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JULY | AUGUST 2017

*From Our Test Kitchen:*

**CHICKEN & ANDOUILLE  
GUMBO ON A BUN,  
RED BEANS & RICE BURGER,  
GULF SHRIMP & GRITS  
BURGER**

*Baton Rouge's*

**BURGER  
BUCKET LIST**

*Build A Better Backyard*

**BURGER**

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# Our Butchers' GUIDE TO BEEF



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## Build A Better Backyard Burger

Now that summer's here, it's time to take advantage of all things outdoors, including cooking. Food just tastes better when it's prepared and eaten outside.

Burgers are a mainstay in my family. I like to use lump coal in my Big Green Egg® (though a gas grill is so easy). We grind our own beef at Rouses — it's so much better than pre-ground. If you start with the right ground beef, you're halfway home. I typically use our 80/20 ground chuck (80 percent lean, 20 percent fat), though lately I've been experimenting with our new grinds. Our butchers make a ground brisket that has excellent marbling. They also do prime rib burgers and ground ribeye burgers.

I prefer a thick, meaty backyard burger over a thin, crispy one. I start with 8-ounce patties about one-inch thick seasoned with an equal amount of sea salt, garlic powder and black pepper. A shallow indentation in the middle of each patty, deep enough but not all the way through the meat, helps keeps the burger flat as it cooks.

With a hot grill — at least 400 degrees Fahrenheit — cook time is short. It only takes about three minutes per side for medium-rare with a closed grill. Remember to let the burgers stand for a few minutes when they come off the grill. But only a few minutes — backyard burgers are best eaten hot.

Every once in a while I like to order a burger that's been gussied up, but at home, when I'm in charge of building the burgers, I'm pretty no-nonsense. I stick to crispy bacon, sweet onions, mayo — regular or Emeril Lagasse's jalapeño version — and cheddar cheese. I like to taste the cheese in every bite. I skip the lettuce and tomatoes, and the fancy toppings. I don't like overcrowding the burger, or toppings that get in the way of the flavor of the beef.

I've found toasted ciabatta provides the perfect structure for larger patties. Spread the insides of the bun with mayonnaise instead of butter before toasting, just like you would a grilled cheese. Mayo, unlike butter, won't burn, plus it adds a little extra flavor to the bun. To me, this combination is burger magic. It gets better with every bite.

*Donny Rouse*, CEO  
3<sup>rd</sup> Generation

## ➤ On the Cover

Donny Rouse's Cheeseburger  
photo by Romney Caruso

• • •

## GONE FISHING

We're proud to support the Coastal Conservation Association (CCA), a marine conservation group that looks after our coastline and protects our fisheries. The CCA Louisiana STAR (Statewide Tournament and Anglers Rodeo) runs right up to Labor Day. Its signature division is the Tagged Redfish.

The Blue Marlin on the Gulf Fishing Tournament in Orange Beach, Alabama, is billed as the Greatest Show in Sportfishing. We're the official grocer of this year's tournament, which takes place July 11-17.

The International Grand Isle Tarpon Rodeo is the oldest saltwater fishing rodeo in the country. This year's tournament runs July 27-29.

Faux Pas Lodge Invitational, which launches out of the Venice Marina, has become one of Southeast Louisiana's premier fishing rodeos. It helps support public charities that make huge impacts in and around the Louisiana fishing community and takes place July 26-29.

## WHAT I'M COOKING

Burgers, of course, and lots of fish!

## WHAT I'M EATING

I like pickles with burgers, just not on them. We usually serve Zapp's Cajun Dill Gator-Tators™ chips and cold dill pickles on the side. And I always like something sweet at the end of a meal. Lately it's Cat Island Cookie & Cracker Co. Toffee Chocolate Chip Cookies, which are made in Pass Christian, Mississippi.

## WHAT I'M DRINKING

Naturally flavored, gluten-free SpikedSeltzer® is low in carbs and a great summer drink. SpikedSeltzer is available in four flavors: Indian River Grapefruit, Cape Cod Cranberry, West Indies Lime and, my favorite, Valencia Orange. It contains only five grams of carbs and 6% alcohol. We keep it in the cooler next to the beer when we fish.



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**"... besides taste, when it comes to burgers, the only thing that really matters is the friability, what curd nerds like me call meltability."**

*—Rouses cheesemonger Scott Page, Cheese Wiz, page 39*





## SMOKY CHIPOTLE SLIDERS

- 1 package Melissa's "Don Enrique" Dried Chipotle Chiles
- 1 teaspoon Kosher or Sea Salt
- 1 teaspoon Freshly Ground Pepper
- 1 1/4 lbs. Lean Ground Beef
- 1 1/4 lbs. Sweet Ground Italian Sausage
- 4 cloves Melissa's Peeled Garlic, minced
- 18-20 slices Swiss Cheese
- 1 bunch Red Leaf Lettuce, washed; leaves trimmed to slider size
- 1 lb. Thick Cut Bacon, cooked; each slice cut in half
- 6 ripe Roma Tomatoes, ends trimmed; sliced
- As needed Pepperoncini
- 18-20 Hawaiian Dinner Rolls, halved crosswise

Prepare a hot grill. Remove stems and seeds from chipotle chiles and place chiles in spice grinder. Process until finely ground. Add salt and pepper and give another quick grind.

In a bowl, add beef, Italian sausage, garlic and chipotle spice mixture. Mix well and form into 18-20 patties.

Place sliders on the hot grill and cook completely through. Internal temperature should be 165°F. Top with a slice of Swiss cheese.

### To assemble:

Add your desired condiments (ketchup, mustard, mayo, etc.) to the rolls. Place a piece of lettuce on the bottom half of a roll and top with a slider, bacon, tomato slice pepperoncini and top with the other half of the roll. Repeat for the remaining sliders. Makes 18-20 sliders.



## STRAWBERRY PAPAYA SHAVE ICE

- Ice
- 2 Melissa's Strawberry Papayas, peeled; seeded; chopped
- 1/2 Fresh Lime, zest & juice
- 1 oz. Simple Syrup – Recipe Follows

Place enough ice in a blender to create your desired amount of shave ice balls. Blend the ice cubes until they form light and airy shavings. With your hands, form into as many shave ice balls as you would like. Place them in the freezer until you are ready to use them.

In a blender, add the papaya, lime zest and juice. Blend until smooth and then strain the mixture through a fine mesh sieve into a bowl. Stir in the simple syrup. This makes about 1 1/4 cup shave ice syrup.

To assemble, place your shave ice in your desired vessel, drizzle with the syrup and serve.

### To make simple syrup:

Take equal parts of granulated sugar and water (such as 1 cup sugar & 1 cup water) and place them in a sauce pot. Bring just to a boil, remove from the heat and let cool...



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## Learn, Eat, Meet

There's always something new and fun on our schedule, from classes and demos taught by our chefs to private dinners pairing food, wine and spirits. Visit our newly redesigned website at [www.rouses.com](http://www.rouses.com) to see what events are going on in your neighborhood.

## LOOK WHAT'S COOKING AT ROUSES

### • Chipotle Rotisserie Chicken Salad

Hand-pulled and chopped all white meat rotisserie chicken mixed with our new smoky dressing. A Rouses Original.

### • Low Sodium Naked Rotisserie Chickens

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## Cooking Classes

July is peak grilling season. *Build A Better Burger* with Chef Nino. Our Chef Nino shares his spin on backyard burgers and sides. For more information visit [www.rouses.com/in-store/events/](http://www.rouses.com/in-store/events/).

## Kids Cooking Classes

This July Rouses Chef Sally teaches your little chef how to make red, white and blue popcorn balls and a patriotic build-your-own pasta salad. For more information and ticket purchase visit [www.rouses.com/in-store/events/](http://www.rouses.com/in-store/events/).



## At Season's Peak

**JULY** Beets • Bell Peppers • Blueberries • Carrots • Cherries • Cucumber • Eggplant • Melons • Nectarines • Okra • Peaches • Plums • Raspberries • Rhubarb • Strawberries • Tomatoes • Watermelon • Zucchini

**AUGUST** Artichoke • Beets • Bell Peppers • Blackberries • Blueberries • Carrots • Cauliflower • Eggplant • Figs • Hatch Green Chiles • Melons • Nectarines • Peaches • Plums • Radishes • Rhubarb • Tomatoes • Zucchini

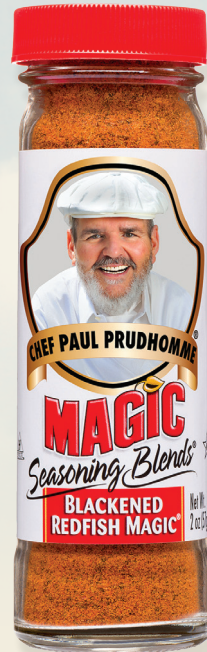
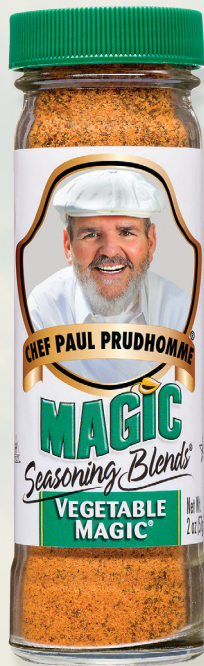
## Summer Food Trends: Tropical Fruits and Vegetables

Jackfruit (mild-flavored, meaty and starchy), passion fruit (sweet and sour), dragon fruit (a cactus), guava (a key ingredient in punch), star fruit (sweet and crisp), pineapples, papayas, mangos, kiwis and, of course, everything coconut.



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# Shiitake Happens

by Crescent Dragonwagon





**B**ack in the days when I ate meat, I was, for several years, what one might call an extreme carnivore.

Here's what I mean by "extreme": adventurous, voracious, eyes open, fearless, unfastidious — without reservation, in the manner that chef, author and TV personality Anthony Bourdain has popularized. (During the time I was eating this way, Bourdain was 12-ish. Just saying.) I not only acquired meat in the go-to-market manner of most Americans, I often helped slaughter the animals that provided that meat: I remember one calf, several lambs and a goat. I also ate, and learned to "dress out" and then cook, wild game: groundhog (fatty and delicious, pork-like — hence the name); deer, rabbit, squirrel and, on one occasion, a very scary snapping turtle (from which I made turtle soup).

I also ate organ meats: not just the socially acceptable liver, tongue and sweetbreads (thymus gland), but kidneys, lungs (called, euphemistically, "lights"), heart. And not just organs, but other parts that some consider less polite. I made broth from chicken feet (which look *exactly* like what they are). And pig "trotters" (also feet) went into many a pot of beans I once cooked. I did as I've heard both Brazilians and American Southerners say: I ate (in those days) every part of the pig but the squeal. And ain't that, to quote the Fabulous Thunderbirds, "Tuff Enuff"?

