

A Culinary Journal



from Red Stick Spice Company

On Sunday, August 29, Hurricane Ida set her sights on Baton Rouge. At the last minute, she changed her mind, shifted east and carved a swath of destruction through multiple South Louisiana parishes. From the Gulf of Mexico to the Mississippi state border, Ida's path is an enormous geographical swath with hard-to-quantify damage and loss.

The South Louisiana towns Hurricane Ida eyed down don't write headlines or fill sound bites like New Orleans. Ida is the story of fishing villages, farming communities, fields of sugarcane and small towns dotted up and down the bayou – the stuff of Friday Night Lights.

The long road to restoration is underway, but the news cycle has moved on. Coverage wanes. Sound bytes fade. However, loss and sadness are loud and clear: more than eight weeks later, families are living in tents, debris lines roads and downed power lines litter the landscape. Facts like these beg the question: How can I help?

You can help by visiting.

Bypass the interstate and drive the winding roads through these communities. Start at the coast and end at the Mississippi border. Gather your friends and take a slow distillery crawl through South Louisiana. Load up the kids and head to a festival, taking the small highways and stopping at the shops and eateries along the way. Visit the museums and plantation homes that are telling the story of the hard work on the backs of the people who helped build this state. Eat in local restaurants. Load up on snacks from local gas stations. Buy local art. Grocery shop in tiny "one-stops." Buy fruit and fish from the roadside guy selling from his pickup bed. Pack an ice chest, and at every stop, ask "what's good?" I guarantee that when you get home, you'll be loaded down with seafood, sausage and so much more.

This digital magazine is a culinary exploration of the Louisiana Parishes Ida chose. Where Hurricane Ida left destruction, we followed her path to encourage exploration. For travelers, The Big Easy has charm and allure. We get it. But let these rural regions, carved out by bayous, big river currents and farm rows – let these regions pull you into a slow, delicious adventure through South Louisiana.



terrebonne parish

When you take Hwy 90 to the southernmost tip of Louisiana, you are heading "down the bayou." Terrebonne Parish is home to some of the best fishing along the gulf coast as well as a diverse culture. Enjoy festivals, fais do do's and a weeklong Mardi Gras celebration. Gain an understanding of our vanishing coastline with an eco-focused swamp tour - it's all in Terrebonne Parish.

Plan your visit and learn more about Terrebonne Parish:

Houma Travel Visit Louisiana Coast

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Terrebonne Parish is known as a fisherman's paradise. While visiting, be sure to eat your fill of oysters. These delicacies are essentially a blank canvas. We topped ours with a sublime crabmeat and shrimp cream sauce, the perfect flavors for this dreamy dish.

1 Tbl unsalted butter ¹/₂ cup chopped red bell pepper ¹/₄ cup sherry 2 cups heavy whipping cream 1 tsp Bayou Lafourche Blend 1 dozen raw oysters, on the half shell 1 cup white lump crabmeat 1 cup chopped cooked shrimp 1/2 cup panko ¹/₂ cup grated romano cheese ¹/₂ cup grated parmesan cheese Parsley and scallions for garnish

In a large skillet over medium-high heat, add the butter and roasted red peppers. Sauté the peppers until they soften, about 5 minutes. Add the sherry and deglaze the pan. Cook for 2 mins to allow the alcohol cook away. Add the cream, and once it begins to bubble, lower the heat to a simmer. Stir until the cream thickens and coats the back of a spoon. Keep warm.

In a bowl, make the topping by combining the crab, shrimp, panko and cheeses. Set aside.

Heat a gas grill to high. Ensure that the muscle has been severed from the shell. Place the oysters in their shells directly on the grill grates. Spoon the cream onto the oysters and cook until it bubbles. Then add a spoonful of crabmeat/shrimp topping.

Serve immediately with french bread.

grilled gulf oysters with crab & shrimp



Poplar

ISLE

BUTTO DE LATO DE LATO

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southern caramel cake

Mesmerizing fields of sugarcane cover acres of land throughout bayou country. This caramel cake is the perfect use for all that sweet stuff.

