

pathway



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.



Allons!

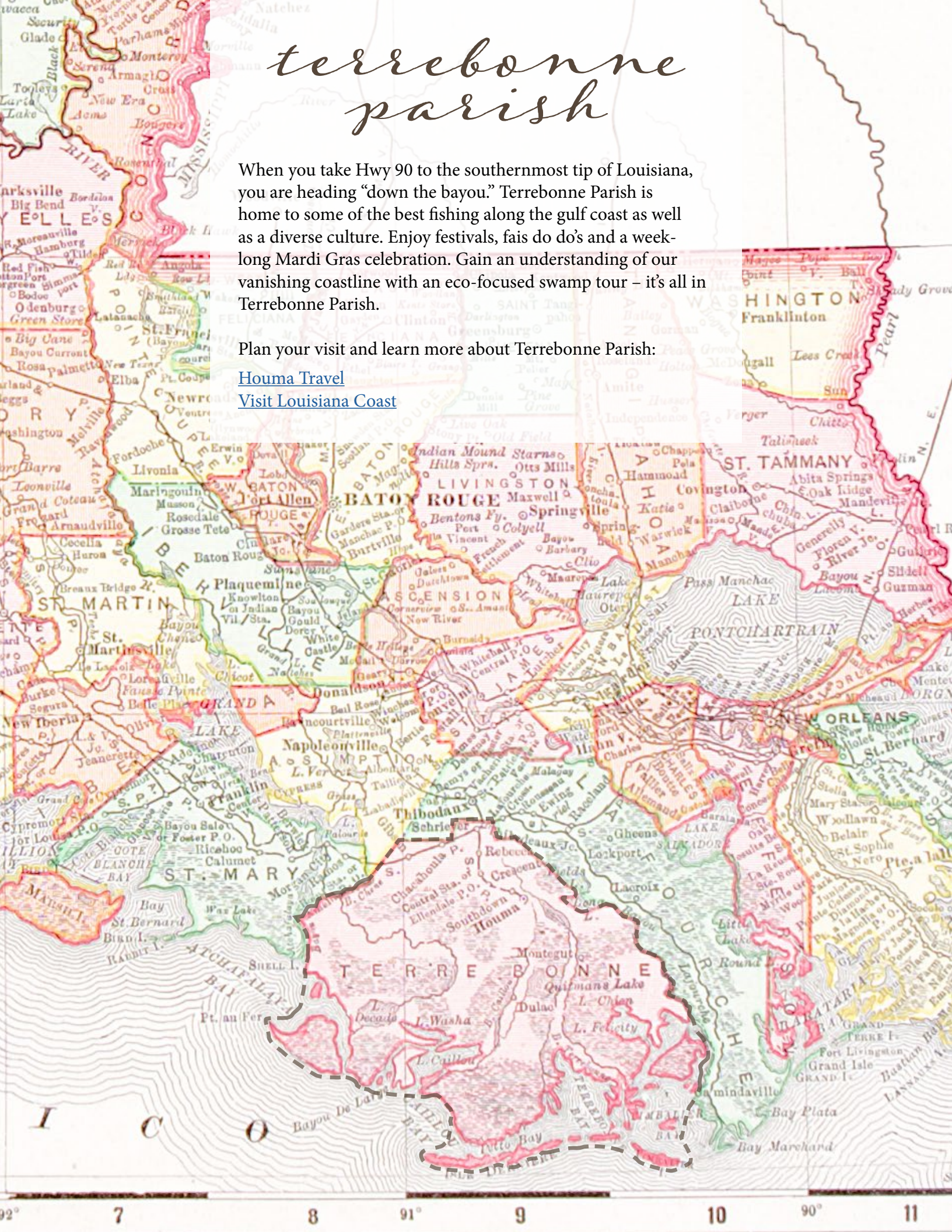
terrebonne parish

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 week-long 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](#)





grilled gulf oysters with crab & shrimp

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
½ cup chopped red bell pepper
¼ 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
½ cup grated romano cheese
½ 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.

