

BIG EASY *Plate*

May 2022

**What to Eat at Jazz Fest
and
A Guide to
Mother's Day Dining**

**Emeril's
Crawfish
Pie Recipe
Inside!**

Emeril's
restaurant

*Chef
Emeril Lagasse*

The Secrets of Emeril Lagasse

Read About The Famous New Orleans Chef



Content

Three New Restaurants	3
Mother's Day Dining	4
Feature: Emeril Lagasse	6
What to Eat at Jazz Fest	8
Restaurant of the Month	11

Emeril's Crawfish Pie Recipe

Ingredients

3 tablespoons olive oil	<i>Pastry:</i>
3/4 cup chopped yellow onions	3 cups bleached all-purpose flour
1/4 cup chopped green bell pepper	1 1/2 teaspoons salt
1 tablespoon salt	3/4 teaspoon baking powder
3/4 teaspoon cayenne	6 tablespoons vegetable shortening
1 1/2 pounds peeled crawfish tails	1 large egg
1/2 cup chopped green onions or scallions (green part only)	3/4 cup milk
1 tablespoon chopped garlic	<i>Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):</i>
3 tablespoons chopped fresh parsley leaves	1 tablespoon cayenne pepper
1 large egg	1 tablespoon dried oregano
3/4 cup fine dried bread crumbs	2 1/2 tablespoons paprika
1 recipe pastry, recipe follows	1 tablespoon black pepper
Creole seasoning, recipe follows	2 tablespoons salt
Oil, for frying	1 tablespoon onion powder
	2 tablespoons garlic powder
	1 tablespoon dried thyme

Directions

1. Preheat the fryer. Heat the olive oil over medium heat in a large skillet. Add the onions, bell pepper, salt, cayenne and cook for 2 minutes, stirring a few times. Add the crawfish tails and cook, stirring, for 2 minutes. Add the green onions, garlic, and parsley and cook, stirring, for 1 minute. Pour the mixture into a medium-size mixing bowl and let cool for about 3 minutes. Add the egg and bread crumbs and mix well. Set aside. On a lightly floured work surface, roll out each dough piece into a thin round about 5 inches in diameter. Put about 1/4 cup of the crawfish mixture in the center of each round, fold the dough over, and crimp the edges together with a fork. Fry the pies, 2 or 3 at a time, until golden brown. Drain on paper towels, sprinkle with the Creole seasoning, and serve hot.

2. Pastry:

Make the pastry. Sift the flour, salt, and baking powder into a large mixing bowl. With a pastry cutter or 2 knives, cut in the shortening until the mixture resembles coarse meal. In a small mixing bowl, beat the egg with the milk. Gradually add the egg mixture to the flour mixture, working it to make a thick dough. Divide the dough into 12 equal portions.

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):. Yield: 2/3 cup.

3. Combine all ingredients thoroughly.

Keep up with New Orleans' latest Three New Restaurants to Try

By: Alyssa Schiaffino

We all know that the Crescent City is bustling with longstanding, classic restaurants and eateries that make up the foundation of New Orleans dining. Po-boys from Parkway Tavern, golden fried chicken from Willie Mae's, Arnaud's famous soufflé potatoes, and beignets from Cafe du Monde. But we can't forget the newcomers! Restaurateurs and chefs are shaking things up and providing the city with new flavors and palates. If you're looking for somewhere outside of the usual, check out a few of these recent restaurant openings below.

1. Bijou

Behind its Creole cottage facade, Bijou's sleek, stylish interior allows its fare to really shine through. Executive Chef Eason Barksdale has curated eclectic, internationally-inspired small plate menus that are sure to please. Enjoy the omelet tartine or Bijou burger in the courtyard for brunch or sit at the marble-top bar for a drink along with an order of squid ink spaghetti or tom yum chicken.

2. Bar Brine

When the clock hits 5:30 p.m., the lunch-only, vegan-friendly Sneaky Pickle transforms into Bar Brine. Both atmosphere and menu change, but co-owners Olivia Clarkson and Blake Tabor have kept their creative approach to vegan cuisine and, with full bar service in the evenings, are turning heads in the cocktail scene, too. Stop in for lunch at the Sneaky Pickle one day and go for dinner at Bar Brine the next for a new – but still just as tasty – dining experience.