For the Cake:

6 large egg whites, room temperature flour pans. 2 tsp Pure Vanilla Extract 2¹/₄ cups cake flour 1 ³⁄₄ cups sugar 1 Tbl baking powder 1 tsp Baker's Salt 12 tbl unsalted butter, cut into 12 pieces and softened

For the Icing:

2 cups sugar 1 cup buttermilk 1/2 cup shortening 1/2 cup butter 1 tsp baking soda 1/4 tsp Maldon Salt

Adjust oven rack to middle position and heat oven to 350°F. Grease three 1 cup whole milk, room temperature 8-inch round cake pans, line with parchment paper, grease parchment and

> Mix milk, egg whites and vanilla together in a bowl. Using stand mixer fitted with paddle, mix flour, sugar, baking powder and salt on low speed until combined, about 5 seconds. Add butter, 1 piece at a time, and mix until only pea-size pieces remain, about 1 minute.

Add half of milk mixture, increase speed to medium-high and beat until light and fluffy, about 30 seconds. Reduce speed to low, add remaining milk mixture and beat until incorporated, about 15 seconds.

Divide batter evenly between prepared pans and smooth tops with rubber spatula. Bake until tops are light golden and toothpick inserted in center comes out clean, 18 to 22 minutes, rotating pans halfway through baking. Let cakes cool in pans on wire rack for 10 minutes. Remove cakes from pans, discarding parchment, and let cool completely on rack.

To make the icing, Mix all ingredients in a large pot and place over medium heat. Swirl pan to keep ingredients moving in the pan. Cook to softball stage 235° - 245° on a candy thermometer or when tested in a cup of cold water.

Remove from heat and beat with a wooden spoon until creamy and ready to spread. If using mixer, once your icing has reached the softball stage, whip the icing until it holds to the whisk when you stop the mixer.



a toast

ORIGINAL TASTE

Dotted throughout South Louisiana, you'll find distilleries. That's because all that beautiful sugarcane gave way to bottles of rum. These Louisiana distillers are born-andraised Louisianians, many multi-generation farmers and all committed to preservation and ingenuity. It may look like just a bottle of rum. It may seem like a modern twist. What these distillers see is a new tradition.

Plan your visit and learn more about Louisiana's Distillers: Louisiana Distillers Louisiana Distillery Trail

Louisiana Rum & Coke. No recipe needed. Crushed Ice + Spritz of Lime + Good Friends. *cheers!*



Tri st. james parish ityo Cho cea Secur Hade O Hugging the banks of the Mississippi are Louisiana's River Parishes. On Christmas Eve, bonfires light Papa Noel's way. Spend time in St. James learning about the rich history and land including Perique tobacco – still grown in the parish. sville Bordelan Plan your visit and learn more about St. James Parish: k Haw Visit St. James Angola Row Lig. W Smithland Wakoneld ly Grove 0 WASHINGTON denburg Wilson Kents Store o SAINT Tangi-Gayden Clinton To Darlington pahon Bailoy FELICIANA Geensburg o pah Franklinton con Sto St.Francisville Z Gorman 00 M NCIANA ig Cane Bayon Sara Ste Arcola HELENA Peace Grov you Curros Olive Branch Orrille Mt. o Pelier o Ma Roseland Holton McDongall Lees Ci Mille courei Ethol Blairs T. Grang Losa Palme Pine Grove Amite Newroad - Husser R Mill OVentrees And Y Independence 3 . Verger Chitt 6 Live Oak ington . SLak my Pt. Old Field Taliansek Tickfaw No. 10 Erwin Indian Mound Starnso ST. TAMMANY P Hills Sprs. Otts Mills > Pela Hammoad Barre Livonia Abita Springs onville I Co Katie 0 Maringouin Covington Oak Lidge BATOY ROUGE Maxwell d Coteau ort Allen) Mand Masson Bentons Fy. Springville Claib Arnaudvil Rosedale 0 Port Colyell_ Groase Tete Jarwick Bayon Barbary Cecelia 0 Haron Baton Ro E SHAR & Plaquemi ne Maare Pass Manchao Bayou 2 eaux Bridge 2. Guzman MARTIN ENSION LAKE S OS. Am PONTCHARTRAIN St. Marthevill GRAND A Beil R NEW ORLEANS Ther! ourtville Napoleonville Thibodaux S or Foster P. 0 Schrieve Belair SALW.41 Riceho ockport o S.T. MARY Nero Pte. Lacroix O Bay St Bernard BIRD I. T. ATCH Same B N N RR E E E 01 Quifmans Lake The post AL. Pt. au Fer L.Washa TERRE L Fort Livingston; GRAND ISIE aindaville Larg L Bay Plata Bay 0 Bay Marchand