[Click here to download the recipe](#)

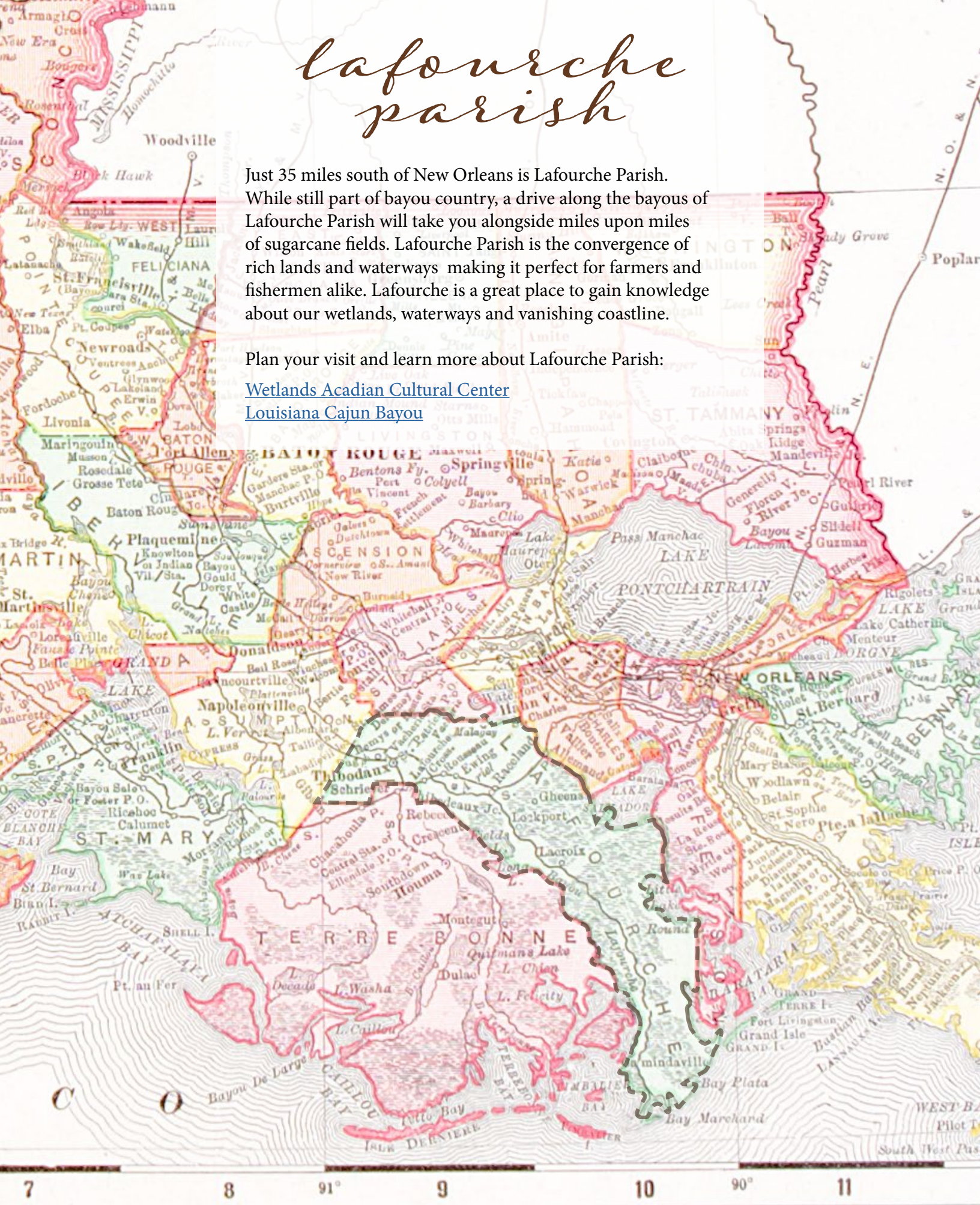
lafourche parish

Just 35 miles south of New Orleans is Lafourche Parish. While still part of bayou country, a drive along the bayous of Lafourche Parish will take you alongside miles upon miles of sugarcane fields. Lafourche Parish is the convergence of rich lands and waterways making it perfect for farmers and fishermen alike. Lafourche is a great place to gain knowledge about our wetlands, waterways and vanishing coastline.