3. Chemin à la Mer

Chemin à la Mer debuted in late November as a collaboration between local all-star Chef Donald Link and New Orleans's fledgling Four Seasons Hotel. This "path to the sea" is aptly named for its stunning front-row view of the Mississippi River from the hotel's fifth floor. With favorites like Cochon, Herbsaint, and Pêche under his belt, the award-winning Chef Link has brought his personal touch and his Creole and Cajun cooking roots to new heights at Chemin à la Mer.



Photo of Bijou Bar by Alyssa Schiaffino



Cocktail From Bar Brine



Seared Fish of the Day at Chemin à la Mer



Give Mom the Best Mother's Day Meal Yet Where to Eat in the City

By: Alyssa Schiaffino

Family enjoys brunch at Birdy's Behind The Bower. Photo By Alyssa Schiaffino

There are some exciting happenings in New Orleans food for Mother's Day and beyond.

Birdy's Behind The Bower Unveils New Menu & Shifts To All Day Brunch – Selections run the gamut of salad and sandwich options for those on their lunch break during work, to a Classic Breakfast and Huevos Rancheros for breakfast aficionados. New standouts include the Debris Benedict served with shredded beef, poached eggs, buttermilk biscuit, hollandaise, pickled red onions; Mushroom Patty Melt – broccoli, white cheddar and caramelized onions served on brioche; Polenta Toast – crispy white cheddar polenta, Buster crab, roasted poblano pepper and corn vinaigrette, queso fresco; and a festive Funfetti Bubble Waffle served with Louisiana strawberries, chantilly cream and granola. Guests can choose from a variety of brunch cocktails to indulge in, such as \$20 Bottomless Mimosas; Birdy's Bloody Mary; Cold Brew Old Fashioned and more. Birdy's now offers a combined breakfast, lunch and brunch menu Monday, Tuesday, Thursday and Friday from 8 a.m. – 2 p.m.; Saturday and Sunday from 8 a.m. – 3 p.m.

Commons Club, Virgin Hotels New Orleans' signature eatery and go-to for dining and imbibing, is inviting diners to celebrate Mother's Day with an unforgettable brunch spread curated by Executive Chef Alex Harrell. Diners can indulge in Mother's Day specials in addition to Commons Club favorites like the Gulf Shrimp and Bayou Cora Grits with smoky tomato and fennel broth; 'Churro' Fritters with cinnamon sugar and dulce de leche; and more. **All moms will receive complimentary flowers upon arrival.** Mother's Day Brunch is available on

Sunday, May 8, from 11 a.m. – 2 p.m.. Commons Club is located inside Virgin Hotels New Orleans at 550 Baronne St. Reservations can be made on OpenTable.

Look no further than **Tujague's**, the Crescent City's second oldest restaurant and birthplace of brunch, for a celebratory Mother's Day. In honor of the holiday, Chef Gus Martin has curated a festive three-course menu with specialty offerings such as house-made Boudin Balls served with pepper jelly; Crawfish Cakes + Eggs – topped with poached eggs and sauce choron, finished with a classic étouffée sauce; Veal Piccata – pan seared veal scallopini with a rich lemon caper butter sauce, served with parmesan polenta; and for dessert, a Louisiana Strawberry Shortcake with sweet double cream, among others. Mother's Day Brunch will take place on Sunday, May 8 from 10 a.m. – 2:30 p.m.. The restaurant will open for dinner from 5-9 p.m. Tujague's is located at 429 Decatur St. Reservations are encouraged and can be made on OpenTable. For the full menu and pricing details, please visit <https://tujaguesrestaurant.com/menus/>

Sweep mom off her feet with contemporary Cajun cuisine at Toup's Meatery. Chef Isaac Toup's flagship restaurant will offer Mother's Day brunch and dinner on Sunday, May 8. Dinner specials include Platinum Steaks and Isaac's wildly popular Louisiana Crawfish Pies. The signature brunch and dinner menus will be available, including the famed Meatery Board and fan favorite Seared Venison Loin. Not-to-be-missed are the stellar Bottomless Mimosas. Toup's Meatery is located at 845 North Carrollton Ave. in New Orleans. Sunday Brunch is served from 10 a.m. – 3 p.m. p.m.