crawfish stuffed pistolettes

Celebrations and good food go hand-in-hand. We take this quite literally with these crawfish-stuffed pistolettes. Deliciously portable, rolled tightly in foil, you'll find these throughout the region at celebrations and festivals.

1 stick butter 1 onion, finely diced 3 stalks celery, finely diced 1/2 cup finely diced bell pepper 2 Bay Leaves 2 tsp Spice de Terre 3 garlic cloves, minced 1/2 cup canned or fresh diced tomato 1/2 cup flour 3 cups shrimp or chicken stock 1 lb crawfish tails 4 green onions, sliced 12 Pistolettes Roasted Garlic Extra Virgin Olive Oil

In a large skillet, melt butter and add onion, celery, bell pepper and bay leaves. Sauté for 20 minutes or until the vegetables are very soft and the onions are clear.

from heat.

Preheat oven to 350°F. Slice each pistolette in half lengthwise and scoop out a little of the interior. Spoon in the crawfish mixture and place the bread half on top. Place pistolettes on baking sheet and brush with Roasted Garlic Extra Virgin Olive Oil. Bake for 15 minutes or until golden brown. Serve hot.

Add in the Spice de Terre, garlic and tomatoes. Sauté for 3 minutes. Add in the flour and stir to create a paste. Sauté for 2 minutes. Add in the stock and crawfish. Bring to a boil. Reduce to a simmer and cook for 20-30 minutes. Taste and adjust with salt if needed. Stir in the green onions and remove

At Bayou ordia st. charles parish Natchez Idalia ville nann Known as the bread basket of the colony, St. Charles Parish is part of the German Coast and is known for saving New Orleans from starvation multiple times. The rich soil and ingenious settlers successfully farmed and fished the lands and Woodville 5 fed thousands. Just a short 20 minutes from New Orleans, St. Charles Parish is dotted with waterways big and small. Eat your Hawk fill of alligator, shrimp, crabs and, of course, catfish. Row Lig. WEST Inure ady Grove Plan your visit and learn more about St. Charles Parish: Wakofield THE Poplarville FELL St. Charles Parish listin Des Allemands Catfish Festival **Alligator Festival** Newroad tony Pt. Old Field Talinneek Tickfaw ndian Mound Starnso ST. TAMMANY P Hills Sprs. Otts Mills Pola Miss Hammoad Abita Springs I Covington Oak BATON ROUGE Maxwell ort Allen) Mand Katie Claib Springville Bentons Fy. 0 a Colyell Port River 0 Baton Ra Pass Manchad Maaro & Plaquemi ne Guzman ENSION LAKE c.S. Am GRAND SISLAND Grand Pass PONTCHARTRAIN Va Cather GRANDA NEW ORLEANS Napoleonville Thibodaux /Schriet oster P.O ST MARY ISLE AUD SOU SHELL B N N E E R mans Lake Pt. au Fer Wash Grand GRAND I Larg indavill Bay Plata \mathbf{O} WEST BAY Bay Marchard Pilot To





Des Allemands, LA is a small fishing village with waters that produce catfish. This sandwich is our nod to the generations of fisherman in Bayou country, without whom we wouldn't have an abundance of fish and so many delicious meals.