Plan your visit and learn more about Lafourche Parish:

[Wetlands Acadian Cultural Center](#)

[Louisiana Cajun Bayou](#)



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:

1 cup whole milk, room temperature
6 large egg whites, room temperature
2 tsp [Pure Vanilla Extract](#)
2 ¼ cups cake flour
1 ¾ 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 8-inch round cake pans, line with parchment paper, grease parchment and flour pans.

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.

[Click here to download the recipe](#)





a toast

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-and-raised 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.

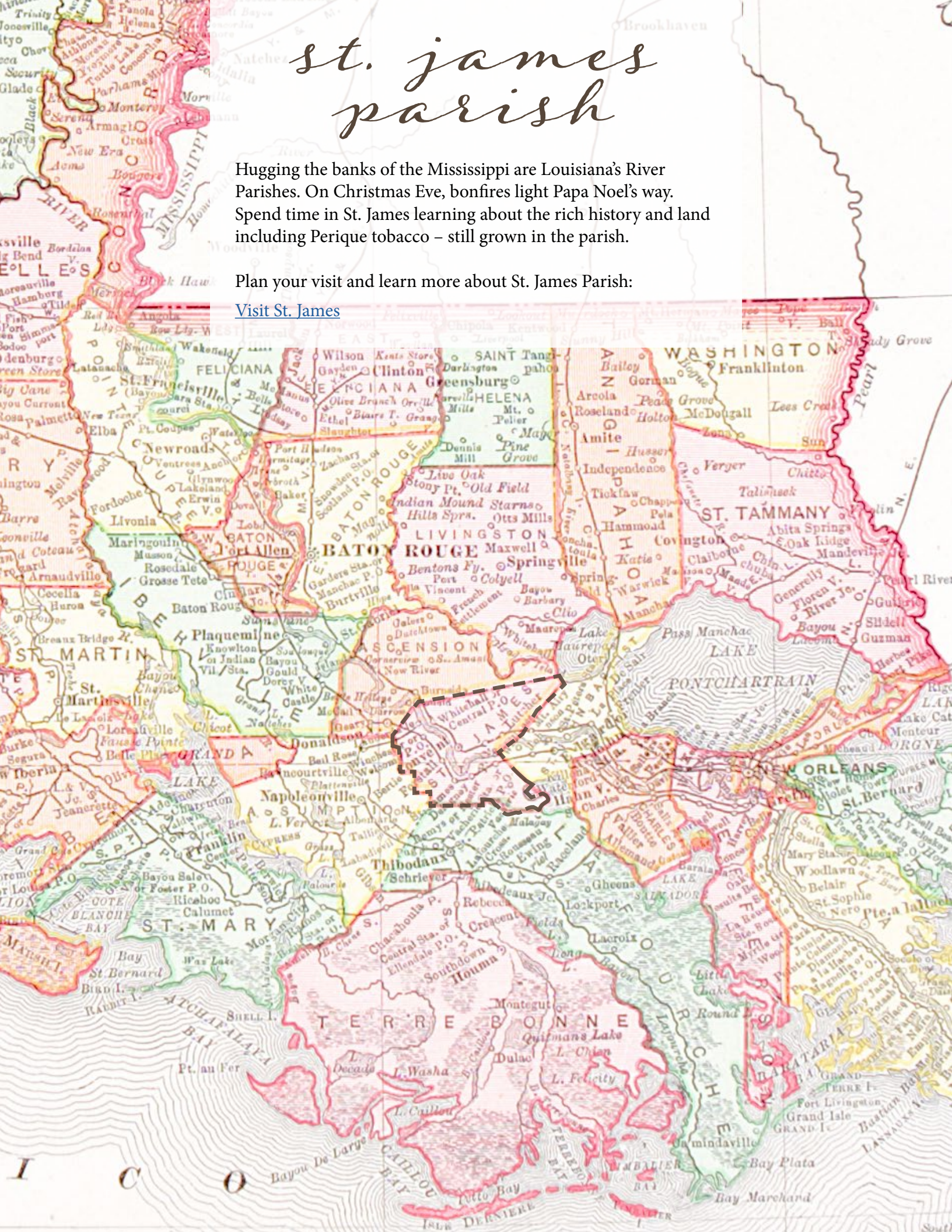
Crushed Ice + Spritz of Lime + Good Friends. *cheers!*

st. james parish

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.

