

# LOUISIANA'S CAJUN BAYOU LAFOURCHE PARISH

## In Louisiana's Cajun Bayou, It's All About ... Food!

It's a simple fact: When you visit Louisiana, you'll enjoy some of the best meals of your life. But it's not just the big cities that take justifiable pride in their food scene. Throughout the state, the dining options are unbeatable. And here in Louisiana's Cajun Bayou, fantastic food is one of our biggest tourism draws.

What makes food up and down Bayou Lafourche so delicious? The fact that the region is itself a cultural "gumbo" (read: delicious mixture) of seven different nationalities is part of the secret. In Lafourche Parish you'll taste the culinary influences of all the people who were here before you – the Native Americans, French, Spanish, Germans, English, Africans and Italians. Each had their own culinary traditions and techniques, and they miraculously blended together to create tastes that are unique and specific to this place along Louisiana's coast.

And, of course, it all starts with delicious local ingredients, the proteins and produce that are abundant in this area. Our seafood is so fresh that it was in the water just hours before it's served to you. You'll think you can't get enough fish, crabs, shrimp or crawfish, but don't worry: We won't run out and we love to share. We're also known for our wild game – which, yes, in the proper season does include alligator. Local produce includes citrus fruits that make you think you're tasting sunshine. And this is sugar country, folks – you'll see the plantations as you travel up and down the bayou – so we know a thing or two about desserts and treats. Throw in a few pecans for good measure and you have yourself a feast.

All the foods you think you know from Louisiana – gumbo, etouffée, jambalaya, steamed crawfish, red beans and rice, pecan pralines and so much more – are all right here in Lafourche Parish, made with the love and care of chefs and restaurateurs who welcome you like family.

And to wash it all down? Try a beer from Thibodaux's own Mudbug Brewery – perhaps a King Cake Ale, named for the Mardi Gras delicacy and featuring hints of cinnamon and vanilla, or a White Boot Blonde, which pays tribute to the footwear preferred by shrimpers. Nearby, Donner-Peltier Distillers transforms local rice into Oryza vodkas, and they incorporate local sugar cane into their Rougaroux rums. It's all worth a sample – or two – and the distillery is happy to share recipes used by bartenders throughout the state.