Sip the Soul of New Orleans

with Parish Coffee



Parish
COFFEE



15% Off

at Zuppardo's Family Market

5010 Veterans Blvd. Metairie, LA 70006

Offer Available Until 5/10/22. While
Supplies Last.



visit www.parishcoffee.com

Do You Really Know New Orleans' Most Famous Chef?

The Secrets of Emeril Lagasse

By: Alyssa Schiaffino

Since Food Network gave him the boot in 2007, Lagasse has been in about a dozen shows as either star or guest. Not all were successes, and one — Emeril's Florida — is currently under investigation by the Florida House of Representatives. Lagasse has given dozens of interviews over the years, and he wants to be remembered foremost as a restaurateur. There's a lot more to Lagasse than "bam!" Keep reading, and you'll find out what you didn't know about Emeril Lagasse.

Emeril Lagasse isn't from New Orleans

Emeril Lagasse is so closely associated with Cajun cooking that you probably think he was raised in New Orleans. He was actually born and raised in Fall River, Massachusetts, a small town on the Rhode Island border, known for the Lizzie Borden ax murders, 19th-century textile mills, and vibrant Portuguese culture. His father John was French-Canadian and worked in one of the mills, while his mother Hilda was Portuguese and, as Lagasse once said, "she ruled the house."

Fans of Lagasse's television shows will remember he frequently gave Hilda credit for inspiring him to become a chef. In a CNN profile, Hilda recalled that Lagasse stayed by her side in the kitchen, and when he was 5, he begged her to teach him how to make the family's favorite vegetable soup. He was too short to reach the counter, so Hilda hoisted him up onto a stool, and "he'd do everything I told him to." The vivacious Hilda passed away in 2016 at the age of 85, but her gift for creating delicious food with a Portuguese flair lives on through her son.

Emeril Lagasse almost didn't become a chef

As reported by CNN, when Emeril Lagasse was 10, Carreiro's Bakery hired him for \$1 an hour to wash pans. Two years later, the bakers taught him how to bake bread, and at Carreiro's, his passion for cooking was kindled. But Lagasse wasn't sure if he wanted to become a chef because he also loved music just as much. He was a percussion major and played drums with a local band, and performed several nights a week throughout the school year and summer vacation.

As his high-school graduation neared, the prestigious New England Conservatory of Music offered Lagasse a full scholarship. But cooking inevitably won out over music, and to Hilda's dismay, he turned it down. "My mom was absolutely crushed," he said. But his father encouraged him to go do what he obviously loves. "If you think this is a way you can get a ticket out of here, then you go for it." Lagasse enrolled in the culinary program at Johnson and Wales University in Providence, Rhode Island, and paid his tuition by working at a local Italian restaurant, the Venus De Milo, where he met his first wife, Elizabeth Kief. He graduated in 1978 and set out to France to hone his skills.

Emeril Lagasse felt betrayed by Food Network

In 2004, outside consultants reported to new Food Network president Brooke Johnson that "dump-and-stir" cooking shows, like Emeril Live, were losing ratings to the more exciting competition shows, like Iron Chef America and Top Chef. If Food Network was going to survive, it would have to become less of the "Emeril Network," according to NPR's reporting of Allen Salkin's book *From Scratch: Inside the Food Network*. Johnson still believed in her superstar chef and allocated hundreds of thousands of dollars to overhaul Emeril Live with a new set and top-of-the-line equipment. But in three years' time, the high-energy shows — like Bobby Flay's *Throwdown* — were killing Emeril Live in ratings. On top of this, Emeril Live was expensive to produce. Because of Emeril Lagasse's astronomical salary, one episode of Emeril Live cost as much as a full 13-episode season of a new show. In 2007, Johnson warned Lagasse that the direction of the network may be changing. "You're full of it," he halfheartedly joked. He knew his audiences were graying, but he believed the show would bounce back. "This show is the network still," he said. "You're not canceling it."

To read more visit bigeasyplate.com/emerillagasse



A photograph of the exterior of Emeril's restaurant. The name "Emeril's" is written in a large, cursive, teal font on a red brick wall. Below it, the word "restaurant" is written in a smaller, teal, sans-serif font. To the right of the word "restaurant", there is a teal graphic of a hand with the index finger pointing towards the text. A black street lamp stands in the foreground to the right of the sign.