Plan your visit and learn more about St. James Parish:

[Visit St. James](#)





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.

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 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.

[Click here to download the recipe](#)

st. charles parish

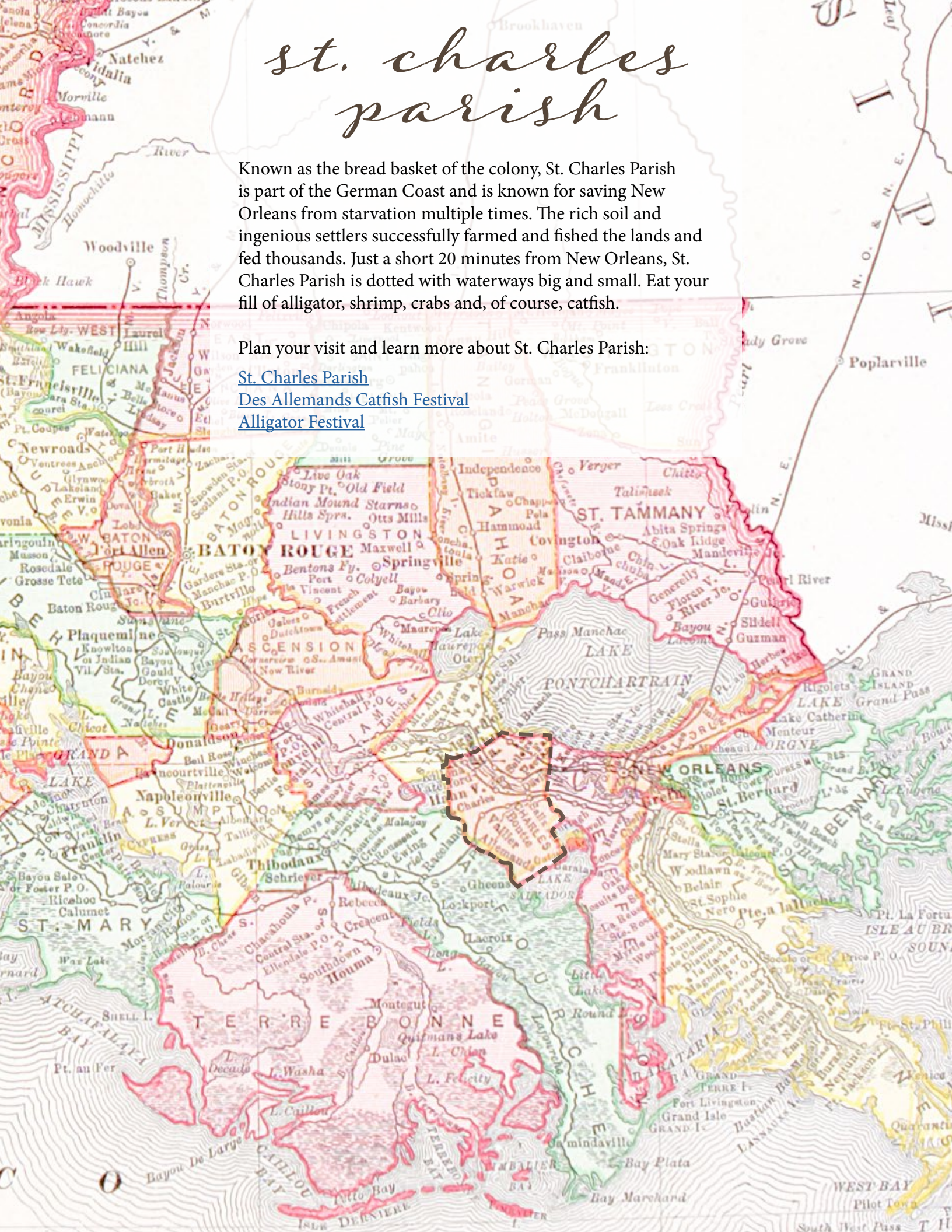
Known as the bread basket of the colony, St. Charles Parish is part of the German Coast and is known for saving New Orleans from starvation multiple times. The rich soil and ingenious settlers successfully farmed and fished the lands and fed thousands. Just a short 20 minutes from New Orleans, St. Charles Parish is dotted with waterways big and small. Eat your fill of alligator, shrimp, crabs and, of course, catfish.