Now, the discerning reader will have gathered by my use of the past tense that I no longer do this. In fact, I don't eat meat at all anymore; I have been a vegetarian for decades now. I do not wish to bore you with the why and how come of this choice, nor do I wish to convert you; I often say I am a laissez-faire vegetarian. (I happen to believe that what we choose to put in our mouths is about as personal as who we sleep with; it is *so* our own business and no one else's.) No. I wish only to offer you a recipe for what I consider the best homemade veggie burger out there.

Why, then, did I feel the need to tell you about my adventurous meat-eating days in an article about veggie burgers? Why, to establish cred, of course. No person who eschews meat can fail to realize that to many people, to be "vegetarian" is to be wussy and self-denying, living as one must (in this way of thinking) on food that is all about health and never pleasure. I know this isn't true, and maybe you do too...but some do not. And it is those I would like to address: those who, on seeing this recipe here, think, What the heck are *veggie burgers* doing in a burger issue? What is this world coming to when a perfectly good all-American hamburger — thick, juicy, straight up, still sizzling audibly from grill or pan, charred on the outside, a little rare in the middle — doesn't even have exclusive bragging rights but has to share the stage with some kind of a cobbled-together, wussy, hodgepodge patty of vegetables and who knows what?

Because, while I don't eat meat anymore, I still eat and cook with enthusiasm and sensuality; I'm as adventurous and voracious as ever, as fearless as the day I faced down a snapping turtle.

In that spirit, then, I present my veggie burgers. I have made many variations over the years; these are the best. Relatively easy,

savory-smoky, hearty and enjoyable, these are no imitation pseudo-hamburgers. No good veggie burger should be. It's its own thing, existing in its own parallel universe. Here's why.

A burger made of ground beef (or turkey, if you are watching fat content, or lamb, if you are going Mediterranean or Middle Eastern) is essentially made of ground meat and seasonings. You don't add anything to hold it together; it does that on its own very nicely (especially when it hits the hot pan or grill, for heat toughens and shrinks protein — think of the way an egg moves from liquid to solid when cooked). And assuming the meat is good, you don't want a lot of additional flavorings; the whole idea is that it should taste like itself (condiments notwithstanding). Most burger lovers don't add much beyond salt, pepper and maybe a splash of Worcestershire to the ground beef.

A vegetarian burger is not and can never be quite this simple, for three reasons. First of all, there's the structural problem. A non-meat burger does not inherently self-adhere. It needs something that will keep it from falling apart.

Secondly, it simply can't be composed of one ingredient plus salt and pepper, but many in combination, artfully seasoned. Veggie burgers are not and cannot be one-trick ponies the way hamburgers are. No single vegetable is going to captivate the eater all by its lonesome. The closest thing to one-trickiness in vegetable land might be a whole marinated and grilled portabella mushroom and, indeed, some restaurants try to foist this off as a burger, but it is not; *it's a mushroom*. And, while tasty, the flavor of a single mushroom — albeit a juicy and delicious one — is not going to satisfy the eater; it is not hearty enough, and lacks both protein and dimension. No, the art of the excellent veggie burger is that of amalgamation.

With varying degrees of success, then, recipes for veggie burgers always combine ingredients, for flavor, texture, protein and what I like to call "robustitude." Vegetables, obviously. Often nuts of various kinds, and/or beans, or foods made from beans or fermented beans (tofu, tempeh, miso). For structure, a binder: grains, bread or cracker crumbs, flour or potatoes; in non-vegan versions, perhaps eggs and cheese. And then, of course, seasonings and aromatics.

Which brings us, thirdly, to flavor: What makes a veggie burger so definitively good is that, while there is no question of it being beef, there is also no question that it is so intriguingly, satisfyingly savory that you might well swoon, and close your eyes and...well, maybe you'll just have to have a second one.

**“What the heck are *veggie burgers* doing in a burger issue? What is this world coming to when a perfectly good all-American hamburger — thick, juicy, straight up, still sizzling audibly from grill or pan, charred on the outside, a little rare in the middle — doesn't even have exclusive bragging rights but has to share the stage with some kind of a cobbled-together, wussy, hodgepodge patty of vegetables and who knows what?”**



To arrive at this veggie burger perfection, I've found I like a smoky, grill-y element (even if I bake the burger), as well as a bit of spicy kick and just the teeniest smidgen of sweetness — not so much that you'd even register it. I also like amping up the savory umami notes, too.

But there's a problem in the search for the platonic ideal of veggie burgers, and that is that, given all this, many recipes for same wind up with an intimidatingly long ingredient list, and an overwhelming number of steps. *Bon Appétit's* recipe for "ultimate" v-burgers has 18 ingredients, while the *New York Times'* offering has 17. Each asks that you roast two separate baking sheets of various ingredients, *before* combining and pulse-chopping them, *before* their final baking or grilling as burgers. I'm sorry, that just seems ridiculous to me. Does one's commitment to a good veggie burger have to mean every freaking dish in your house is used and half the items in your pantry are pulled out?

As it turns out, no. Choose vegetarian refried beans, rather than plain old canned or cooked-from-scratch beans as a base, and from a single ingredient you have a nice, smooth, thick, hefty texture *and* some seasoning and aromatics. Ditto, when you use a little chipotle in adobo: a single ingredient that gives you smoky, spicy and sweet all at once. Using smoked tempeh "bacon" also adds smoky, sweet and umami for a similar complexity.

So I do feel a journeyman's satisfaction in my recipe's mere seven ingredients, which uses only a skillet and a food processor. But my real pride is in how good the burgers are. They are ... *Just. So. Good.* Wicked good.

Now, if you plan to serve conventional burgers and vegetarians are coming to dinner too, of course it's a kindness to offer these as an instead-of (vegetarians and vegans too often are left to pick around the vacancy created by the absence of a main course). But these would satisfy any eater on their own merits, whether as their own meal or side by side with "real" burgers.

See, I like to think the table is big enough for all of us. I like to think we're big enough to live lots of lives and eat lots of things, including some that might at first glance seem to be contradictory. Take it from a vegetarian who knows how to remove the scent glands from a squirrel. ■



## Crescent Dragonwagon's *Je Ne Sais Quoi* Ultimate Veggie Burgers (vegan)

*Refried beans, walnuts and tempeh add heft and heartiness; and shiitake mushrooms double down on umami savor. These are vegan.*

### WHAT YOU WILL NEED

- 1 (15.4-ounce) can vegetarian organic refried black beans, such as Amy's
- ½ cup walnuts
- ½ cup cooked brown rice, either leftover (previously cooked), or one of the packaged pre-cooked brown rices, such as Seeds of Change® or Uncle Ben's®
- 3 to 4 tablespoons mild oil, such as sunflower or canola, plus a bit for oiling a baking sheet
- 7 ounces smoked tempeh strips, such as Tofurky Maple Smoked Bacon or Lightlife® Fakin' Bacon
- 5 ounce sliced, trimmed shiitake mushrooms
- 3 tablespoons cornstarch
- Salt and freshly cracked pepper
- Buns (preferably whole-grain and toasted)
- Any of your favorite burger fixings: mayo, ketchup, mustard, sliced red onions, sliced tomatoes, lettuce, pickles, sliced cheddar or Swiss cheese, avocado

### HOW TO PREP

Place the refried beans in a medium-large bowl and set aside.

Place the walnuts in the food processor and pulse-chop until coarsely ground (you don't want them smooth). Add the brown rice, and pulse again several times. Transfer half of the walnut-rice mixture to the bowl with the refried beans. Leave the other half in the processor for now.

Heat half the oil in a large skillet over medium heat, and add the tempeh, browning for 1 to 2 minutes on each side, or until golden. Remove the tempeh from the skillet, blot on paper towels to remove excess oil, and let the slices cool slightly.

Add remaining oil to skillet and add the shiitake mushrooms. Sauté, stirring often, until the mushrooms no longer look raw and have started to grow limp, about 3 to 5 minutes.

Crumble or slice half the tempeh strips into pieces about ¼ inch wide. Add remaining tempeh to the processor. When shiitakes are done, transfer them to the processor as well, along with the cornstarch, chipotle and sauce, and parsley. Pulse-chop again, making a slightly chunky purée. Add this to the bowl with the refried beans, and combine all the ingredients, making a thick mixture. Season to taste.

Form into 8 burgers, each about 3½ inches wide and 1 inch thick. Ideally, refrigerate the burgers for an hour or two before baking.

When ready to cook, preheat oven to 350 degrees Fahrenheit. Either oil a baking sheet or line it with a non-stick silicone sheet. Place the burgers on the prepared baking sheet.

Bake for 20 minutes, then remove pan from oven. Using a thin-bladed spatula, carefully turn over each burger. Continue baking for another 10 to 15 minutes, or until burgers are firm and a little crusty-looking on the outside. Serve hot, immediately, on buns with the fixings, or serve at room temperature. Leftovers, should there be any, are excellent cold in a next-day sandwich.

### NOTES:

- If you wish to grill, rather than bake, these, the refrigerated rest is a *must*. Plus, you will need to brush each chilled burger on both sides with a little oil or melted butter before grilling.
- Since you have the chipotles open, you can easily purée another one and some sauce. Stir it into a bit of mayo, for, of course, chipotle mayonnaise.





little nuggets or shards of onion go from cloudy yellow/white to clear.

This is the process where an onion turns “lazy” — all the onion juices heat up, burst through their cell walls, and mix with hot oil in the sauté pan. If you’ve got a good stove, you’ll get there without too much trouble, and think that that’s the end.

### Stage 2: Gold to Tan

Go a few minutes beyond lazy, and you’ll see subtle but important changes. The watery onion mixture starts to take on a light amber hue — a yellowish gold that lets you know that things are (literally) cooking. The color comes from the onion juice starting to cook and change — as the sugars start to darken and get more complex in flavor. It’s the beginning, flavor-wise, of the really good stuff.

### Stage 3: Deeply Browning

It’ll take another 10 minutes for the onions — now a mix of pasta-like shreds and golden liquid — to proceed to the next level of deliciousness.

Somewhere in the 10- to 15-minute range, you’ll watch the oil mixture start to turn from yellow-gold to goldish-tan to beige to transparent brown as the sugars break down and gather up increasingly deep flavors.

And here’s where your patience will be sorely tested. If you grew up with a grandmother making gumbo, remember her lessons: “Turn down the heat, keep stirring and, for goodness’ sake, pay attention.”

It’ll seem like forever, but it’ll be worth it. Think of it as kitchen meditation — a chance to concentrate and stir as the onion takes on more color.

### Stage 4: Fully Caramelized

When the once-crunchy onion chunks cook down to a medium brown, you’re getting to the Zone of Pure Deliciousness. Just like with caramel, the darker the shade, the more incredible the flavors.

You can stop here (like on all the TV game shows), or you can keep going — going for a darker shade of brown and deeper shades of sweetness.

If you’re just starting out with the wonders of deep, dark, jammy onions, I’d play it safe here. Don’t go for the full-on mahogany brown on your first few tries. Add a little water or wine every once in awhile to dissolve any bits stuck to the bottom of the pan. Adjust your salt to taste. Maybe a little black pepper.