4 large catfish filets	Rinse and pat dry
1.5 cups buttermilk	buttermilk. Soak
2 Tbl Cajun Blackened Seasoning	Cajun Blackened
1 cup cornmeal	
1 tsp Kosher Flake Salt	When the oil is s
2 eggs, beaten	the egg then into
1/2 cup canola oil	
1/4 cup mayonnaise	Combine the cor
2 tsp Cajun Blackened Seasoning	in a plate.
1 scallion, chopped	
Cole Slaw for serving	Fry until deep go
Buns or serving	For 3/4 inch thic
	Create the sauce
	scallion. Spread of

hot & crispy des allemands catfish sandwich

ry the catfish filets. Place in a shallow baking dish and cover with k for 30 mins. Drain and pat dry. Season on both sides with 1 Tbl d Seasoning.

shimmering and a bit of cornmeal sputters, dip the catfish filets into o the cornmeal. Shake off the excess and place in the hot oil.

rnmeal, salt and remaining 1 Tbl Cajun Blackened Seasoning. Place

olden brown and cooked through and opaque white in the center. ck filets, about 4 mins each side. Set on a paper-towel lined plate.

by combining the mayo, 2 tsp Cajun Blackened Seasoning and l on the buns then add a catfish filet and slaw.

st. john the baptist parish Rosefield Staffor Harrisonburg With smokehouses throughout the parish, it's no wonder St. ULA John the Baptist Parish is the Andouille Capital of the World. Rhinehar Stop at these multi-generation run smokehouses and get your Jonewill fill of sausage, tasso and hog's head cheese. Swamp and airboat ilityo 0 Cho Q. tours do not disappoint – after all, you're still in bayou country. vacca Secur Be sure to set your GPS to Wallace, LA and visit Whitney Glade 4 Plantation for a history of slavery and how it shaped the cotton, Monterou aglO sugarcane and tobacco industries in the south. Plan your visit and learn more about St. John Parish: Louisiana River Parishes Whitney Plantation arksville Bordelon Big Bend Hawk Norwood Pettreit Chipola Kentwood Row Lig. WEST Laurel O.M. Point EAST Woodlan & Zierpool thland Wakofield Hill WASHINGTON Bodoe Wilson Kents Store o SAINT Tangi-P O denburg Green Stor Z Gorman St Franklinton ELE NCIANA Greensburgo FELICIANA 5 St.Frineisville & Mo Roseland Holton McDongall o Big Cane Olive Branch Orrill Marcelle HELENA Ethel Blairs T. Grange Peller Jara Sta Bayou Curron Lees Cre courci Rosapalme Pelier May Pine Grove Amite Newroad eggs - Husser Mill R OVentrees And Independence G . Verger Chitte Live Oak ashington _ ony Pt. Old Field Talinheek Tickfaw ndian Mound Starnso ST. TAMMANY P Pela Hills Spra. Otts Mills Barro Livonia Hammoad Abita Springs LIVINGSTON Loonville Maringouino I Covington BATOY ROUGE Maxwell J'ort Allen) and Coteau Musson N Rosedale Bentons Fy. Springville Katie º Clai Fred Arnaudvil 0 Port a Colyell Grosse Tete 0 Haron Baton Ro Pass Manchad Bayou > & Plaquemi ne reaux Bridge 2. Juzman ENSION LAKE ST MARTIN PONTCHARTRAIN St. Martinsvill GRANDA NEW ORLEANS Napoleonville Thibodaux Schriev oster P.O SALAX AL kport Nero Pte, a Jall ST MARY Lacroix O Bay St.Bernard BIRD I. 7 200 A. SHELL I TERBE B E NN 10



chicken & sansage gumbo

Smoked Andouille and Chicken Gumbo is a staple throughout South Louisiana. In St. John Parish, the roux is a little lighter and the sausage to chicken ratio tilts toward that perfectly smoked meat. Potato salad in your gumbo? Ask a local and get ready for a heated debate!

1 1/4 cups all-purpose flourHave your1 cup vegetable oilyour stock1 cup chopped onioni1 cup chopped bell pepperHeat a heat1 cup chopped celerywhisk unt3 garlic cloves, mincedroux is bro2 Tbl Gumbo Seasoningchocolate1.5 lbs chicken thighs, cubeds8 cups chicken stockWhen the1 lb andouille, slicedpepper. The1 bay leafthe vegetasalt & cayenne for adjusting flavor1 minute.5 scallions, slicedFilé Powder, for serving

Have your onion, bell pepper and celery cut and ready to add to the hot roux. Have your stock heated to simmering.