Plan your visit and learn more about St. Charles Parish:

[St. Charles Parish](#)

[Des Allemands Catfish Festival](#)

[Alligator Festival](#)





hot & crispy des allemands catfish sandwich

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
1.5 cups buttermilk
2 Tbl [Cajun Blackened Seasoning](#)
1 cup cornmeal
1 tsp [Kosher Flake Salt](#)
2 eggs, beaten
1/2 cup canola oil
1/4 cup mayonnaise
2 tsp [Cajun Blackened Seasoning](#)
1 scallion, chopped
Cole Slaw for serving
Buns or serving

Rinse and pat dry the catfish filets. Place in a shallow baking dish and cover with buttermilk. Soak for 30 mins. Drain and pat dry. Season on both sides with 1 Tbl Cajun Blackened Seasoning.

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

Combine the cornmeal, salt and remaining 1 Tbl Cajun Blackened Seasoning. Place in a plate.

Fry until deep golden brown and cooked through and opaque white in the center. For 3/4 inch thick filets, about 4 mins each side. Set on a paper-towel lined plate.

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

[Click here to download the recipe](#)

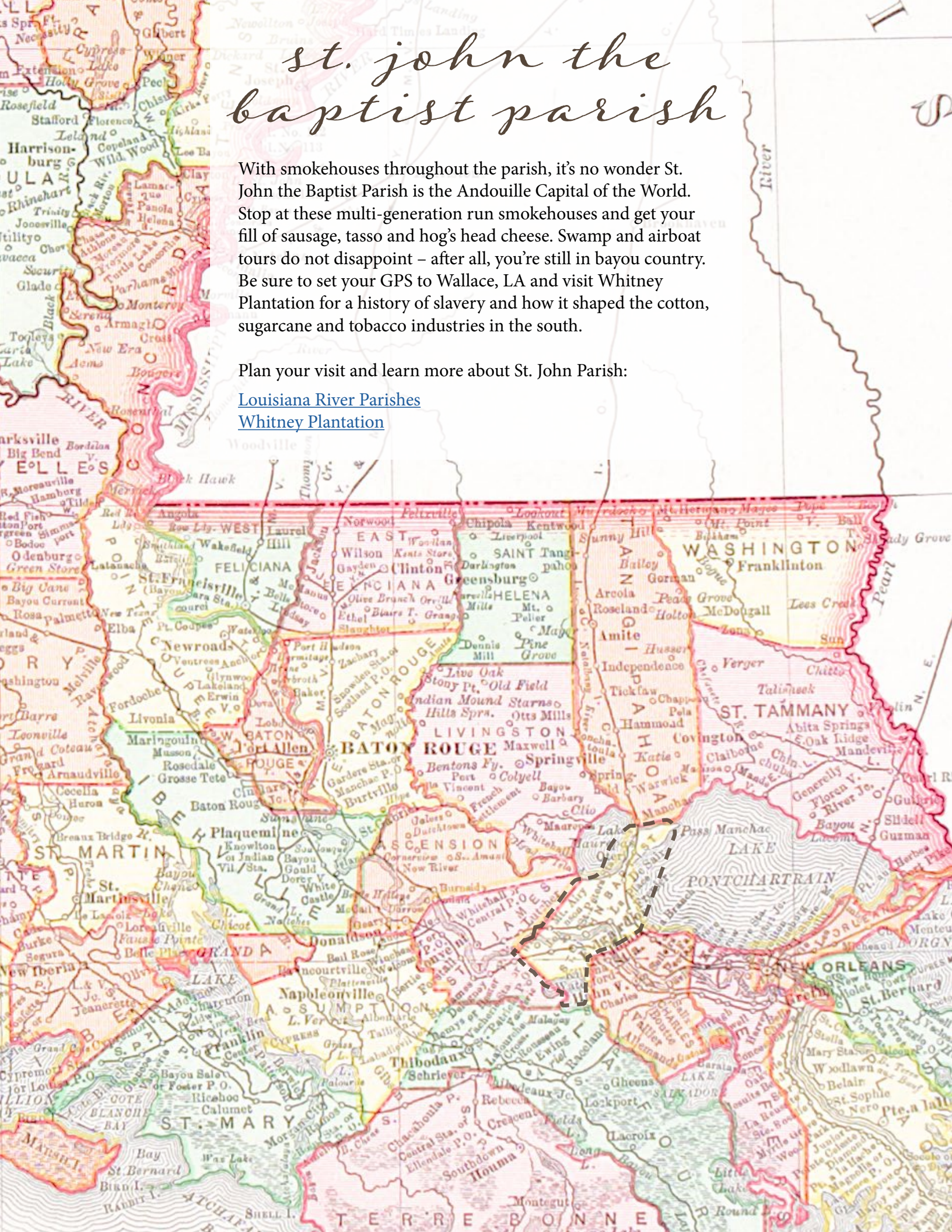
st. john the baptist parish

