitals, we were able to raise more than \$32,000 to feed staff at local hospitals."

The "East Bank Mafia" properties include **BeauxJax Craffhouse**, a Cajun eatery; **Frozen Pirogue**, a daiquiri and oyster bar; and **Bayou Axe Throwing Company**, a high-energy axe throwing bar. Additionally, an event venue is scheduled to launch in February 2021, where they plan to host parties, private gatherings, and culinary experiences. The cooks and management team fall under the same East Bank umbrella, and they offer catering services with extensive menu options. Popular options include Cajun bangers like gumbo, jambalaya, and étouffée, as well as Southern seafood favorites like oysters, crawfish, and alligator. Their most popular catering request is the bacon-wrapped, boudin-stuffed, grilled alligator.

"Although gator grilling is a therapeutic artform, I'm not much different than the dads that grill in their backyards while knocking back a cold beer," said Peanut, grill master and co-owner of **Frozen Pirogue**. "I take pride in preparing a meal that everyone can gawk at and indulge in. My grilled gator takes the cake, because it just doesn't get more Louisiana than this."

The gator is cleaned, stuffed with boudin, and layered with thick bacon that sings to a perfect crisp when placed on the Big Green Egg grill. When ready to serve, the gator is transferred to a platter with all the fixings. With four hours of prep time and an additional four hours of cook time, this prized Cajun spread is timeless in flavor and Louisiana culture. The grilled gator experience is worth adding to your culinary bucket list.



VIEW A SLIDESHOW OF BEHIND-THE-SCENES PHOTOS FROM OUR COVER PHOTOSHOOT.



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# BOOZE IS NOT A BAD WORD IN SHREVEPORT-BOSSIER

BY SHALISA ROLAND

Whether you want to bar-hop in downtown Shreveport for a comfortable seat on converted patios, take advantage of Bossier City's open-container area in the **East Bank District and Plaza**, or find a neighborhood dive bar to sip with locals, Shreveport-Bossier's bartenders are serving up good times and great drinks at every corner. Grab a mask and choose a bar based on your preferred drinking style and atmosphere:

## **PARTYGOERS**

If you're looking for a reason to dance or prefer energetic nightlife experiences, here are our top suggestions for partygoers. You can revel with millennials at **Sand Bar**, enjoy "meowmosas" at **Strange Brew** or dive into **What's on Tap** to enjoy drinks and music with the locals. Take an Uber home, or keep the party going on the courtyard-style patio at **Stray Cat** in downtown Shreveport.

## **HAPPY HOUR HUNTERS & FOODIES**

The top of Texas Street in downtown Shreveport is booming with culinary experts and unbeatable happy hour specials. Make a reservation at **Abby Singer's Bistro**, located inside the **Robinson Film Center**, to take on their award-winning gumbo prepared by Chef Tootie Morrison and monthly, thematic cocktail flights prepared by Bar Manager Allison Hollis-Moon. They have an invincible happy hour menu and exceptional hospitality. Keep the food and drink tour going and drop in at **The Missing Link**, **Parish Taceaux**, and **Noble Savage Tavern** for more bar-hopping and exclusive foodie experiences.

## **BEER, WINE AND COCKTAIL AFICIONADOS**

Beer buffs can discover a new brew at our three acclaimed breweries: **Flying Heart Brewing and Pub**, **Red River Brewpub**, and **Great Raft Brewing**. Pop the cork at more than five wine bars, including **Vintage Wine Bar & Spirits**, **On Cloud Wine & Vineyard**, **We Olive Wine Bar**, and an extensive wine selection at **Lucky Palace**, which is an unexpected, upscale and underground joint buried in a motel. If craft cocktails are your thing, take advantage of **Fatty Arbuckles'** vast bourbon program or if you want to chill out after a long day, grab a refreshing cocktail at **The Bar Chord**.

## **COMING IN 2021**

- » **Every Man a King Distillery**
- » **The Seventh Tap Brewing Project**



# DRIVE UP, DRINK DOWN DAIQUIRIS IN SHREVEPORT-BOSSIER

BY SHALISA ROLAND

This is where we introduce your childhood sweet tooth to your 21-and-up cravings. Daiquiris are done right in Shreveport-Bossier with the cool, slushy goodness of flavored ice spiked with a variety of liquors. These adult treats just may be the area's most accommodating libations. They're perfect for sipping at the bar with friends, gifting by the gallon as a party favor, or hitting the drive-thru before "Netflix & Chill" - emphasis on chill.

