Another reason not to miss the 2019 SAFN Convention

Dining in New Orleans by Jane Bigelow

New Orleans has been a lynchpin global port for almost 300 years. With each influx of immigrants and their cultures, new culinary dishes emerged and have been crucial to this city's growth. The history of New Orleans is actually found in just eight dishes: Andouille Sausage, 1755-1764; Gumbo, 1760s-1800s; Jambalaya, 1849; Sazerac, 1850; Ya-Ka-Meins, 1870s-1910s; Po-Boy, 1920; Snoball, 1933; and the Banh Mi: "Vietnamese Po-Boy," mid-1970s.

So what are some of the culinary delights awaiting you in New Orleans? Just too many to list here, but you might like to narrow it down to some or all of the "21 Things You Absolutely Must Eat in New Orleans" that I found while searching the internet for dining in New Orleans...so consider the following: Beignets, Fried Chicken, Quail Salad, Curried Cauliflower Hummus, Char Grilled Oysters, Shrimp Po'Boy, Roasted Cauliflower, Turtle Soup, Banana Foster, Praline Bacon, Gumbo, Muffaletta, LePig Mac, Satsuma Sno-Bliz, Eggs Stanley, Blue Crab Beignets, Oyster loaf, Samoa Donuts, Whole Grill Fish, Jambalaya, and Potato Gnocchi with Blue Crab and Truffles.

Dining is a passionate art in New Orleans. Few other cities feature so many award-wining restaurants, famous chefs or food festivals. New Orleans has food and dining to please every palate. Food can be served on fine bone china or paper plates; the dining rooms can resemble a chateau or a road house. It makes no difference. New Orleans serves up some of the most delicious food on the planet.

Here are just five restaurants that were recommended by a friend of mine, a native of New Orleans. According to Dr. Richard Phares, all of the following restaurants require shirt/tie, suit jacket for male customers and women dress appropriately. No cut offs, flip flops, blue jeans or tee shirts. I have included addresses and phone numbers for these five locations for your use. Please be aware that at each of these restaurants, individual menus are extensive and too long to list in this article. If using the internet, I recommend that you go to
Bon Ton 401 Magazine St. New Orleans, LA 70130; phone: 1-504-524-3386
Crawfish is a staple in The Big Easy's culinary traditions and this place serves up numerous dishes from crawfish etouffee to jambalaya. No place has mastered traditions like this Café.

Brennan's 417 Royal St. NO 70130; Phone: 1-504-525-9711
Enjoy the rebirth of this iconic New Orleans restaurant featuring French and Spanish influenced cuisine infused with newfound Vietnamese cultural contributions for a unique and distinctly lighter style.

Commander's Palace 1403 Washington Ave. NO 70130; phone: 1-504-899-8221
Cuisines: French, American, and Seafood. This classic landmark attracts diners from near and far, but don't let the heavy menu and fancy façade scare you away. Check out their lunch special, which is one of the fine-dining deals in the city. For $18, you can dine on their famous turtle soup and lunch special like a "Creole Tostada," which is bison brisket, boudin and more. If you have sweet tooth, splurge on dessert and get an award-winning, three course meal for under $30. Even better, they offer inexpensive martinis during weekday lunches. Redfish is frequently the featured fish. You may wish to order and savor their delicious pecan crusted fish recipe.

Galatoire's 209 Bourbon St. NO 70130; phone: 1-504-525-2021
Cuisines: Creole, French, Seafood. This is one of the oldest and most charming restaurants in the City. Founded in 1905, this legendary restaurant started with recipes and traditions brought from France by Jean Gataloire. Remaining consistent for more than a century, it's original menu and ambience is still present today. Galatoire's is classic, old school and very lively. Be sure to order the shrimp remoulade, crab maison and soufflé potatoes to share.