With smokehouses throughout the parish, it's no wonder St. John the Baptist Parish is the Andouille Capital of the World. Stop at these multi-generation run smokehouses and get your fill of sausage, tasso and hog's head cheese. Swamp and airboat tours do not disappoint – after all, you're still in bayou country. Be sure to set your GPS to Wallace, LA and visit Whitney Plantation for a history of slavery and how it shaped the cotton, sugarcane and tobacco industries in the south.

Plan your visit and learn more about St. John Parish:

[Louisiana River Parishes](#)

[Whitney Plantation](#)



A top-down view of a white bowl filled with a rich, brown gumbo. In the center, a mound of fluffy white rice is topped with sliced green onions. Surrounding the rice are several pieces of chicken and thick slices of andouille sausage, all submerged in the thick, dark sauce. A silver spoon is visible at the bottom of the bowl, resting on the rice. The bowl sits on a wooden surface.

chicken & sausage 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 flour
1 cup vegetable oil
1 cup chopped onion
1 cup chopped bell pepper
1 cup chopped celery
3 garlic cloves, minced
2 Tbl [Gumbo Seasoning](#)
1.5 lbs chicken thighs, cubed
8 cups chicken stock
1 lb andouille, sliced
1 [bay leaf](#)
[salt](#) & [cayenne](#) for adjusting flavor
5 scallions, sliced
[Filé 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.

[Click here to download the recipe](#)