## ALKY THERAPY

This drive-through daiquiri joint serves festive, ornately decorated frozen cocktails. Many drinks are topped with candy, fresh fruit or chocolate-covered fruit. Popular drinks include the Shark Attack, Candy Crush and Bob Marley. Many are available in nonalcoholic versions.

**FROZEN PIROGUE** Located in the only open container district outside of New Orleans, Frozen Pirogue serves up oysters, down-home coastal dishes and a full lineup of specialty daiquiris, including staples and seasonal flavors like King Cake. Purchase a souvenir cup to strut the East Bank District in style.

## DRIVE-THROUGH DAIQUIRIS



- » **APOLLO LIQUOR**
- » **CAJUN DAIQUIRIS**
- » **DAIQUIRI EXPRESS**
- » **HOLLYWOOD LIQUOR & DAIQUIRIS**
- » **THE JUMP OFF**



**ALLISON HOLLIS-MOON,**

Bar Manager, Abby Singer's Bistro  
Photographed by Shannon Palmer.

# HISTORY OF BLANC ET NOIR WITH ROBERT TRUDEAU

BY BRANDY EVANS

Robert Trudeau, a retired Caddo Parish teacher and Carnival enthusiast, brought a piece of New Orleans Mardi Gras rituals to Shreveport in 2008 with the start of **Blanc et Noir**, a French term meaning black and white.

Trudeau and New Orleans native Jerry Davenport formed the **Blanc et Noir** Second Line Brass Band as an instrument to create racial harmony. The second line is known for incorporating African dances in their performances, which were introduced to New Orleans by enslaved Africans as part of their burial rituals. The first line was the pallbearers and musicians. The "second line" was those who were beckoned to the cemetery procession by the percussions of the band.

"We wanted the krewe to be the krewe that brought people together from both sides of the city," Trudeau mused.

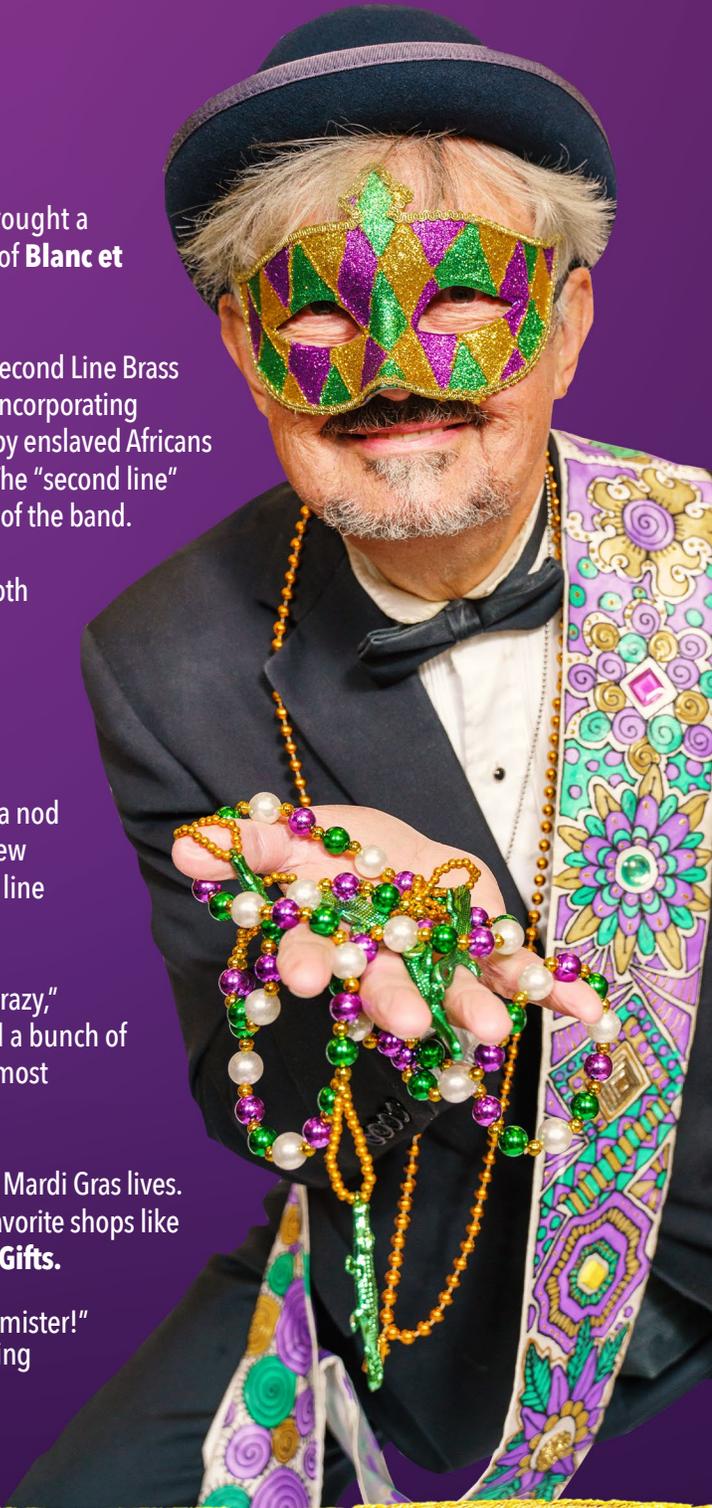
The two men, both Shreveport transplants, bonded over the Faces of Katrina exhibit at Artspace in 2007. Hurricane Katrina displaced millions of people.