Pascal Manales 1838 Napoleon Ave. NO 70115; phone: 1-504-895-4872
Cuisines: Italian, Creole. Founded in 1913 is a family run business located uptown New Orleans. It is famous for creating barbecued shrimp and features a great Oyster Bar. This restaurant also offers fine seafood, Italian specialties and delicious steaks.
There's is no denying that dining out can get expensive quickly. But when you are in a new city, you want to make sure you get to taste as much of the local flavor as you possibly can. And while there are certainly hundreds of restaurants worth splurging on in New Orleans, and a number of must-try dishes at every end of the cost spectrum, it's also refreshing to know that you can indulge in delicious meals without breaking the bank.

So here I have noted just a few places from the "Cheap Eats in New Orleans" listing for you to think about.

At **Bearcat**, the Biscuit Sandwich is a steal for $5 or get a full breakfast for under $10.

For healthy options, **Surrey’s Café and Juice Bar**, located on Magazine Street, is just the place. For $6.25, you can get the breakfast classics, and for just $8 you can order the Costa Rican comes with rice, Pico de Gallo and avocado.

Looking for some of the best Mediterranean food in New Orleans, then **1000 Figs** is where you might like to dine. Get a group of friends and split the Falafel Feast for $36. It comes with flatbread and all the toppings and dips they have to offer and it feeds four people, just under $10 per person.

**Warbucks** is a great place to explore funky New Orleans food combinations in a laid-back atmosphere. This place brings high-end cooking expertise and applies it to low-brow but delicious dishes. Order the shrimp rings or the Louisiana meat pies for the table for just $9. Try the crusted fish sandwich for $13. Unique meals here won’t empty your pocket and will certainly be one of a kind.

**Meril** is a shared-plate restaurant (if you choose) and a collection of Chef Emeril Lagasse favorite foods. The Fried Rock Shrimp Tacos for $10 is the perfect dish worth trying. Happy hour has $5 flatbreads as well.

At the **Neyow's Creole Café** they serve authentic Creole food. A truly New Orleans meal might include a cup of gumbo $5.75, sausage po-boy $9 and homemade bread pudding $5. So for just $19.95, you will have tried local New Orleans food.

If you love ice cream, then **The Creole Creamery** is where you definitely want to go. They have over 40 fresh flavors including eccentric ones such as Lavender Honey (a local favorite) and seasonal White Chocolate Truffle Popcorn. A small scoop is on only $3. The better deal is to purchase the ice cream sampler which
allows you to try either four flavors for only $5 or 6 scoops for $7. Go to www.neworleans.com/blog/post/cheap-eats-in-new-orleans for additional low cost eating places.

So what is your pleasure? Please know that you have a great variety of eating places -- from Romantic restaurants to Food Trucks -- to choose from during your stay in New Orleans. I do hope that you will enjoy it all.

Post Script by Kay Fryman:

Set within a coveted French Quarter location, Astor Crowne Plaza New Orleans places you amid the most alluring local dining venues. That said, you don't need to venture outside to experience some of the Big Easy's most enticing fare. Conveniently located within our New Orleans hotel, Dickie Brennan's Bourbon House and Beyond offers a rich array of tantalizing Creole specialties, freshly caught seafood, BBQ Shrimp, thick, juicy steaks and decadent desserts. It also provides a fun, lively atmosphere, enhanced by a compelling view of Bourbon Street. Located inside Astor Crowne Plaza, Dickie Brennan's Bourbon House invites guests to enjoy authentic New Orleans dining in a lively atmosphere. With picture windows overlooking the action of Bourbon Street, indulge in fresh Gulf seafood. If it's not in season, it's not on the menu. Shrimp Creole, Redfish on the Half-shell, New Orleans Style BBQ Shrimp are just a few of their many options. Oysters are a house specialty and served anyway you like them, from on the half shell, to charbroiled to fried. Order a dozen at their oyster bar, while being entertained by some of the City's best shuckers. The rib-eye with pomme frites and andouille steak sauce and their critically acclaimed roasted chicken are better than good options for land lovers. The NY Times called Bourbon House "one of the best people watching perches in the City." And, Bourbon House is more than just a name with over 150 Bourbons and American Whiskeys to offer. Get whiskey neat, or in a cocktail. Their frozen bourbon milk punch has been featured in many publications, including Wine Enthusiast, enjoy it at the restaurant, or take it with you as you stroll through the French Quarter.