Emeril Lagasse is as famous for his bold Cajun cuisine as he is for shouting “Bam!” He was a pioneer of Food Network, and his two shows, *The Essence of Emeril* and *Emeril Live*, brought the start-up cable station fame and fortune. But Lagasse wasn’t just a celebrity chef. During the 15 years we watched him “kick it up a notch” by tossing “gah-lic” into flaming saute pans, he was also building an empire of 13 award-winning restaurants and writing 19 best-selling cookbooks. Lagasse’s charity work hasn’t gone unnoticed either; in 2013, the James Beard Foundation awarded him Humanitarian of the Year.

Jazz Fest is Back in 2022!

WHAT SHOULD YOU EAT?

By: Alyssa Schiaffino



People Walk Through the Jazz Fest Entrance. Photo by Alyssa Schiaffino

Sure, the New Orleans Jazz and Heritage Festival (or Jazz Fest, for short), is first and foremost a music festival. But everyone knows that Jazz Fest wouldn't be Jazz Fest without the killer menu of local and state food vendors selling one-of-a-kind, mouthwatering dishes—many of which you can only get during the 10-day festival that happens once a year. And one thing that seems to shock newbies the most is that this isn't your typical fest fare—sure you'll find casual grub that's easy to snack on as you move from stage to stage, but other offerings feel like they'd fit in just as well at a white-table-cloth establishment, and yet somehow, they're perfectly executed in the great outdoors on disposable plates.

So for those of us with food FOMO (guilty), a plan of attack is absolutely crucial to fit in all of the delicacies before the festival gates shut on the final Sunday. A lot of this food isn't exactly light (we're talking po-boys and crawfish-and-cheese-stuffed bread), so it's often best to team up with a group of friends who are as food-driven as you are and make a pact to share bites to ensure you get to try as much as possible.

And while this list contains the classics, it's always best to save room for new kids on the fest block, as there will always be something else delicious that catches your eye.

Jazz Fest Must-Have Dishes



Crawfish Bread

PANORAMA FOODS

Jazz Fest isn't Jazz Fest without a few staple dishes, and one of them is the world-famous crawfish bread from Panorama Foods. Enjoy spicy, saucy crawfish tails in melted cheese pressed between fresh bread.



Soft-Shell Crab Po-Boy

GALLEY SEAFOOD RESTAURANT

If you've never had soft-shell crab before, don't be alarmed to find a full, crispy-fried crab waiting for you between french bread and served with pickle slices.



Cochon de Lait Po-Boy

LOVE AT FIRST BITE

For those who love meat, the cochon de lait po-boy can't be missed. It's perfectly spiced and tender smoked pork shoulder on French bread with a mustardy, crunchy slaw.



Crawfish Monica

KAJUN KETTLE FOODS

This fan-favorite pasta dish is a classic for good reason. Rotini pasta is coated in a rich, buttery sauce full of crawfish tails, garlic, and Cajun spices. If mac'n'cheese had a South Louisiana cousin, this would be her.



Crawfish Enchiladas

PREJEAN'S RESTAURANT

It may seem like we're on to a theme here with the crawfish tails and melted cheese, but this Louisiana spin on a Mexican classic is spicy, rich, and filling.



Mango Freeze

WWOZ

And finally, the ultimate Jazz Fest cooldown treat has to be the mango freeze. It works very well as a palate cleanser between sets.

THE CREOLE CREAM CHEESE PO'BOY ICE CREAM SANDWICH.

MADE WITH ULTRA PREMIUM ICE CREAM.



That's a Mouthful.

Available at Your Local Grocery Store

Visit www.neworleansicecreamcompany.com for more information



Dine Locally During Asian American and Pacific Islander Heritage Month

Dine at New Orleans' Asian-owned Luvi Restaurant

By: Alyssa Schiaffino

From phở in the French Quarter to Bahn Mi in the Marigny, New Orleans is filled with a number of Asian-owned eateries that offer globally-inspired flavors. From Vietnamese and Indian to sweet treats and seafood boils, these restaurants offer a wide range of the Asian cuisines that add to the world-class New Orleans dining scene.