Talbot Trudeau, wife of Robert, designed their black and white logo, which is a nod to the Krewe of Zulu, one of the original Black krewes in New Orleans. Matthew Linn, **Krewe of Highland Parade** founder, gave the loosely formed second line group a place to march.

"The first years, people at the Krewe of Highland looked at us like we were crazy," Trudeau explained. "People came to gradually accept us as a brass band and a bunch of marchers. Today, we are the most photographed krewe because we are the most unusual krewe."

Sadly, this year Mardi Gras parades in Louisiana are cancelled. Yet, the spirit of Mardi Gras lives. Trudeau has a 36-page booklet called "How to Mardi Gras". Pick it up at local favorite shops like **Enchanted Garden**, **318 Art & Garden**, and **Tubb's Hardware and Cajun Gifts**.

When Mardi Gras comes roaring back, be sure to yell, "Throw me something mister!" and you are likely to get a coveted, hand-painted pecan from one of the smiling faces of **Blanc et Noir** members.



Blanc et Noir co-founders Jerry Davenport and Robert Trudeau marching in the Krewe of Highland Mardi Gras parade.



**PRESS PLAY ON MARDI GRAS!**

## 2021 KREWE OF HIGHLAND YARDI GRAS CELEBRATION

Krewe of Highland members and residents are decorating their homes with festive Mardi Gras decorations. Visitors may drive by to enjoy the spirit of Mardi Gras at a safe distance. [Learn more here.](#)

# KEEPING THE KING CAKE TRADITION

BY SHALISA ROLAND

While the rest of America implements New Year traditions with self-assured weight loss resolutions, Louisianans are diving head-first into king cakes in celebration of Mardi Gras. Shreveport-Bossier is keeping the king cake folklore afloat with more than 10 established king cake bakeries. We love to blend the ideas of traditional and unorthodox king cakes, as well as experiment with king cake-inspired treats.

A few local quirky king cake options include beer at **Flying Heart Brewing & Pub**, cupcakes at **Candy Galore and More**, dip from **Skinny Louisiana**, cocoa bombs from **Mamacitas Sweets and Bakery**, cheesecakes from **Copeland's of New Orleans**, and more. Take your pick, but remember, if your slice of king cake has a tiny baby inside, tradition says that you're king for the day and the next king cake is on you!



**LOWDER BAKING COMPANY** specializes in fresh-baked breads, cookies, cakes and pastries. Since king cake is mostly dough, bread lovers like to choose this king cake year after year.



**LILAH'S BAKERY** offers 25 different savory and sweet king cake flavors and reopens for Mardi Gras season every year. If you want to try their treats year-round, visit their new bakery, **Lilah's Broadmoor Bunnery**.

**PREP CAKES BAKERY** honors the king cake flavor while sacrificing the king cake calories. If restrictive diets interfere with your Mardi Gras, Prep Cakes is the gluten-free, sugar-free, and keto-friendly route to go!

**TUBBS HARDWARE & CAJUN GIFTS** gives their king cakes a bit more love through generous amounts of pastry filling. You can find X-treme king cakes and more Mardi Gras paraphernalia in this festive shop.

## MARDI GRAS

# FOOD STAPLES

These four Shreveport-Bossier Mardi Gras food staples prove that the celebration is more than parties and parades, it also includes your palate. We've highlighted a few local restaurants where you can find these staples.



### PO'BOY

Drop in at **Marilynn's Place** for a po'boy that is rich in flavor and uniqueness. Ask for a side of étouffée or gumbo for dipping!



### OYSTERS

**Frozen Pirogue** mastered this shelled aphrodisiac. You can order them raw, baked, or chargrilled. We highly recommend the Oyster 318.



### GUMBO

Locals voted on the best gumbo in Shreveport-Bossier, and the results revealed that **Ralph & Kacoo's** 32-year-old recipe reigns. The **competition** was stiff.