Turn off the fire, back away and let it rest. You’ll have a good-sized batch of deeply browned, fragrant onions that can be slathered on a burger or used in a million different ways. They’ll keep in the fridge for a week and in the freezer for a couple of months.

Be forewarned: They probably won’t last long. Once you get a bite of onion-laced beef, all self-control goes out the window. But when this batch is gone, you’ll have another chance to practice your patience — with another batch and another and another ... ■

**W**hen it comes to onions and burgers, there are different layers of oniony deliciousness.

A thin slice of raw onion adds a certain layer of hot, acidic flavor. Shards of grilled onions bring a mellower version of that zestiness. But a *caramelized* onion is pure magic — a secret weapon in your arsenal of burger toppings.

Most standard recipes have some variation of “chop 2 medium-sized onions, sauté for 3-5 minutes, then...” whatever comes next. But if you’re blessed with patience behind the burner (or can somehow develop that skill), you’ll go beyond the 5-minute mark and see an amazing transformation. Here’s how to achieve a simple (yet fantastic) culinary mastery.

#### Stage One: Raw to Lazy

For a sizeable batch of oniony goodness, chop up 8-10 medium-sized white onions, and toss with  $\frac{3}{4}$  to 1 cup of vegetable oil (nothing fancy here, but a little bacon grease thrown in wouldn’t hurt either) and a couple of tablespoons of kosher salt. Put it all in your biggest, lidded Dutch oven and crank the heat to medium-high. Get ready for lessons in attention and patience.

Most cooks only see the first phase of onion cookery: when the



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# Baton Rouge's BURGER BUCKET LIST

by Nora D. McGunnigle

**B**aton Rouge has always been a burger town, but the city and its environs are in the midst of an extended burger moment. You can find everything from that old diner classic, the flattop, to a newfangled gastropub blend, to a not-your-dad's *Peanut Butter & Jelly Bacon Burger* courtesy of Your Mom's. For big spenders, Fat Cow Burgers & Salads offers a foie gras topped *Hundred Dollar Burger* that ironically only costs \$15.

**Our Burger Bucket List** wasn't easy to make, so we polled people from Baton Rouge, Hammond, Gonzales, Plaquemine, Plattenville, Donaldsonville and Zachary. Everyone had an opinion, and a favorite. Clearly, the trend is to blend.

**Mason's Grill's** Cajun Shrimp burger has been named "Louisiana's Best Burger" by *Food Network* magazine and Zagat. It's an 8-oz. burger stuffed with diced jalapeños and sautéed shrimp, then smothered with Monterey Jack cheese. The kitchen crew is always thinking up creative burgers and then pitching them head to head in a weekly "Burger Battle." So far, the Crabby Patty burger (topped with crabmeat, grilled onions and Jack cheese) has dominated the contests, beating out contenders like the French Connection burger with grilled ham and Brie cheese, topped with an egg and fried onion strings; the Pineapple Express burger with a beef patty, pulled pork, diced pineapple, red onions and Swiss cheese; and the HindenBurger with sausage, sauerkraut, Thousand Island dressing and Swiss cheese.

This family-owned and -operated restaurant opened in 1998, originally as a coffee shop (in a different location), until chef-owner Mike Alfandre started adding lunch service, then dinner, then breakfast. Mason's is as well-known for brunch as for burgers, so don't pass up the unbeatable combination of the Breakfast burger and their out-of-this-world Bloody Mary.

(13556 Jefferson Hwy., Baton Rouge)

The **Dixie Maid Drive-In** opened in 1946, and Baton Rouge natives have fond childhood memories of the burgers, root beer floats, ice cream cones and friendly service that's been offered here for more than 70 years. Dixie Maid hasn't changed too much over the years — it's still the place to go for simple, old-fashioned burgers done right. The fresh patties are flattop grilled and served dressed with cheese and/or BBQ sauce, with optional add-ons like jalapeños and bacon available.

Dixie Maid is cash only (though there is an ATM on-site) and regulars advise calling in your order ahead of time, because this local institution's popularity might have you standing in line for a while.

(4769 McClelland Dr., Baton Rouge)

One of the best handmade burgers (and cracklins) I've eaten is at this St. Amant spot that also serves as a gas station. Fill 'er up at **Duckroost Seafood & Deli** with the 8-oz. Certified Angus beef bacon cheeseburger.

(13277 Hwy. 431, St. Amant)



photo by Collin Richie

The decor at **Curbside** honors the burger joint's food truck beginnings; a food truck facade is the centerpiece of the restaurant's seating area. The brick and mortar "artisan grubbery" (as it's billed on the website) restaurant just opened in late 2016 but is firing on all cylinders by keeping its most popular and beloved burgers on the menu — like the K.G.B. burger, topped with salty-sweet praline bacon, a runny-yolk fried egg and sharp cheddar cheese, or the Brian 3.0, which is topped with pork belly preserves, gorgonzola cheese and fried onion strings — and adding new items as well as ever-changing burger specials. Other regular standouts on the menu made with Curbside's proprietary blend of freshly ground beef cooked to juicy perfection on a flattop grill include the GC2 with green chili relish, bacon, Pepper Jack fondue, Fritos and a Cholula® aioli, and the Naq Attaque, topped with Swiss cheese, caramelized onions, a Parmesan crisp and garlic mayo, and served with a French onion soup dipper. Wash them down with the boozy adult milkshake!

(4158 Government St., Baton Rouge)



**Fat Cow Burgers & Salads** opened in 2011, kicking off what some describe as the “gourmet burger” trend in Baton Rouge. It has 13 specialty burgers on the menu, plus an impressive array of ingredients for concocting your own. Get your standard (but delicious) hamburgers, cheeseburgers and bacon burgers in double or triple size, or try one of the unique signature burgers. They’re all made with in-house ground Angus beef and flame-grilled to a smidge past medium.

The Sicilian burger is topped with basil, tomatoes and fresh mozzarella, broiled, then finished with balsamic vinegar; the Wentworth burger comes with Black Forest ham, red onion marmalade, brie and apple slices; and the Hundred Dollar burger is topped with foie gras, Parmesan cheese, truffle aioli, balsamic vinegar and arugula.

(4350 Highland Rd. B1, Baton Rouge)

**Riverside Patty** has an image of a steer in its logo, a surefire way to entice beef and burger lovers. If you’re craving a chili cheeseburger, or a classic patty melt served on rye bread — or just your standard home-style enormous burger — this is the place.

The family-owned spot has been part of the community for 35 years, although it’s changed locations in that time. The half-pound, chargrilled burgers are made and cooked to order — the time necessary to cook the burgers inspired its slogan, “The Weight is Worth the Wait!”

All the burgers are exceptionally large, but if you’re up to a challenge, try the Super burger, which comes topped with jalapeños, bacon, mushrooms, mayo, cheddar and Swiss cheese. It’ll either put you in a meat coma or bust the buttons of your pants, but it is oh so worth it.

(10933 Cloverland Ave., Baton Rouge)

**Downtown Seafood** is located just off the Mississippi River. You may have passed this hole in the wall a hundred times without noticing it, but step in and you’ll find one of the most underrated burgers in Baton Rouge.

The cheeseburger is where it’s at for the downtown lunch crowd — it comes out seasoned and seared perfectly, dressed with fresh, crisp lettuce and tomato, in a matter of minutes. It’s also very reasonably priced as well as enormous. The old flattop grill is well-seasoned so it adds a distinctive flavor you just can’t miss — like your favorite cast-iron skillet.

(130 3rd St., Baton Rouge)



photo by Collin Richie

Baton Rouge diner institution **Louie’s Café** has been around since 1941 and is open 24 hours a day. The menu’s heavy on breakfast foods, but they do have four burger options: the Louie Burger, the Louie Cheeseburger, the Big Lou and the Big Cheesy Lou.

Word is that the Big Cheesy Lou is the best late-night, booze-soaking burger, and the breakfast food menu focus means you can — and definitely should — order the hash browns as a side.

The café’s 24-hour availability and extensive diner-style menu offer something for everyone, at any time of day or night. Except the biscuits — you can only get those during “regular” breakfast hours, from 6AM to 11AM.

(3322 Lake St., Baton Rouge)

### > **Louie’s Cafe**

*“Baton Rouge has always been a burger town. Back in the late 90s, when I was at LSU, my girlfriend (now wife) Elizabeth and I were regulars at Louie’s Café, a 24-hour diner near campus. I played drums and sang in a cover band, Freight Train. At 2am, when the bars let out, we’d head straight for Louie’s. When we were lucky, we’d catch a seat at the bar, which wrapped around the open kitchen.*

*For a kid who grew up on Camellia Grill, where patties are cooked on a griddle seasoned with bacon fat and 60 years of burger juices, Louie’s charred flattop burger with chopped, grilled onions tasted very familiar. But it was the hash browns I craved. Louie’s huge servings are available plain or loaded with chili and cheese, jalapeños and cheese, or mushrooms, cheese and sour cream.*

*These days Louie’s is in a new location with more seats and more parking. And I’m more likely to grab lunch than a late-night second dinner. But the burgers are just as good, and oh those hash browns.”*

—Marc Ardoin, Rouses Corporate Chef

Let us take a moment to mourn the (hopefully temporary) loss of another Baton Rouge staple, **Dearman’s**, an almost 60-year-old burger and sandwich shop that burned down in March 2016. Their no-frills, greasy-spoon burgers were simple yet delicious. Topped with lettuce, tomato and large slices of onion, this juicy burger could be had as a single or a double with cheese. However, they’re planning to reopen in 2017.

**Several popular burger joints have opened multiple locations in the area.**

**Brew-Bacher’s** has been serving up classic grilled burgers since 1983. Head to one of its four Baton Rouge locations or its Gonzales location for a Mexican burger on those days you can’t decide between a burger or a taco. It’s seasoned with Mexican spices and comes wrapped in a flour tortilla with guacamole, jalapeños, grilled onions and cheese.

It’s also perfect for when you’re craving a bacon cheeseburger, or the old-fashioned, hard-to-find but darn delicious patty melt. The locally baked sesame seed buns have been a constant since Brew-Bacher’s early days as well.

And what’s the origin of the name? The owners aren’t saying, but you can email them your best guess.

(3554 Drusilla Ln., 5580 Government St., 8415 Bluebonnet Blvd., and 5251 Nicholson Dr. in Baton Rouge and 909 E. Ascension Dr., Gonzales)



**George's Restaurant's** three Baton Rouge locations all offer the neighborhood bar and restaurant experience that almost feels like home. The kitchens sling out terrific burgers, cheeseburgers and bacon burgers, along with the Heavy Hit burger topped with cheddar and avocado and the Swiss mushroom burger. All burgers are built around a homemade patty with chuck, inside-round and brisket beef cuts.

*(The "Original" George's is at 2943 Perkins Rd., Baton Rouge, with additional locations at 15321 George O'Neal Rd. and 8905 Highland Rd.)*

When you think of **Sammy's Grill**, seafood and fried cheese may be the first things that come to mind, but Sammy's half-pound, juicy, chewy 100% Certified Angus beef burger — available on bun or potato bread — is just too good to miss.