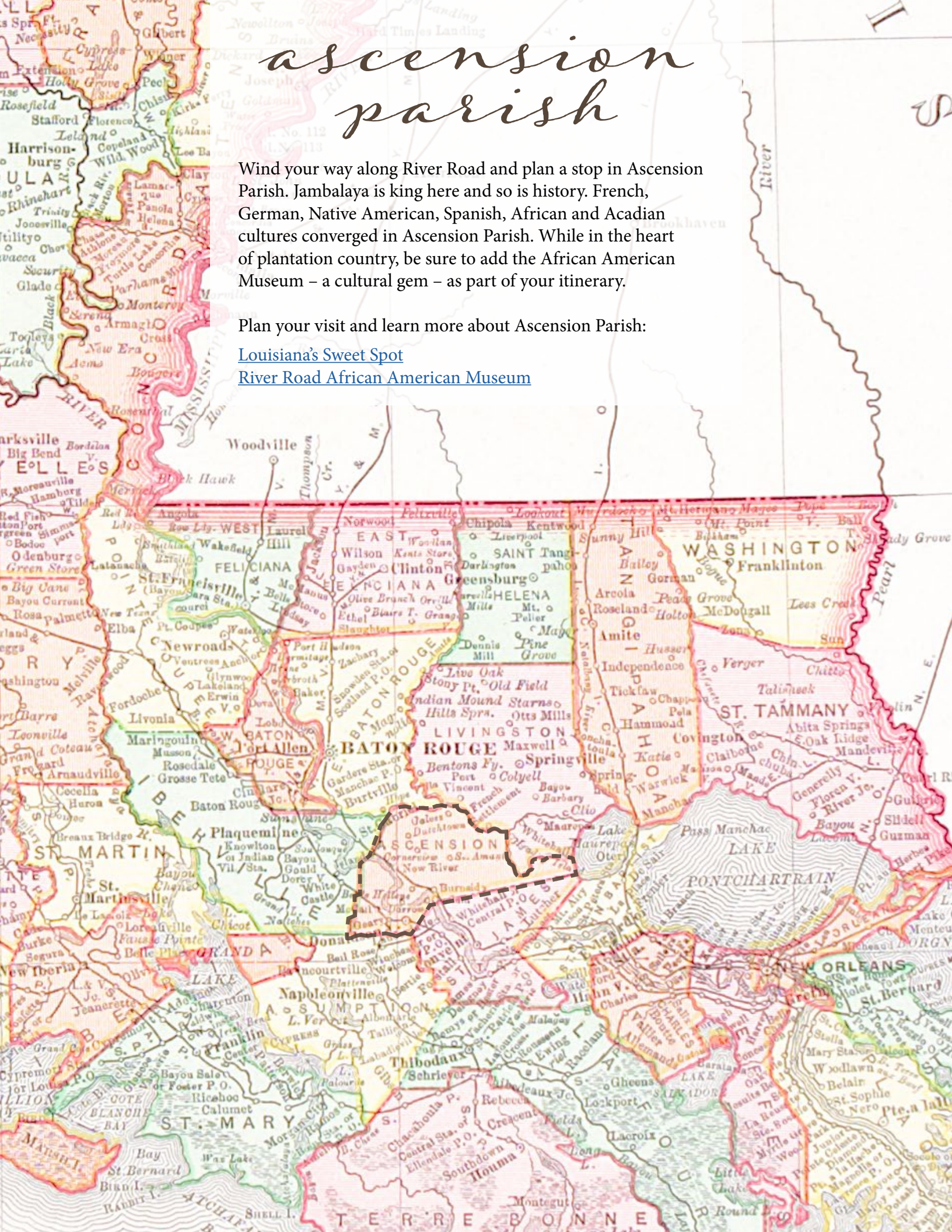
ascension parish

Wind your way along River Road and plan a stop in Ascension Parish. Jambalaya is king here and so is history. French, German, Native American, Spanish, African and Acadian cultures converged in Ascension Parish. While in the heart of plantation country, be sure to add the African American Museum – a cultural gem – as part of your itinerary.

Plan your visit and learn more about Ascension Parish:

[Louisiana's Sweet Spot](#)

[River Road African American Museum](#)





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 tsp [salt](#)
2 cups long grain rice
1 [bay leaf](#)

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.

