

Beignets



Square shaped pieces of dough that are deep fried and generously sprinkled with powdered sugar.

Gumbo



A soup consisting of strongly flavored stock, meat or seafood and celery, bell peppers and onions served over rice.

Jambalaya



A rice dish consisting mainly of meat and vegetables

Red Beans and Rice



Red kidney beans cooked slowly and served over rice. Meats such as ham, sausage & tasso are frequently used as well.

Crawfish



Freshwater crustaceans often boiled with corn, potatoes and seasonings.

Shrimp Étouffée



A stew made with seasonings, vegetables and shrimp.

Po-Boys



A sandwich served on French bread consisting of meat or fried seafood and topped with lettuce, tomato and pickles.

King Cake



A ring of dough often rolled in cinnamon and sugar and topped with icing and purple, yellow and green sprinkles.

Pralines



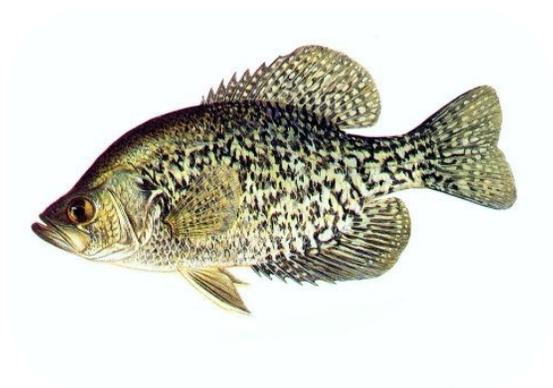
A sweet confection made primarily of sugar, nuts and butter.

Snowballs



A sweet made with a mound of shaved ice flavored with sweet syrups.

Sac-a-lait



A white crappie fish known for their mild, sweet taste.

Boudin Balls



Breaded Pork sausage made with rice and seasoning rolled into balls and deep fried.

Shrimp and Grits



Traditional southern dish made with creamy grits and shrimp, onions and peppers.

Fried Chicken



Chicken piece that have been coated with seasoned flour or batter and deep fried.

Okra



A green vegetable that grows in tropical and subtropical regions, often used in Creole dishes.

Couvillion



A tomato based seafood stew made with seasonings and vegetables, served over rice.

Bread Pudding



A sweet dish consisting of stale bread soaked in a combination of milk, sugar and eggs and then baked.

Apple Pie



A sweet dish made from apples cooked under or inside a pastry.

Peach Cobbler



A dessert consisting of peaches topped with biscuit like dough and baked.

Pecan Pie



A pie with pecan nuts mixed with a filling of eggs, butter and sugar.

Banana Pudding



A dessert made with vanilla pudding and layers of bananas and vanilla wafers often topped with whipped cream.

Mississippi Mud Cake



A chocolate cake filled with marshmallows and chopped pecans covered in chocolate frosting.

Sweet Potatoes



A starchy, root vegetable.

Sweet Potato Pie



A pie made with softened or mashed sweet potatoes, eggs, sugar, butter and a blend of vanilla and other sweet spices.

Key Lime Pie



A pie made with lime juice, egg yolks and sweetened condensed milk with a graham cracker crust.

Fudge



A confection made by mixing sugar, butter & milk then heating it and cooling it.

Strawberries



A small red fruit that is soft and juicy and has tiny yellow seeds on its skin.

Blackberries



A small, dark colored fruit known for its tart flavor.

Pineapple



A fruit grown in tropical weather that is known for its sweet, juicy yellow flavor.

Lemon Bars



A dessert bar consisting of a shortbread crust and a lemon curd filling.

Crème Brûlée



A dessert with a rich custard base topped with a layer of hardened caramelized sugar.

Fried Alligator



A mild white meat often seasoned and deep fried.