*(20335 Old Scenic Hwy. in Zachary, 16400 Airline Hwy. in Prairieville, 14800 Wax Rd. in Central and 8635 Highland Rd. in Baton Rouge)*

It's very important (and challenging) to be able to distinguish **Roul's** from **Raul's**. Of course, devotees of either won't have that trouble. But for the Baton Rouge burger layman, **Roul's Deli**, in Baton Rouge, Baker and Gonzales, offers a greasy-spoon experience along with its burgers, including the SHAM triple burger or a burger topped with chicken, steak and/or shrimp. Get over to **Raul's** for its Mega Burger with Shrimp, a food bet in the making if we've ever seen one. It's a 10-ounce burger, dressed, with 5 ounces of fried or grilled shrimp on top of it.

*(Roul's locations: 3327 Highland Rd. and 5230 Plank Rd. in Baton Rouge, 812 N. Burnside Ave. in Gonzales and 150 Main St. in Baker)*

*(Raul's locations: 7111 B Airline Hwy. and 1183 S. Flannery Rd. in Baton Rouge)*

**Burgersmith**, with two locations in Baton Rouge, one in Lafayette, and one in Denham Springs, has the tagline "Let the drooling begin." Sounds like a good idea, and easily achievable just by reading the menu. All locations of Burgersmith are full-service and family-friendly, and the burgers are chargrilled and many of the condiments are made from scratch.

It's also one of the only spots offering a grass-fed bison burger, served with lettuce, tomato, red onion, chipotle mayo and smoked gouda. And the much-loved turkey burger sacrifices no flavor while using a leaner protein. For traditionalists, check out the brisket burger, and don't overlook the signature Smith burger seasoned with Louisiana spices and topped with grilled onions and secret "Smith Sauce." I don't know what's in that sauce, and I'm scared to ask. But a little mystery makes life worth living.

*(3613 Perkins Rd. and 6212 Siegen Ln., in Baton Rouge, 27853 Juban Rd. in Denham Springs, and 1314 Camellia Blvd. in Lafayette)*

**Burger joints, diners and casual restaurants aren't the only place to get great burgers in the Baton Rouge area. Some fancier places also offer hamburgers, often limited to their more casual lunch or brunch menus.**

Family owned **Sno's Seafood & Steakhouse** in Gonzales serves a first-rate cheeseburger on a soft sesame seed brioche bun, but the bacon gorgonzola bleu cheese version is the real standout. Save room for caramel custard.

*(13131 Airline Hwy. in Gonzales)*

**Juban's**, a fine-dining restaurant that opened in 1983, kicked off the high-end, Creole-influenced trend in the Baton Rouge area. Although dinner dishes run to duck breasts, bone-in double-cut pork chops and Juban's signature Hallelujah Crab, you can find their insanely excellent burger hidden on the lunch and brunch menu.

The Creole Sirloin burger is made with a combination of ground sirloin and pork sausage — Juban's is one of the only places in town that serves a mixed-meat burger, taking the same kind of daring culinary approach that has done them well these last 30+ years. It's dressed simply, to accentuate the quality and flavor of the meat, but add-ons include cheddar, gruyère, bleu cheese or havarti and/or a fried egg.

*(3739 Perkins Rd., Baton Rouge)*

**Overpass Merchant** is Baton Rouge's newest gastropub and makes its own house blend of ground chuck, brisket and short rib cuts for its burger. "The Merch," as it's nicknamed, isn't particularly fancy but it's a bit more than a burger joint. Try the burger topped with an egg, bacon, onion jam and your choice of American, aged cheddar or Maytag blue cheese. It's available on the lunch, brunch and dinner menus.

Along with what many local gourmands are calling one of the best burgers in town, Overpass Merchant also has 12 taps of microbrewed beer including local and national brands.

*(2904 Perkins Rd., Baton Rouge)*



*photo by Collin Richie*





photo by Caroline Ourso

Everything at **Bin 77 Bistro and Sidebar** is delicious, including the Bin Burger — a gourmet beef burger with caramelized onions, fire-roasted garlic ketchup and roasted bell pepper aioli. The burger's received local props for being an approachable, casual menu item that stands out among the more fine-dining, Italian-influenced dishes.

The bold flavors of the burger pair perfectly with many reds on the wine list, like the Tuscan Podernuovo a Palazzone. But don't overlook the cocktail list or the selection of beers — a burger's best friend.

Note: Although it has an extensive food menu, Bin 77 is considered a bar, so kids under the age of 18 aren't permitted.

(10111 Perkins Rowe, Baton Rouge)

Another hidden menu item gem at a more upscale restaurant is the burger *du jour* (on **Beausoleil's** new bar-only menu) with toppings that change daily according to the chef's whims and served by what's been called one of the best bartending staffs in Baton Rouge. Beausoleil also has a classic cheeseburger with caramelized onions on its lunch menu, which is ooey-gooey delicious.

(7731 Jefferson Hwy., Baton Rouge)

Even though it's a national chain, the only Louisiana location of **Fleming's Prime Steakhouse and Wine Bar** boasts one of the best burgers in the city. The Prime Burger is made with the best-quality meat scraps and topped with your choice of cheddar, Swiss or bleu cheese, along with thick slabs of smoky, peppered bacon.

It's only available at the bar, though, so belly on up there — especially for Happy Hour, between 5PM and 7PM, when this \$10 burger can be had for only \$8.

(7321 Corporate Blvd., Baton Rouge)

Baton Rouge-based **Walk-On's Bistreaux and Bar**, with locations throughout Louisiana and expanding into more of the South, is the place to go to watch the game, drink a beer and have a burger. Try the Stuffed burger oozing with American and mozzarella cheeses and topped with bacon on a sourdough bun. Or the Jalapeño Jack topped with Pepper Jack cheese, fried jalapeños and chipotle mayo. They've also got the classic burger and classic burger toppings like mushrooms and Swiss cheese, bacon and fried egg, and BBQ sauce, cheddar cheese and bacon.

(Multiple locations in the Greater Baton Rouge area — the original location is located at 3838 Burbank Dr., Baton Rouge)

**Your Mom's Restaurant & Bar** has locations in both Baton Rouge and Hammond, and its burger game is on point. Some of the state's most original burgers — like the burger topped with a boudin patty; the burger topped with fried pickles, Pepper Jack cheese and ranch dressing on a jalapeño and cheese bun; the Aloha burger topped with grilled ham and a BBQ-sauce-marinated pineapple ring; and the Peanut Butter and Jelly Bacon burger — populate Your Mom's menu. Also, the name Your Mom's is pretty awesome.

Everything's made from scratch, and the hand-formed burgers are all a half-pound. When you include the insane toppings, that's a big ole burger. Wear something you don't mind getting burger juice on. Or a bib. Your Mom says so.

(111 E. Morris Ave., Hammond and 250 W. Lee Dr., Baton Rouge)

When your group can't decide between sushi and burgers, head over to **Cate Street Seafood Station** in Hammond. Not only does it have a very diverse menu, but the burgers are creative and executed to perfection.

Executive Chef Jason Wong says that his kitchen grinds its meat in house from its ribeye, filet and sirloin steak trimmings. The standout burger on the menu is the Hangover burger, a half-pound, handmade patty topped with Pepper Jack cheese, fried egg, bacon and avocado on a pretzel bun. The eponymous Cate Street burger is also a winner, topped with mozzarella cheese, sautéed mushrooms and baby spinach.

This place also has a great beer list and live music, and occupies a historic former train station.

(308 S. Cate St., Hammond)

**The Mariner's Inn in Hammond** has been serving up steaks and burgers since 1979. You can get one of their half-pound burgers on Texas toast, French bread or a house-made bun, baked daily.

Try the Cajun-style Black & Bleu burger topped with the restaurant's bleu cheese dressing while studying the antique firearms (and a cannon) on display, or try the Mushroom-Bacon cheeseburger they call "the Heartstopper." You get your choice of sides, which includes a baked potato with butter, sour cream and chives.

(117 W. Thomas St., Hammond)

**MOOYAH** is the local outpost of an international chain that plays hard in the game of beef. It's got an old-school-diner vibe, and its griddle-cooked burger can be customized — choose bread, sauces, fresh vegetables and other toppings. MOOYAH's also gets props for having a decent gluten-free/low-carb option for its burgers: You can put one of MOOYAH's specialty burgers — or one you built yourself — in an iceberg lettuce wrap called the Iceburger.

(6555 Siegen Ln. #6, Baton Rouge)

### ➤ **Coming Soon: Bud's Broiler**

*In the very near future, New Orleans' local bare-bones burger chain Bud's Broiler will open its first Baton Rouge location to share the joys of 65 years (and counting) of chargrilled burger goodness. It's about as basic as you can get, and economical to boot. Although straight-up dressed hamburgers and cheeseburgers are always a good bet, try the much-loved #4, topped with grated cheddar cheese (New Orleans style) and your choice of chili or hickory sauce.*

*Bud's Broiler hopes to have its Baton Rouge location (4343 Nicholson Dr., Baton Rouge) open by football season of 2017, so stay tuned for that.*





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# BETWEEN *the* BREAD

words & photo by Pableaux Johnson

In the po-boy world, the options seem to go on forever. And though I've been known to obsess over a crispy oyster po-boy or dive headfirst into a gravy-soaked roast beef po-boy, I've always had a deep affection for another branch of the sandwich's family tree — the hamburger po-boy.

These meaty, pan-fried classics tend to get a lot more love from locals who grew up inside po-boy culture than visitors digging into their first "Peacemaker." They're often sentimental favorites, delicious memory triggers wrapped in wax paper — lunchtime reminders of the past, with a bag of Zapp's on the side.

## Crossover Classics

*The hamburger po-boy is a straight-ahead crossover classic. If a restaurant has a griddle and some good ground beef, it's got two distinct menu items catering to different-sized appetites. The iconic po-boy bread — shatter-crisp on the outside with a whisper-light interior, makes for a bite-to-bite contrast that's different from a pillow-soft hamburger bun.*

As a kid, this sandwich was my gateway into the Wonderful World of Po-boys. Growing

up in New Iberia in the 1970s, there weren't many restaurant options beyond neighborhood burger joints and a few boiling points that ramped up when the springtime crawfish started hitting the tables.

Joe's Drive-In was a few blocks from our house with a flashing arrow sign, oyster-shell parking lot and a dozen tables inside a low-slung brick dining room. The menu was the usual South Louisiana selection of burger variations, fried seafood and a daily plate lunch featured on the sign outside.

Our family would visit Joe's once in a *great* while for celebrations, always ordering as a big family with decidedly limited options. ("Choose cheese or no cheese. There are four of you, so you can split two orders of fries. Small sodas.")