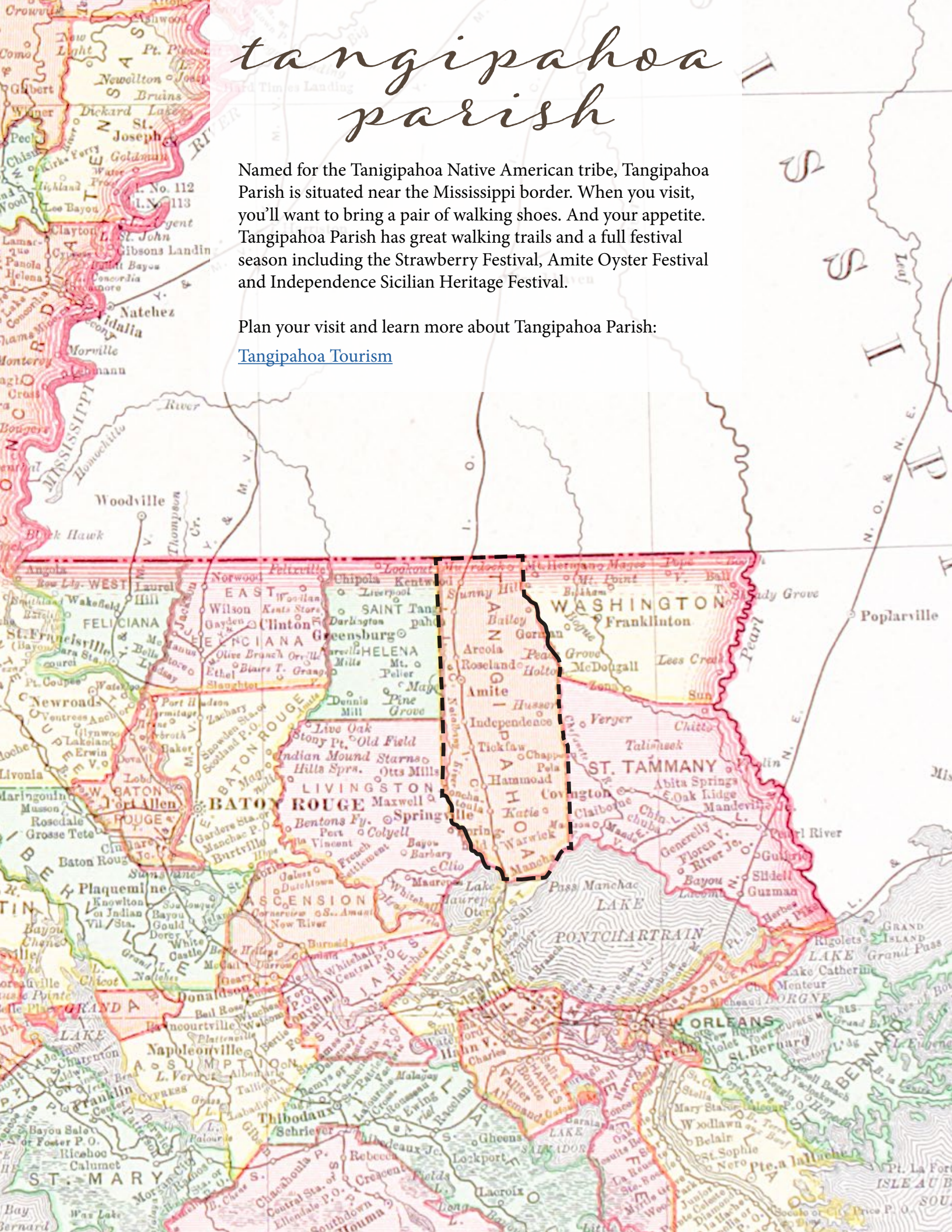
Add in the bay leaf and stock. Bring to a full, rolling boil. Reduce to a simmer and cover. Cook for 18 minutes. Remove the cover and taste. If the rice is still al dente, splash with a little additional stock and cover. Check the rice again in 4 minutes. Use a fork to gently distribute the meat and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


[Click here to download the recipe](#)

tangipahoa parish

Named for the Tangipahoa Native American tribe, Tangipahoa Parish is situated near the Mississippi border. When you visit, you'll want to bring a pair of walking shoes. And your appetite. Tangipahoa Parish has great walking trails and a full festival season including the Strawberry Festival, Amite Oyster Festival and Independence Sicilian Heritage Festival.

Plan your visit and learn more about Tangipahoa Parish:
[Tangipahoa Tourism](#)





pizzicati cookies with strawberry filling

We took the Tangipahoa's sweet strawberry season and combined with Italian tradition of beautiful 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 [Almond Extract](#)
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.

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