### CRAWFISH

This isn't a delicate meal, but it's a delicacy for Louisianans. You can eat your weight in crawfish at **Larry P's Boiling Pot** if you want all the Cajun spice in each bite.

# ICONIC EATS OF Shreveport-Bossier

BY SHALISA ROLAND

If there were ever a bucket list for Shreveport-Bossier foodies, this is it. These six foods are some of the most locally respected and anticipated meals in our sister cities. Believe the hype. Better yet, taste it yourself, and use #Eat318 for a chance to be featured on the Shreveport-Bossier social media pages.

## #1 **Overstuffed Breakfast Beignets** AT RALPH'S PLACE

This loaded bacon, egg and cheese stuffed beignet is a Louisiana treat turned savory for the sake of breakfast buffs everywhere.

## #2 **Monster Croc** AT CHOCOLATE CROCODILE

We won't tell you how many calories are in this 1.5-pound, caramel-drenched, chocolate-coated, pecan-rolled Granny Smith apple, but it has earned its iconic label.

## #3 **Classic Combo** AT SOUTHERN CLASSIC CHICKEN

Although Louisiana is home to a few fried chicken big timers, you haven't experienced a crunch like this. A classic combo from Southern Classic just hits different.

## #4 **Shreveport-Style Stuffed Shrimp**

AT ORLANDEAUX'S CAFÉ These jumbo, succulent shrimp are stuffed with fiery Creole dressing, deep-fried, and often served with a spicy tartar sauce and French fries.

## #5 **Glazed Donuts** AT SOUTHERN MAID DONUTS

Don't ignore Southern Maid Donuts' illuminated "Hot" sign when you see it. Snag a dozen or two and sink your teeth into more than 80 years of glazed perfection.

## #6 **Strawberry Pie** AT STRAWN'S EAT SHOP

Strawn's multi-featured ice-box pie keeps a Southerner's sweet tooth at bay with a variety of flavors, including strawberry, coconut, chocolate, butterscotch, and more.

To discover more iconic eats, click here to download [Eat Here: A Foodie's Guide to Shreveport-Bossier](#).

#1



#2



#3



#4

#5



#6



# YOUR IDEAL SHREVEPORT-BOSSIER BRUNCH SPOT BASED ON YOUR ZODIAC SIGN

BY SHALISA ROLAND

Just when you thought your birthday only indicated how old you are, the stars have aligned in Shreveport-Bossier for you to discover your zodiac sign and brunch pairing.



**ARIES** (MARCH 21-APRIL 19)

**FROZEN PIROGUE** Believe it or not, Frozen Pirogue can match your energetic spirit. This daiquiri and oyster bar has an endless menu of Gulf Coast-Cajun dishes including tasty shareables, loaded soups, fresh salads, savory sandwiches, an array of oysters, and more down-home foods.



**TAURUS** (APRIL 20 – MAY 20)

**FAT CALF BRASSERIE** Fat Calf doesn't serve a customary "brunch menu," but trust, this cozy, upscale restaurant will tap into your hedonistic side. They offer all your dining must-haves, including a high-quality meal and experience, such as chef-prepared entrees, craft cocktails, garden seating, and exclusive options, so you can own an unconventional brunch like the boss you are.



**GEMINI** (MAY 21-JUNE 20)

**MARILYNN'S PLACE** Sundays at Marilyn's Place are a community tradition in Shreveport's historic Highland neighborhood. A Gemini's talkative and impulsive nature fits perfectly into their casual setting. The menu consists of all your Cajun favorites like beignets, shrimp and grits, gumbo and more.



**CANCER** (JUNE 21 – JULY 22)

**SOUTHFIELD GRILL** Southfield Grill has two Shreveport locations, and it corresponds well with a Cancer's loving nature. To be specific, the wholesome feel of each location provides a sense of warmth, from the customer service to the homemade menu items.



**LEO** (JULY 23-AUG. 22)

**EL CABO VERDE** There is no zodiac sign more confident and proud than Leos, and El Cabo Verde is just the integrous brunch you need. Their entire philosophy is crafted by incorporating organic and locally grown ingredients in their meals, as well as providing top-notch service.



**VIRGO** (AUG. 23-SEPT. 23)

**SAUVAGE**

Virgos cherish a sophisticated brunch, so Sauvage is a savory haven for your tastebuds. You can appreciate the pure passion placed in each morsel of food. Some popular menu items include shrimp and grits, chicken and waffles, and more.