Still, any meal out was a special occasion, and the 8-year-old me fantasized about the wonders of the *rest* of the menu. ("A hamburger *steak* sounds fancy. What's on a catfish plate?") Sometime during early grade school, I swore that when I had my own money to spend, I'd get to make my own choices at Joe's.

A few years later, I walked through the dining room doors, my pockets burning with my first paper-route payday and my mind reeling with the full menu of possibilities. Flush with cash at age 11, I'd explore the menu one paycheck at a time.

After searching the list, I settled on the old and new: hamburger po-boy (dressed, no mayo, no tomato, add mustard), fries and onion rings. I could have started with a standard burger "all to myself," but decided to level up, realizing that a po-boy was two tasty burgers disguised as a single item.

A few bites in, I started to understand the magic of the burger in po-boy form — a distinct texture that serves a kid's sense of plenty and decadence. (Once you finish one delicious burger, you've got *another* wrapped up and ready to go.)

For me, the memory of a first "grown-up" meal, paid for with my first work money, makes the hamburger po-boy special and worth ordering every once in awhile, just for nostalgia's sake.

If po-boys are available at a burger joint, I'll give them a try. The folks at Parkway





**“There’s an epic burger po-boy served in Biloxi, Mississippi. Burger Burger, “the burger so nice, they had to name it twice,” is a pound and a half of burgers — a half-dozen patties — layered inside an 18-inch French bread loaf, dressed with mustard, onions and chili sauce. My grade-school self might have tackled this beefy challenge solo; modern-day me might have to bring a few friends ...”**

Any food writer working the New Orleans beat spends a lot of time exploring neighborhood joints, learning the nuances of the po-boy scene. Any corner store or tiny sandwich shop could have a specialty worth a dedicated trip, so you’re always on the lookout for solid house specials.

At Gene’s Po-Boys on Elysian Fields Avenue, it’s pretty easy to spot the kitchen’s dedication to hot sausage. The spicy specialty gets space on two of the joint’s menu signs — one for a breakfast po-boy (topped with an egg, served 6AM-10AM) and a round-the-clock variation with melted American cheese slices to balance out the peppery heat.

It’s also pretty easy to find Gene’s just about any time of day — the bright pink paint job and glaring yellow signs scream for attention — and the kitchen keeps rolling 24 hours a day. One of those signs also highlights Gene’s hamburger and cheeseburger po-boys, which gives a burger lover plenty of options. (Probably a good thing, since its companion business is a frozen-drink operation known for the “strongest daiquiris in town.”)

Located at a bustling urban crossroads and close to the thumping bar strips on Frenchmen and St. Claude, Gene’s is a solid late-night option for locals, tourists and the occasional celebrity in need of an after-midnight meal. (Beyonce and Jay-Z apparently stopped after a gig one legendary night.)

All these elements play to the strengths of the hot sausage po-boy served at Gene’s. After a night on the town and a few sweet after-hours cocktails, revelers look for something bold and savory before bed. The blasting heat of the Patton’s patties provides a smooth, peppery base flavor, while a few slices of American cheese add richness that cuts the heat nicely. These flavors mix with the toppings (go fully dressed, of course) and create a post-bar snack that hits all the flavor centers without being too sloppy. It’s a spicy, smooth way to round out a wild night.

### Here Comes the Judge

*This eyebrow-raising burger variation blends three distinctive tastes — ground beef, hot sausage and Italian sausage — in a single patty. Available only at Johnny’s Po-Boys in the French Quarter, it’s a solid nod to the palates and ingenuity of local po-boy cooks.*

Every now and again, a new po-boy can break your brain.

This happened on a visit to Johnny’s Po-Boys, a workaday joint and one of the Quarter’s low-key “hole in the wall” dining spots located a half-block off Decatur Street.

When you spot a po-boy named the Judge Bosetta, you order first, then ask how they make it. The counter people have to explain this one pretty often, and they do it well. As far as structure goes, it’s a burger-and-Swiss po-boy, except the patties are a special blend of three meats. I assumed that they’d make it by mixing equal parts of the tasty components — hamburger meat, hot sausage, and aromatic Italian sausage — in a single bowl, meatball-style, and make patties of the mix.

Instead, they perform what can only be called a move of culinary genius. For every Bosetta patty, they create a three-flavor stack of thin layers, then right before cooking, smash them together and twist their palms, smushing the stacks together. The result is a marbled burger with a different flavor combination in every bite. The first mouthful might be a blast of heat from the hot sausage, with a little bit of savory beef. The next might have you thinking about pizza (mostly Italian sausage) with a little pungent spice around the edge. It’s a stunningly simple move that everyone should work into their home burger game for variety’s sake. ■

### ➤ **Epicurious**

*MyRousesEveryday* contributor, photographer and journalist Pableaux Johnson was recently included in *Epicurious*’ list of *The 100 Greatest Home Cooks of All Time*.

Bakery in Mid-City near the Carrollton Avenue Rouses Market keep them on the daily menu, and they’re everything you’d expect them to be. Classic poboy joints like Domilise’s in Uptown New Orleans do brisk business in hamburger po-boys, which sell nearly as well as classics like fried shrimp and roast beef. There’s an epic burger po-boy in Biloxi, Mississippi — Burger Burger — served at the restaurant of the same name. It’s a half-dozen patties layered inside an 18-inch French bread loaf, dressed with mustard, onions and a house-made chili-based sauce. My grade-school self might have tackled this beefy challenge solo; modern-day me might have to bring a few friends...

### Hot Sausage

*True to its name, this fiery, patty-based po-boy is a New Orleans standby and seems to be one of the city’s universal menu options. Patton’s Hot Sausage, a local culinary legend that began in New Orleans’ 9<sup>th</sup> Ward, set the standard for this smooth-textured and spicy beef sausage patty that crisps up on the edges when cooked on the grill or skillet.*





## WELL TO “Dew”

by Mary Beth Romig + photos by Mike Kittrell

**T**he legendary Dew Drop Inn in Mobile, Alabama, occupies a squat, chalet-style building at the corner of Old Shell Road and Kenneth Street. The setting is cool and comfortable, a wood-paneled roadhouse of laminate tables with little flower arrangements in Coke bottles on partitions between booths.

The Dew Drop Inn bills itself, and accurately so, as the port city’s “oldest restaurant.” “It’s an institution, not just a fun place where locals like to go time and time again,” says Lesley Anderson, who resides on the city’s west side.

The eatery dates back to 1924, when George L. Widney opened a small sandwich shop on S. Ann Street near Government Street. Alabama food lore states that Widney’s restaurant introduced the city to the sandwich called the hot dog. It was so popular that, 15 years later, Widney was crowned the “Hot Dog King” by the *Mobile Press-Register*.

Widney opened a second location on Old Shell Road, but soon sold the restaurant to Arthur Reid, who relocated the business, moving it away from a school in order to obtain a beer license. Reid brought in Jimmy Edgar as business partner, and in 1966, after Reid’s passing, Jimmy became sole owner. A remodel a year later resulted in the ambiance customers still enjoy today.

“Don’t change nothin’,” is the advice Jimmy gave to his eventual business partner, George Hamlin, adding, “You don’t change the dining room or the help. Don’t change the hot dog or nothin’.”

Eighty years later, the Dew Drop Inn is described as a constant in a changing world.

“A step inside the Midtown landmark and it is easy to see that this is a place to see and be seen — active, alive, rich with familiar interaction between patrons and the wait staff. Regular diners make up a large portion of the Dew Drop Inn’s business, and they usually know what they want to eat before they get settled in,” says Mobile resident David Holloway. And he should know, since he’s the food writer for the *Mobile Press-Register*, the area’s newspaper. “For several generations, the Dew Drop Inn has been the nexus of dining in Mobile,” Holloway states.



Current Dew Drop Inn owner Powell Hamlin has estimated that as much as 85 percent of their business is from folks who have been there many times before. Rumor has it that the Dew Drop Inn inspired Jimmy Buffett’s hit “Cheeseburger in Paradise,” but that has never been confirmed by the singer/songwriter himself. Buffett grew up in Mobile and wrote in his *Parrot Head Handbook* that his “burger lust was formulated” at the restaurant. He was spotted there as recently as January 2017, while visiting his hometown.

As Holloway describes it, “The Dew Drop Inn is more than just an eatery, it’s a gathering place for generations of Mobilians anxious for a taste of home.”

Tara Zieman, another Mobilian, describes the “Dew Drop,” as she calls it — no “Inn” necessary in her vernacular — as “quintessential Mobile. Generations upon generations go to the Dew Drop,” says Zieman. “My grandparents took my parents there, and I now go there with my grandparents. It is *Mobile*.”

Zieman describes the place as warm and fuzzy, adding that nothing has been updated, but in this case, it works.

“Everything about it is original, nothing fancy, but it is perfect,” she says. As for the wait staff, Tara says they are always gracious, no matter how busy they are. “It’s a special place in our city. Everyone has been there, and if you haven’t, you just have to go.”

“We’re proud of everything we do here,” Hamlin said, after another busy day was starting to slow down. “We’re more than just a business. I would like to think we’re a huge family taking care of each other.”

Buffett may have been inspired by the restaurant’s cheeseburger, but it’s the hot dog that locals crave. “Every Mobilian owes it to himself to eat at least one every so often,” says Holloway.

Keeping it simple, the “World Famous Dew Drop Inn Hot Dog” is served with chili, sauerkraut, mustard, ketchup and a pickle slice. The “Upside Down Dog” is not a yoga move here, but a hot dog served with sauerkraut, chili, mustard and ketchup on the bun, with the weiner on top. Want it “shaved”? That’s a version served without kraut. The “All the Way” is just what it sounds like. If a po-boy style sandwich is more suited to your taste, the same style dogs can be served on French bread. ■



# THE “Inn” CROWD

by Nora D. McGunnigle + photos by Travis Gauthier

“Still no fries!” If that is your complaint, I have some bad news for you — Lafayette’s legendary **Judice Inn** has been serving up “The Best Hamburger in Town” for 70 years, and has not found it necessary to improve upon perfection with the inclusion of French fries. That means: Stop complaining, grab a bag of Zapp’s® and enjoy one of the best double cheeseburgers of your life.

Since 1947, the Judice family has been running this burger and sandwich joint. Sure, they’ll do a facelift every now and again (the most recent one upgraded its tables and changed the awning from green to Ragin’ Cajun red), but the most important stuff stays the same, and not just the menu — the people who go there for lunch every day, the groups of friends that meet there before or after a University of Louisiana game, former workers that stay a part of the family even when they move on.

Lafayette native and owner-operator of Pop’s Poboy’s Collin Cormier has been going to this Lafayette institution since childhood.

“As a kid growing up in Lafayette,” he says, “Judice Inn was where we went after any type of sporting event. Both sides were sure to be seen at Judice Inn with all previous competitiveness and vitriol a distant memory replaced by a couple of cheeseburgers and a bag of Zapp’s.”

Cormier was also fortunate enough to room with a Judice family member in college, one who worked in the family business. “I ate two double cheeseburgers and two bags of Crawtators every day

he worked, which was amazing for a person who didn’t know how to grocery shop yet.”