Heat a heavy dutch oven over medium-high heat. Add the oil and flour to the pot and whisk until smooth. Switch to a wooden spoon. Continue to stir constantly until the roux is brown. Peanut butter-colored for a lighter gumbo or cook until the color of milk chocolate for a darker gumbo.

When the desired color is achieved, turn off the heat and add the onion, celery and bell pepper. The mixture will sputter and steam. Stir until the mixture stops steaming and the vegetables are softened. Add in the garlic, Gumbo Seasoning and salt and cook for 1 minute.

Add in the stock, Bay Leaf, chicken and andouille. Bring to a boil. Reduce to a simmer and cook, uncovered, for 2-2.5 hours. Taste and adjust with salt and cayenne. Stir in the scallions and serve over steamed rice. Offer filé to guests to add to their bowls of gumbo.







skillet jambalaya

Jambalaya has a long history that is often referred to as "Louisiana Paella." However, the dish's roots are in Jollof Rice a West African dish that came over with the slaves from West Africa. Jambalaya is a mainstay in Louisiana homes, and this quick version comes together in a cast iron skillet. While it's quick, there's no sacrifice of flavor.

Roasted Garlic Avocado Oil

- 3 links smoked sausage, sliced
- 3 small chicken thighs, cubed
- 1 small onion
- 1 bell pepper, chopped
- 4 ribs celery, chopped
- 3 garlic cloves, grated
- 4 cups chicken or vegetable stock 2 Tbl Jambalaya Seasoning
- 2 I DI Jambalaya Seas
- 2 tsp <u>salt</u>
- 2 cups long grain rice 1 <u>bay leaf</u>
- 1 <u>Day 1</u>

Heat a cast iron skillet over medium high heat. Drizzle in the avocado oil and sauté the sausage and chicken until brown. As you do this, don't stir continually. Leave the meat undisturbed to allow it to brown and caramelize in the skillet. You're looking to build fond, and this can't happen if there is nonstop stirring. Cook for about 10 minutes or until distinctly brown. It's ok if the thighs are not cooked through. Move to a plate.

Add in the onion, bell pepper and celery. Cook until softened and brown. Be sure to scrape up any browned bits. Add in the garlic and Jambalaya Seasoning and salt. Sauté for 1 minute. It will be very fragrant.

Add the meat back into the mixture along with the rice. Stir to coat the rice well with the aromatics. Add additional avocado oil if the mixture seems dry.

Add in the bay leaf and stock. Bring to a full, rolling boil. Reduce to a simmer and cover. Cook for 18 minutes. Remove the cover and taste. If the rice is still al dente, splash with a little additional stock and cover. Check the rice again in 4 minutes. Use a fork to gently distribute the meat and rice to combine.



tangipahoa, parish T Pt. 1 Newellton Votep Dickard Lake Joseph Goldonu P Named for the Tanigipahoa Native American tribe, Tangipahoa I. No. 112 Parish is situated near the Mississippi border. When you visit, 11. 113 you'll want to bring a pair of walking shoes. And your appetite. Tangipahoa Parish has great walking trails and a full festival St. John Gibsons Landi season including the Strawberry Festival, Amite Oyster Festival UP-That Bayon moordia and Independence Sicilian Heritage Festival. Natchez Con Jalia Plan your visit and learn more about Tangipahoa Parish: Morville Tangipahoa Tourism nanu Rive Woodville 5 Hawk Norwood Felizville Chipola Kentwo Row Lig. WEST Laurel Point EAST a Liverpool ly Grove Tand Wakofield PHill ASHINGTON o SAINT Tang P Wilson Kents Store Poplarville Bailo Franklinton FELI/CIANA Jayden O (linton A Darlington pah Frincisville Z Got Greensburg O NCIANA Arcola Sara Sta **IGHELENA** Olive Branch Orrille Lees Cree Mille Mt. o selando McDougall the Blairs T. Grang Hal Pelier G C M Amite Newroad Pine - Huss Mill C Glynw ndepender D Verger Live Oak tony Pt. Old Field Chit ALakela Talingeek Tickfaw Erwin Indian Mound Starnso P TAMMANY ST. Hills Sprs. Otts Mills Hammoad Abita Springs LIVINGSTON I BATON ROUGE Maxwell ort Allen) Mande Katie 9 Bentons Fy. Spring Rosedale Grosse Tete 0 River Port & Colyell Bayon O Barbar Baton Ro Hdel & Plaquemi ne Maaren Lak Manchad JUZTORA ENSION LAKE Oter GRAND PONTCHARTRAIN SISLAND GRAND A Bail Ros NEW ORLEANS LAKE St.Bergard hauston Napoleonville Thibodaux /Schriever Gheens Foster P.O. SALAKADO. MPE Lal ST MARY ISLE AU Wax Lake