## LIBRA (SEPT. 23-OCT. 22)

**THE HIVE** The Hive is a new social spot and soul food eatery that offers Sunday brunch in the center of Shreveport-Bossier, and this is music to a Libra's ears. Libras' creative and outgoing spirit thrives in fresh surroundings and communal settings, ultimately allowing them to brunch without limits.



## SCORPIO (OCT. 23-NOV. 21)

**PARISH TACEAUX** Parish Taceaux offers a bold menu for the boldest zodiac sign, Scorpios. Their tacos skip tradition by incorporating the most unorthodox, yet tasty, flavors including Nashville hot chicken, Alabama white barbecue sauce, Korean barbecue, and more.



## SAGITTARIUS (NOV. 22-DEC. 21)

### FLYING HEART BREWING & PUB

A Sagittarius owns their independence, and so does Flying Heart Brewing & Pub. Your sign is prone to take an adventurously optimistic route with brunch. What's more impartial than skipping usual brunch items, and going straight for a well-dressed waffle dessert and a pint of craft beer?



## CAPRICORN (DEC. 22-JAN. 19)

### ROOM SERVICE AT HORSESHOE CASINO

**BOSSIER CITY** Capricorns are known for being classy and low-key. Booking a stay at Horseshoe Casino and Hotel and ordering a breakfast spread in your suite allows you to brunch at your own pace. When you feel like getting out of bed, splash in luxury at Horseshoe's Dare Dayclub and Ultrapool.



## AQUARIUS (JAN. 20 - FEB. 18)

### KI' MEXICO

Diving into a cultural phenomenon is your forte, so plan a Sunday brunch session at Ki' Mexico to enjoy a taste of Mexican soul food. The décor, atmosphere and menu are original, just like you. As humanitarians, you'll appreciate the support they give to local farms.



## PISCES (FEB. 19 - MARCH 20)

### ZUZUL COASTAL CUISINE

As a water sign, it's only right that we give you the taste of the coast for brunch at Zuzul Coastal Cuisine. This is not your traditional brunch spot, but your mystical side can appreciate the aesthetics of the modern indoor décor, cocktail dressings and plating styles.



No matter your birthday, brunching in Shreveport-Bossier is more than a meal. It's an event.

FIND MORE CONTENT LIKE THIS ON **20X49** *Where Shreveport-Bossier, LA Intersects With Everywhere*

# GEAUX VEGAN

BY SHALISA ROLAND

Shreveport-Bossier has a growing vegan scene and list of great places where you can find equally delicious plant-based dishes. Here is a list. Try one or all while visiting.



## COTTON ST. FARMS

Explore modern-day plants at Shreveport's soilless and pesticide-free hydroponic farm, offering everything from micro greens to fresh salad bouquets and more.



## GLOW ALCHEMY KITCHEN

Glow Alchemy Kitchen features a plant-forward menu with numerous vegan and vegetarian options as well as organic, cold-pressed juices, coffees, smoothies and more.



## PREP CAKES BAKERY

Prep Cakes Bakery is an underground, guilt-free sweetshop offering your favorite baked desserts for restrictive diets. Vegan and vegetarian options available.



## SUNSHINE HEALTH MARKET & CAFÉ

Sunshine Health Market and Café offers organic foods and supplements, a café with lunch service offering soup, salad, and sandwiches with vegan and vegetarian choices.



## VEGANS ON THE RUN (POP-UP)

Vegans on the Run offers healthy and delicious vegetable-forward meals, as well as a weekly meal prep menu.



## WELL + FED LOUISIANA

Well + Fed Louisiana is Shreveport-Bossier's only organic, cold-pressed juice bar serving juices made in-house from fresh root vegetables, fruits, nuts and more. They also have a limited menu of vegan-friendly eats.



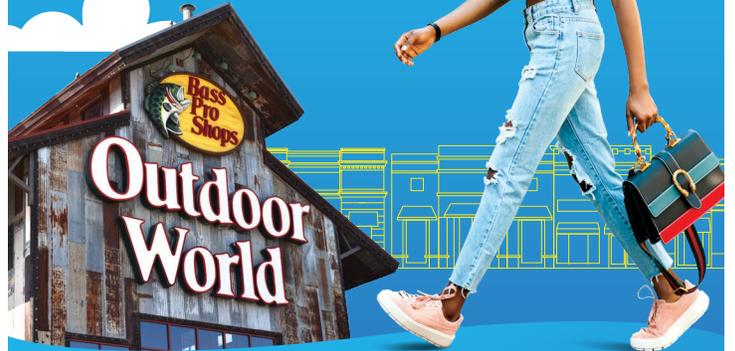
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