The Judice Inn is crowded more days and nights than not with college students, local families, old-timers, cops, teens on budget-friendly dates and adults looking for a low-cost night out as well. Even these days, two can eat well for under \$25, which includes food, drinks, tax and tip.

The star of the menu, of course, is the burger. Get a single or a double, with or without cheese. It’s greasy, griddled, super-seasoned heaven on a bun made to order and served with shredded lettuce, Judice Sauce (more on that later), mayo, mustard and an onion slice on the side. If you’re feeling daring, top it with an egg, but the burgers stand on their own quite well.

That is, unless you’re looking for the following: ketchup, pickles, tomatoes and, as mentioned earlier, French fries. You will not find any of these things at the Judice Inn. If that bothers you, it’s just best to go somewhere else; this is not the place for you. And that’s OK! But after 70 years, it’s not likely that the Judice family will add these items to the menu or the tabletop.

Instead of ketchup, enjoy the souped-up, ketchup-based Judice Sauce, which has been in the family for generations. No one knows what makes Judice Sauce so good. Is it Cajun spices? BBQ sauce? Peanut butter? Who knows? And the family? They’re not talking.

The family-friendly atmosphere also extends to four-legged friends, as Cormier recalls how his uncle had a standing order of two cheeseburgers for him, one for his wife and one for his cocker spaniel, Lucy. Everyone’s welcome at the Judice Inn. Come on in, have a couple of burgers and join the fun. And bring a flashlight — if you need to go to the bathroom; it’s outside. ■







## RED STICK *District*

by Mary Beth Romig + photo by Greg Miles

**T**he newest burger venture in Baton Rouge, Louisiana — District Donuts, Sliders and Brew — recently opened in the Towne Center on Corporate Boulevard, joining the highly competitive hamburger scene in a city known for its burger prowess.

At the helm are childhood friends Chris Audler, Aaron Vogel and Stephen Cali. Audler and Cali worked together at New Orleans Hamburger & Seafood Company, where they often talked about their shared aspirations for owning their own culinary-based business.

“We all know our lanes,” says Audler. “I’m the food guy, Stephen is all about the company culture and employee training, and Aaron is the numbers guy, handling all the paperwork needed to keep us all on track. We all know our strengths and support each other every day.”

### Sliders

When asked about the story behind the name District Donuts, Sliders and Brew, Audler recalls their conversation about what to call the venture, which harkens back to October 2013, when they opened their first location on Magazine Street near Jackson Avenue in New Orleans. “Our location was on the very edge of the Lower Garden District, a great neighborhood, and the name ‘District’ and the alliteration that fell into place, District Donuts, just felt right,” says Audler.

“We decided on the concept on the cusp of the craft donut breakthrough, but knew we could not support three families on donuts alone, so we grew our offerings to focus on the savory side of the slider, the coffee and the ambiance,” says Audler. The trio found themselves basing their restaurant concept on that of the Tastee

Donuts franchise, which served donuts and those memorable square smaller burgers.

And the secret to District’s version? Every hamburger slider is made fresh to order with house-blended Creekstone Black Angus. The team makes everything they can in-house, right down to the pickles, and partners with local farmers and vendors for other staples to support local businesses, much like the Rouses family does in its markets across the South. Everything (except the buns) is homemade.

### On The Menu

The delicious flavor of the cheeseburger is all in the preparation, according to Audler. The first thing an employee learns is how to prep the burgers. It’s all about the “packing.” The meat has to be cold, and on their first day employees are trained in how not to overwork the beef in forming the slider-sized squares. The burgers are seasoned with salt and pepper and cooked on a griddle, rather than a grill, to retain as much fat in the burger as possible.

The menu of sliders changes with the seasons. The cheeseburger is a constant, as is the fried chicken version, with other changing offerings such as tofu, BBQ salmon, beef belly with honeyed goat cheese crema, and a shrimp Rangoon with sweet and sour slaw. “It’s all based on market availability,” says Audler. “As long as we can keep things food forward and approachable, in a cool vibe and setting, where our customers can riff on us and we can do the same in return, we’ve achieved our goal.”

That was truly the case on a recent Friday afternoon, when locals and tourists alike were enjoying sliders, donuts and cold brew at the original location, while the staff sang Backstreet Boys songs and danced behind the counter. The vibe was alive and well.

### TurnChange

The five District locations — three in New Orleans, one in the Elmwood Business District in Jefferson Parish and the newest in Baton Rouge — all operate under a mother company called TurnChange.

The trio was always in search of a stronger mission, purpose and meaning in their business, and with 140 employees on the payroll today, it’s the mantra and passion that drives their success.

As their mission states, Audler, Vogel and Cali want to “change lives by leading in a way that is life-giving and others-oriented in and amongst their District family first.” They believe healthy colleague relationships create emotionally stable and consistent work contexts, which will lead to lives changed for the better, and they believe that doing so will cause this culture to spill over into the guest experience and the streets and neighborhoods surrounding them.

As for how they keep their business competitive, Audler says that they are their own biggest competitor.

“Our fiercest competitor is ourselves,” he says. “And we support and wish the best for other businesses similar to ours.” ■



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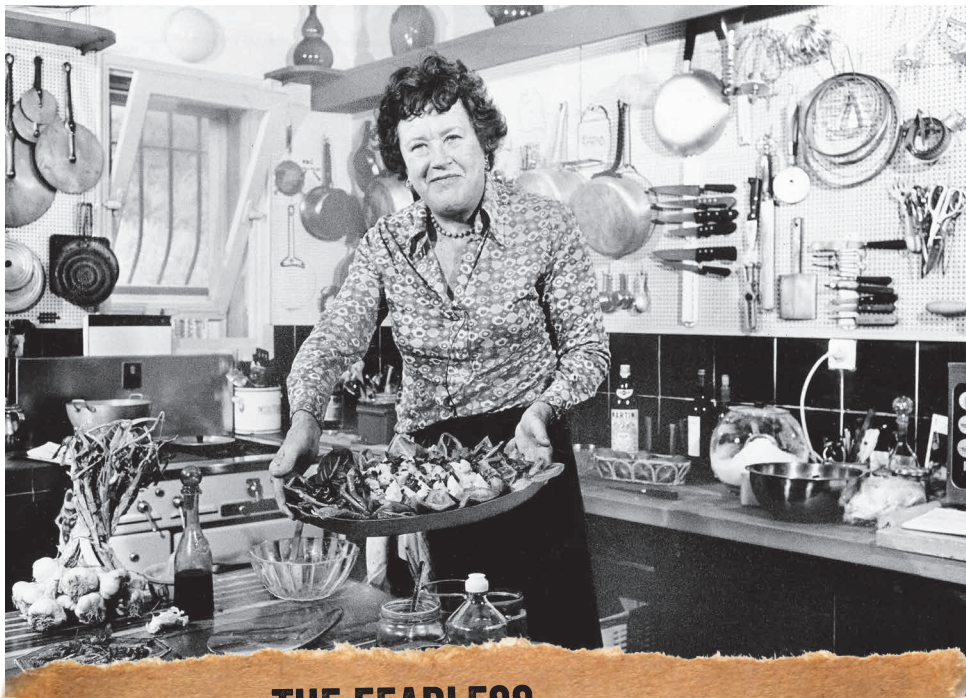
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THE FEARLESS

# Julia Child

by Crescent Dragonwagon

brought cooking well, with passion and exuberance, to television. Or, you know her via her foundational *tour de force* bestseller, *Mastering the Art of French Cooking*. Written specifically for Americans with two French coauthors, in this book Child's was the distinctive American voice, approachable yet authoritative. Volume 1 of *Mastering* appeared in 1961, Volume 2 in 1970; with this guide, thousands of people taught themselves to cook. In 2002, Julie Powell began the Julie/Julia Project, in which she cooked all the recipes in the book within one year, blogging about it as she went; *Mastering* became a bestseller for a second time. Later, the blog, combined with Child's own last book, *My Life in France*, became a film. Meryl Streep played Child.

I'd met Julia a few times at previous IACPs. Tall, warm, unpretentious, endearing, she possessed an irresistibly agile, curious mind; she embodied the term "lifelong learner." She seemed to me eager to meet others as colleagues. While not unaware that she was a star, she chafed against being revered instead of related to. Several times we went on the same IACP culinary tours at various conference cities; we participated in one called "Kosher Philadelphia," during which she and sausage-maker Bruce Aidells peppered a kosher butcher with questions.

**T**here's an opaque curtain between us and our futures. Plan though we may, what happens on any given day in any given life is unpredictable.

On March 9, 2000, I woke up with my husband, Ned, in a hotel room in Providence, Rhode Island. We were attending the annual conference of the International Association of Culinary Professionals (IACP), where I'd teach an all-day workshop called Fearless Writing. I've taught it (and still do) in many iterations; this one was subtitled "Finding Your Voice, Vitality, and Vibrancy in Culinary Writing."

At 8:20 a.m. or so, as I was walking across the hotel lobby towards the venue where I'd be teaching, someone — I'm embarrassed to say I can't remember which of my "pan pals" it was — stopped me. She said, "Crescent, do you have room for one more person in your class?"

I said, "Sure." She replied, "Then we'll go over with you." I turned, and standing next to her was Julia Child. Thus began my day as writing coach/mentor to Julia, along with another 30 or so other culinary writers.

You probably know Child as the charming, iconic, delightfully goofy woman who

When Julia attended Fearless, she was over 85. Though widowed six years earlier and walking with a cane, she was as vibrantly curious as ever. I was over 45, happily married, comfortable in my twin careers as a writer and teacher of writing.

Over the years, other famous writers (not just culinary ones) had taken my course, side by side with beginning or aspirational writers. As a teacher, I know it is essential not to be overawed by any individual's star power (nor to dismiss someone who has not yet published), but to try and simply *see* each person's needs and where they are in the writing process.

One way I do this is by, at the start of a session, asking students what they'd like to leave class with. Julia was one who chose to speak up. "I'd like to leave," she said, "knowing how to write funnier, to get across humor on the page."

**"That Julia Child once took a workshop with me — and that to this day occasionally people wash up in Fearless who tell me, 'Julia told me I should take your class' — also amazes me."**

When I recall that day, I remember this, and that, during the catered lunch, she asked that Ned and I sit on either side of her. Somehow, the story of my recently having made barbecued tofu at a small-town community fundraiser came up. "How," she asked me, with genuine curiosity, "do you make it?"

So. Not only do I have the distinction of



teaching writing to Julia Child; I actually gave her, verbally, a recipe for barbecued tofu.

After lunch, class continued. One of the key points in *Fearless* is that fear and uncertainty are part of the process, that one must learn to tolerate their discomfort to grow creatively. Late in the day, a young woman in the back of the class raised her hand. “Does that ever change?” she asked, wearily. “Don’t you ever get over being unsure and afraid?”