pizzicati cookies with strawberry filling

and not-so-sweet desserts in this cute little pinch cookie. They're the perfect bite.

1 1/2 cups all-purpose flour 1/2 cup cornstarch 1/2 cup powdered sugar 1/2 tsp baking powder 1/2 cup butter at room temp 1 egg 1 tsp <u>Almond Extract</u> 1 tsp Vanilla Extract 1/3 cup thick strawberry jam Pre-heat oven to 350°F. Line 2 sheet pans with parchment paper. In a large bowl whisk together flour, cornstarch, powdered sugar, baking powder and salt.

In a mixer fitted with a paddle attachment, beat the butter until light and fluffy. Add in the egg and extracts and beat to incorporate.

With the mixer running on low, add in the dry ingredients. Mix until incorporated. Move to a lightly floured flat surface and knead until you have a soft smooth dough. Wrap the dough in plastic wrap and refrigerate for 30 minutes.

cookie cutter.

As you work with the remaining dough, press the scraps back together and roll out to cut more cookies. After the second roll of scraps, we discarded the dough. We found that dough that had been re-rolled multiple times did not yield a crispy cookie.

Place a teaspoon of jam in the center of the circle. Grasp the two sides with your index finger and thumb. Pinch the two sides together. Dip your fingers in a little water and re-pinch to make sure that the dough sticks and doesn't open while baking.

Place 12 cookies at a time on parchment-lined sheet pans and bake for approximately 12 minutes or until golden brown on the edges and bottoms. Cool completely and dust with powdered sugar.

Click here to download the recipe



We took the Tangipahoa's sweet strawberry season and combined with Italian tradition of beautiful

Roll half the dough to 1/4" thickness and cut into rounds with a 3-inch biscuit or

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A set the builter in a kellie or builtin over. Add entors about 15 minutes, or until the minutes are very aft a 2) Add positer and water, and loway is a built Laure and the patters are tender (about 10 is 10 minute 10 parts with very someth in a biender or feel por metaum-large container. Stir in the mills and apple



APPETIZER BOOK



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OLD



I was born & raised in LaPlace, LA. My little hometown in St. John the Baptist Parish took an hours-long beating from Hurricane Ida. Then the town flooded. The homes of my mother, aunt and brother all took on water. We relocated my mother in Baton Rouge, but sadly, my mom, Betty Jo, passed away October 6 just six weeks after Hurricane Ida.

My mother was a Home Economist. She earned a degree from Northwestern Louisiana University in Monroe and moved to South Louisiana to work for Louisiana Power & Light demonstrating "modern electric appliances" in the showroom and in customers' homes. She went on to teach high school Home Economics and then Kindergarten. She sold World Book Encyclopedias and Avon. She worked in the local library. She worked before care and after care. She had lots of jobs, wore many hats, but to me, she will always be the best cook I know.

Betty Crocker's

AN WARE

Brunch

When I run into her colleagues – whether it's from her power company days, teaching years or when she was a librarian – the conversations always shift to the potlucks, pans of brownies, that recipe she wrote down... the best cook they know.

Betty Jo was also a road warrior. She roved the backroads of this state, exploring junk shops, touring museums and eating the food. And most important: talking to the people who made our food. She would have been proud of this little digital magazine because she would have wanted folks to explore our great state.

Cooking and mealtime were sacred to my mother. It's no stretch that I run a business that revolves around home cooking. Here's to Betty Jo. The best cook I know.

anne