Nestled along Tchoupitoulas Street in Uptown New Orleans is Luvi - a light and refreshing Japanese/Chinese fusion restaurant. Its menu is packed with a selection of handcrafted raw bites, Shanghai comfort foods and Asian-inspired cocktails. With housemade sauces, fresh ingredients, and carefully prepared creations, Luvi pushes boundaries and sets new standards for fusion cuisine.

What are your initial impressions of the restaurant?

A former donut shop, Luvi is a small restaurant with bespoke woodwork and pops of bold colors and patterns. The pan-Asian menu, not common in NOLA, includes Japanese dishes, plus some favorites from the chef's hometown of Shanghai.

Who are we likely to see here?

Expect a crowd of in-the-know restaurant hawks bellying up to the counter and huddled around tables.

So what's on offer at the bar?

Cocktails sport Asian influences; the lychee martini and its fellow concoctions draw upon ingredients like ginger, shochu, and citrus. There's no wine list, but you can bring your own for a corkage fee.

What do they do especially well?

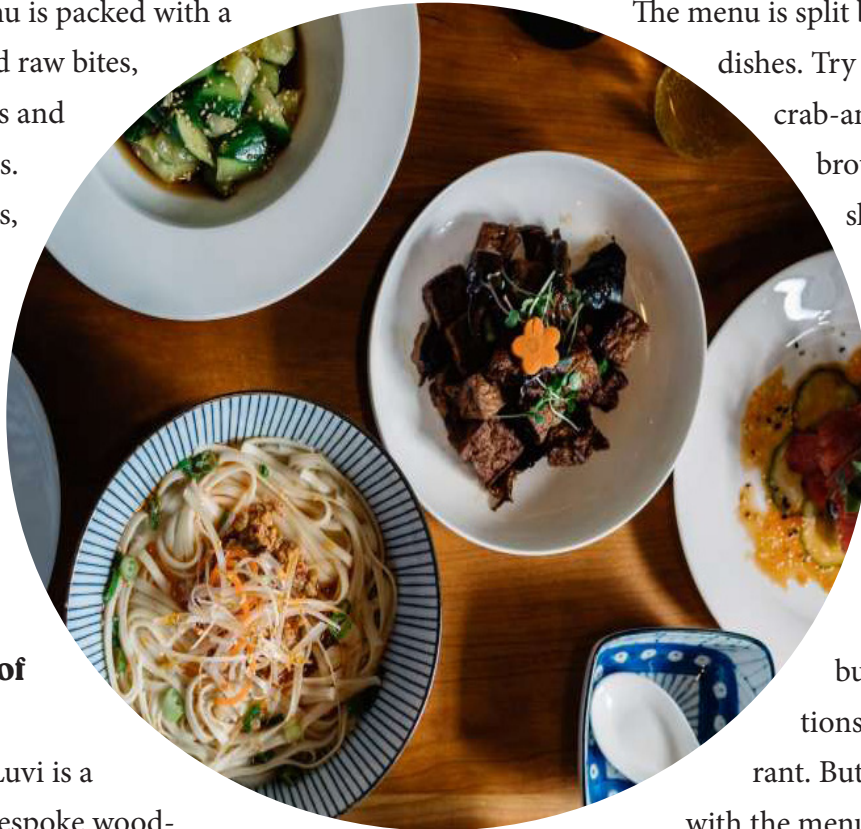
The menu is split between cooked and raw dishes. Try the Lion's Head, a savory crab-and-pork meatball in bone broth; the Mala Holla, spicy slices of beef; and Chef Hao's Mama's Dumplings (his actual Mama's recipe). The raw bar turns out innovative sashimi and a great ceviche.

How's the service?

The staff copes with the bustle and spatial restrictions of a small, busy restaurant. But if you need some pointers with the menu, your server won't be too harried to help.

What's the real on why we're coming here?

Luvi is the perfect place to expand your understanding of Asian cooking in New Orleans.



INDIAN STREET FOOD IN NEW ORLEANS TAVA RESTAURANT



611 O'Keefe Avenue, Unit 8, New Orleans, LA 70113
Visit www.tavanola.com