“You know,” I said, “I never single out people who are well-known, but because we have someone in class today who I think most of us would agree has certainly reached the apex in our field, I’m going to defer to her.” I took a breath. “Julia,” I said, “Do you ever get over it?”

Julia, one row back from the front, gave what I remember as a delighted cackle. She picked up her cane, and, whacking it on the floor for emphasis, said, in that famous fluting voice, “Absolutely not!”

That day, I did one other thing I never do in class. In most *Fearless* sessions, we do a lot of writing in session. Most people take their work with them; some throw it out as they exit, but occasionally, someone will leave their writing on the table. I always throw it out, unread; after all, it is personal and private.

But Julia left her pages on the table. Three or four pages, handwritten. She’d torn them in half, once.

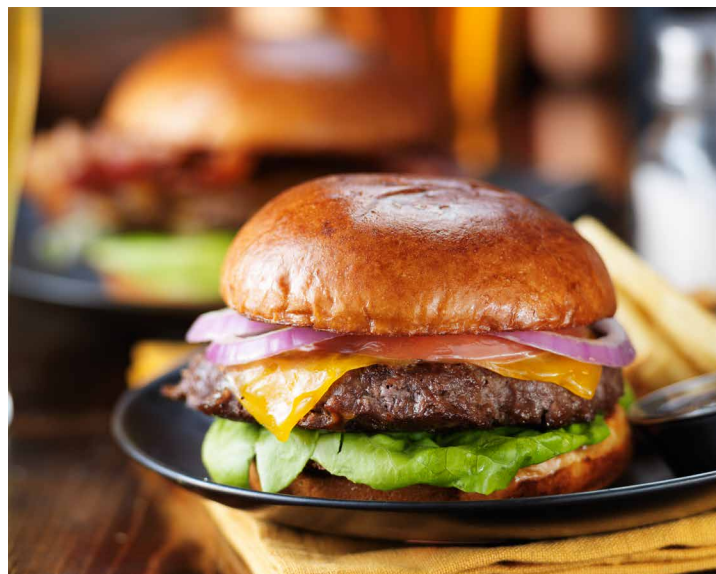
The room had emptied. Ned and I were gathering our stuff to go. I looked at Julia’s pages, lying on the table. I looked at Ned. He looked back, giving me a look which I read as *Seriously? How can you not?* I took them. And I read them. They described Julia’s arrival in France for the first time, by ship, on a foggy morning in 1948, with her husband, Paul. Those torn pieces are still in my office somewhere.

Years later, I read Julia’s last book, *My Life in France*, which was published posthumously in 2006. I recognized the scene set in the first paragraph. “At 5:45 in the morning, Paul and I roused ourselves from our warm bunk and peered out the small porthole in our cabin aboard the SS *America*....” With this opening, my heart opened too.

Nine months after that day in Providence, Ned went out bicycling and was hit by a car. Among hundreds of letters and emails of condolence was one from Julia, which is also somewhere in my office. Her famously good marriage to her husband Paul had lasted 48 years; she knew a happy marriage when she saw one, and she’d seen one between Ned and me. She had liked him, and she knew grief. She also told me I would get through it, though I would always miss him. She was right on both counts. Julia herself died, two days before her 92<sup>nd</sup> birthday, in 2004.

I still cook, and write, and teach writing. That Ned is not here amazes me still. That Julia Child once took a workshop with me — and that to this day occasionally people wash up in *Fearless* who tell me, “Julia told me I should take your class” — also amazes me.

That opaque curtain: I’m glad for it, hiding as it does all future surprises, terrible and marvelous, from our present eyes. And as for fear and uncertainty, do I still think they are always part of the process (of writing, of living), and that one must learn to tolerate them? “Absolutely!” ■



## Julia Child’s Pan Fried Thin Burger *Makes 4*

*Recipe from Julia and Jacques Cooking at Home By Julia Child and Jacques Pépin. Random House, Inc, 1999.*

### WHAT YOU WILL NEED

- 1 small minced shallot
- 1 teaspoon butter
- 1¼ pound fresh ground chuck (preferably 15 to 20 percent fat)
- Salt
- Freshly ground pepper
- 1 red onion, sliced very thin
- 1 tomato, sliced thin
- Iceberg lettuce leaves
- Small whole pickles
- Thin Cheddar or Swiss cheese slices
- Butter
- Ketchup
- Mayonnaise
- 4 soft hamburger buns

### HOW TO PREP

In a small sauté pan, over high heat, sauté the shallots in the butter until soft, about 5 minutes.

Divide the meat into 4 portions. One at a time, flatten each by chopping and spreading the meat with light strokes of your chef’s knife.

Season each with salt, pepper and ½ teaspoon of the shallots. Blend into the meat, chopping and turning it as you shape the portions into 4½ to 5-inch round patties, ¼-inch thick.

Toast the hamburger buns and distribute them to your guests. Suggest that they dress the bottom halves of their rolls as they wish while you cook the burgers.

Lightly dust the surface of a large, hot sauté pan with salt. When the pan is very hot, but not smoking, lay a patty in the pan. Rapidly add a second burger. Brown the meat, about 20 seconds. Turn patties to other side. Cook until done, about 1 minute. Remove cooked burgers to a warm platter. Repeat process with 2 remaining burgers. Place finished burgers onto guests’ buns as quickly as possible so they can add their finishing touches.





# IRONS IN THE FIRE

by Tim Acosta, Rouses Marketing Director

I have a Big Green Egg®, which I use for ribs, chicken, pork butts and brisket. But for a perfect burger, or steak, I use a cast-iron skillet. You can place it on a stovetop if you have good ventilation, or go outside and cook on a power burner or set it right on the grill.

Cast iron holds heat extremely well, so it's an ideal choice for meat that needs a good sear. The skillet collects all of the rendered liquid so the burgers get to cook in their own juices. Bonus — no flare-ups! And

when you cook in a skillet, you get a crust, which to me is one of the best parts of the burger.

Unlike other meats that will cook better if brought to room temperature first, ground beef needs to be cold. After you make your patties they need to go back in the fridge for at least 30 minutes before they go in the skillet. Cast iron takes longer to heat than other pans, so while the burgers are chilling, put the skillet on the burner or in the oven at 350 degrees Fahrenheit to get it good and hot.

A little bit of oil in the skillet, and a layer of course-ground kosher salt and fresh ground black pepper on the meat will help you get that charred crust you want. Season the patties. Add a tablespoon of Rouses Extra Virgin Olive Oil or other neutral oil like canola to the skillet. If the oil beads and shines when it hits the pan, you're ready to cook. If it smokes, that means your pan is too hot. Use a paper towel or napkin to spread the oil and lightly grease the bottom of the pan.





photo by Romney Caruso

## Unlike other meats that will cook better if brought to room temperature first, ground beef needs to be cold when it hits the skillet.

Now, add the patties. You don't want the patties to get too crowded. I have a variety of cast-iron skillets, but I typically use a 12-inch one for burgers. With a 12-inch skillet, you should stick to cooking just two or three patties at a time. It will take about four minutes before the sides of the patties turn from red to brown and you get a crust. At that point, you can flip them. (Resist the urge to flatten the patties with the back of your spatula while you're cooking. This just presses out the juices.) Once you flip, you're

ready for the sizzle. Take a pat of butter — maybe a quarter of a tablespoon — and place it on top of each patty, the same way you would on a steak. Cook for three to four minutes, until it's fully crusted. Add the cheese, and cover and cook for 30 seconds to melt it.

*Remember to clean your skillet after cooking. The best way to clean cast iron is to scour it with kosher salt and a kitchen towel while it's still warm. Dry the skillet, then wipe it down with a little bit of extra virgin olive oil.*

### Say Yes to the Dressed

I like my burger fully dressed, and then some. Stacking lets you add flavor to every bite. The trick is to use a toasted bun, which will help the burger hold up better. Spread your first (or only) condiment on the bottom bun, then add the patty. Cheese goes next, then the lettuce and onion, then tomato. Top it off with crispy bacon, a fried egg, and a bun slathered with mayo or creamy avocado.

### Chile Today, Hot Tomorrow

Hatch green chiles are grown in Hatch, New Mexico, where hot days, cool nights and rich volcanic soil give this seasonal favorite its flavor. We roast them at our stores, but I typically do my own at home for a mock Jack cheeseburger. You can broil the chiles in the oven or char them on the grill. When the chiles are charred on all sides, transfer them to a large resealable bag. Close the bag and let steam for 10 minutes. This will make it easier to get rid of charred skins, stems and seeds. Slice the chiles into strips and set aside. When it's time to add cheese to your burger, place the peppers first, followed by a mound of shredded Monterey Jack. ■

### ➤ Get 'Em While They're Hot!

*The typical season for hatch chiles runs from August through the end of September, but harvest dates can change. We'll list our roasting schedule online at [www.rouses.com](http://www.rouses.com) as soon as they pick the peppers.*





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*“Meat” the*  
**BUTCHER**

*photo by Bobby Childs*



**S**ally Girdauskas has been working for Rouses Markets for seven-plus years, starting as a cashier and then moving to the Butcher Shop, where she apprenticed under skilled butchers and was trained to cut, trim and grind meat. Sally has been a butcher at our Rouses Markets in Downtown New Orleans for three years.

**You were born and raised in Chicago, Illinois. Tell us a little bit about how you arrived in New Orleans.**

I helped a friend move to New Orleans around seven years ago and *kaboom*, it was love at first sight. John Goodman, the actor, has this great quote about finding your home in New Orleans. “Someone once suggested that there’s an incomplete part of our chromosomes that gets repaired or found when we hit New Orleans. Some of just belong here.” Well, the moment I arrived in New Orleans *I just knew* I belonged here. So my boyfriend and I packed up and moved. We live in the Irish Channel. He’s a photographer. We both have an insatiable curiosity about the city, so we are always going to new places and trying new things.

**Why did you want to become a butcher? Are people surprised to see a woman behind the meat counter?**

I was always interested in food and cooking — Chicago is a great food town. And it’s a “meat town.” The South Side is home to these historic stockyards. And of course you have Chicago steaks, dogs, barbecue, Italian beef ...

The meat industry has been overwhelmingly male, but Rouses is trailblazing. I’m one of several female butchers. There’s been a lot of customer interest in what I do. Hopefully I can inspire other women to become butchers, to learn the techniques and how to handle a knife.

**Everyone has an opinion on what makes a perfect burger. What do you recommend to customers who want to make a great backyard burger?**

The secret to a great burger is the type of meat you’re using. We use only high-quality beef, 100 percent American. This stuff is so good, all you need is salt and pepper. We grind all of our beef — and pork and poultry — right in our stores. We do it in small batches, several times a day, to ensure freshness, quality and flavor. Most places don’t do that. We take the time and we do it right so it’s fresh and flavorful. Do side-by-side tastings of our fresh ground meat and our competitor’s prepackaged, and I promise you’ll taste the difference.

**Do you have a favorite grind?**

The lean-to-fat ratio is very important. Fat equals juiciness and flavor. You can use a leaner grind like sirloin for rare burgers, because the fat doesn’t have as much time to melt. Chuck is 80/20 and great for medium well or well done. Chuck is what most customers usually get. It’s full of flavor and, even better, it’s inexpensive. Of course, if you’re going for well done, you can also use an even fattier grind. We do a 73-27.

**Anything new in the meat case?**

We’ve introduced some really rich, new grinds that you can get by the pound or in a ready-made patty. There’s a ground ribeye — I call it our steakhouse burger, a prime rib burger that has a super beefy flavor. I also really love

our new ground brisket. Keep in mind these burgers are fattier, so they’re going to shrink a little more when you cook them, but the flavor is just outrageous.

**How do you cook your burger?**

I like it medium rare, so I use sirloin, which is 90 to 92 percent lean. Salt and pepper just before cooking — no earlier, and never after cooking. That keeps the meat loose and tender. And don’t touch the meat too much. When you fool with it too much you lose the flavor. That’s my biggest complaint. Or you add too many toppings. What’s the point of the burger at that point? You’re stealing the flavor.

I usually gravitate toward the grill — high heat gives you that crispy sear. Grill patties for two minutes on each side, then move them to a lower-heat area of the grill and cook another two to three minutes, which will get you to a nice medium-rare.

**Food has taken over Snapchat and Instagram. There are so many over-the-top burgers on social media.**

Don’t get me wrong — I like to gawk at food as much as the next person. But with all of these crazy toppings, how can you possibly taste the meat? And does a macaroni and cheese bun really hold up once you add the patty?

If you want something different — and I’m all about new flavor combinations — we make house-blended burgers and sliders. We’re always busting out new blends. Right now we have a Mexican burger patty, Pepper Jack, Doritos® and green chiles, which sounds weird but is awesome.

**Finally, do you have a favorite burger spot? Where does the butcher order a burger?**

I like a dive bar grilled burger. I’ll hit up The Bulldog on Magazine Street — it’s in my neighborhood — or get a Swamp Burger at the Swamp Room in Metairie. Now *that’s* an iconic bar burger. ■



**“The meat industry has been overwhelmingly male, but Rouses is trailblazing. I’m one of several female butchers. There’s been a lot of customer interest in what I do. Hopefully I can inspire other women to become butchers, to learn the techniques and how to handle a knife.”**



# The Rouses Test Kitchen



photos by Romney Caruso

**W**e see a lot of the same faces in our stores every day and we want you to find something new and interesting every time you shop. That's why being first to market with new local, organic and specialty products is so important to us.

Our culinary team is always looking for new take-home ideas for our Deli and Bakery, and ready-to-cook solutions for our Butcher Shop and Seafood Market. And our Test Kitchen chefs are always trying new recipes and techniques for you to use at home. They use what they find on our shelves as inspiration, as we hope our customers do.

Here on the Gulf Coast, grilling is one of our favorite ways to cook when it's warm outside. For our Burger Issue, our Test Kitchen

chefs chose three unexpected burger variations that are anything but workaday beef on bread. These riffs on timeless Southern dishes (shrimp & grits, chicken & Andouille gumbo, red beans & rice) take you from "bowl to bun."

You can find more Test Kitchen ideas, along with Rouse Family Recipes and recipes from some of the most influential chefs on the Gulf Coast, on the new design of our website at [www.rouses.com](http://www.rouses.com). And remember: Have fun in the kitchen and don't be intimidated by a recipe. If you want to add smoked sausage to our red bean burger, go ahead and add sausage. If you like fried shrimp and grits, fry away.

Enjoy, and see you at Rouses!



## Chicken & Andouille Gumbo on a Bun

Ever wonder what it might be like if your favorite bowl of gumbo and your favorite burger had a baby? Wonder no more. This creative chicken (or turkey) variation is a million miles from the standard “grilled chicken breast” burger. Ground chicken teams up with familiar “in the pot” flavors (the Holy Trinity, tangy filé powder) and is topped with strips of grilled Andouille, aromatic grilled onions and (just to go over the top) palate-warming remoulade with bright-on-the-tongue pickled okra. Every bite is a flavorful study in contrast.

Serve it on a toasted potato-bread bun as a nod to Acadiana’s customary potato salad on the side or in the bowl gumbo tradition. And heck, while you’re at it, dish up a side portion of Rouses home-style, New Orleans-style or deviled egg potato salad.

## Gumbo Burger

### WHAT YOU WILL NEED

- 1 pound ground chicken
- 1½ ounces chopped green onions
- 2 tablespoons small-diced green bell pepper
- 1 tablespoon small-diced celery
- 1 clove garlic, minced
- 2 teaspoon gumbo filé
- 1 tablespoon Creole seasoning
- 4 potato buns
- Creole mustard or remoulade sauce, for serving
- Pickled okra, for serving
- Andouille sausage sliced thin like bacon

### HOW TO PREP

Mix all ingredients by hand until combined.

Shape the mixture into 3½-inch patties. The mixture will be very soft and moist, so rest the patties on waxed paper.

Cook the patties for about 12 minutes on a grill over medium heat or until the juices run clear from the center of the burger when pierced with the tip of a knife.

Grill the Andouille sausage until fully cooked. Place sausage slices on top of burgers.

Serve on warmed potato buns with pickled okra and desired sauce.

### > **Housemade In Our Butcher Shop**

*Our Rouses Andouille has a pronounced smoky flavor, which makes it perfect for gumbos or diced fine in jambalaya. It’s a Rouse Family Recipe.*



## Red Beans & Rice Veggie Burger

It’s common for modern “veggie burger” recipes to use grain-and-bean bases for their patties, so what could be more perfect for a Gulf Coast variation than our own classic bean dish, red beans & rice? This po’boy-style burger features a filling of pan-fried patties of our traditionally slow-cooked “Laundry Monday” dish, spiked with traditional seasonings (sautéed onion, bell pepper, garlic) and topped with grilled onions and crunchy/tender fried bell pepper rings. A cooling layer of mayonnaise on the crunchy French bread is a nod to an old-school red beans garnish. Other traditional “in the bowl” garnishes would also go well as additions: butter, vinegar, chopped green onions, spicy chow-chow or pickled white onions. It’s a flavorful canvas and a chance to play with your food.

## Red Beans & Rice Burger

### WHAT YOU WILL NEED

- 1 tablespoon vegetable oil
- ½ cup finely chopped onion
- ¼ cup finely chopped bell pepper
- ¼ cup finely chopped celery
- 1 clove garlic, minced
- ¾ cup cooked white or brown rice
- 1 (15-ounce) can red kidney beans, rinsed
- ¼ cup soft whole wheat bread crumbs
- 1 ounce green onion, chopped
- 2 tablespoons snipped fresh parsley
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 loaf French bread, split and toasted
- Light mayonnaise

### HOW TO PREP

Caramelize the onion, bell pepper, celery and garlic in vegetable oil over medium heat.

Using a food processor, pulse the rice and beans until smooth. Fold the caramelized vegetables, bread crumbs, green onion and parsley into the rice and bean mixture. Season with salt and black pepper. Shape the bean mixture into four ½-inch-thick patties.

Preheat a large, nonstick skillet over medium heat. Cook patties in skillet for 6 to 8 minutes or until heated through, turning patties once. Serve patties on toasted French bread with mayonnaise and fried green pepper rings.

## Fried Green Pepper Rings

### WHAT YOU WILL NEED

- 4 green bell peppers
- Vegetable oil for frying
- 1½ cups milk
- 1 cup all-purpose flour
- 2 tablespoons corn starch
- 1½ teaspoons baking powder
- ½ teaspoon salt

### HOW TO PREP

Cut peppers into quarter-inch rings, remove seeds. Heat 1 inch of oil in a heavy-bottomed pot or Dutch oven over medium-high heat until hot but not smoking.

In a medium bowl whisk milk, flour, corn starch, baking powder and salt until smooth.

Dip rings into batter and carefully place in oil; fry 1 to 2 minutes each side or until golden. Drain on paper towels. Repeat until all rings are fried, adding more oil as needed.





## Gulf Shrimp & Grits Burger

Though its original roots come from low-country South Carolina, Shrimp & Grits is a Southern regional classic anywhere along the Gulf Coast. (The state of Alabama, in particular, embraced the dish with an intense fervor once only reserved for college football.) Our Test Kitchen recipe makes use of the freshest Gulf shrimp in two ways — ground and grilled in burger form, and lightly sautéed as a decadent topping.

Taking cues from the saucy étouffée and “barbecue shrimp” traditions, this non-traditional sandwich sits on a crunchy fried “grit cake” with bold spices (garlic, black pepper), a buttered bun and a world of topping possibilities. Top this savory beauty with your choice of a traditional breakfast meat (bacon, Andouille, patty sausage), and a slab of juicy summer tomato or a fried egg for richness.

### > *Just Caught, Just for Rouses!*

*Gulf shrimp are delivered straight from the dock to our stores seven days a week.*

## Shrimp & Grits Burger

Makes 4 burgers

### WHAT YOU WILL NEED

- 1 pound peeled and deveined medium wild-caught Gulf shrimp
- $\frac{3}{4}$  cup panko bread crumbs
- 2 teaspoons lemon zest
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon garlic, minced
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- 2 tsp rosemary, chopped fine
- 1 tablespoon Worcestershire sauce
- $\frac{1}{4}$  cup canola oil

### HOW TO PREP

Put the shrimp in a food processor and pulse until smooth. Combine the ground shrimp in a large bowl with the bread crumbs, lemon zest, salt, garlic, pepper, rosemary and Worcestershire, and mix. Refrigerate for 10 minutes, then form into 4 patties. Refrigerate 10 more minutes.

Heat the oil in a large cast-iron skillet over medium-high heat. Cook the burgers, about 3 minutes per side.

## Fried Grit Cake

### WHAT YOU WILL NEED

- 4 cups water
- Salt to taste
- 1 cup stone ground grits
- 1 teaspoon rosemary, chopped fine
- $\frac{1}{2}$  pound unsalted butter
- Vegetable oil for frying
- Flour, for dredging

### HOW TO PREP

Bring the water and salt to a boil in a large heavy saucepan. Add the grits and continue to simmer over medium heat, stirring constantly, until the grits are cooked and thick like mush, about 15 to 20 minutes. If necessary, add a little more boiling water. Add the rosemary and butter.

Pour the hot grits onto a large plate to make a layer about  $\frac{1}{2}$ -inch deep. Cover and let stand to cool, then refrigerate to chill thoroughly.

When the grits are cold and firm, cut them into rectangular pieces or use biscuit cutters and cut the grits into rounds. Dredge the grit cakes in flour, shaking off any excess flour.

Heat about  $\frac{1}{2}$  inch of vegetable oil in a large, heavy skillet over medium-high heat. Fry the grits cakes until golden brown on both sides, about 4 to 5 minutes total. Drain on paper towels and sprinkle with salt. Serve hot.

## BBQ Shrimp Sauce

### WHAT YOU WILL NEED

- 16 medium wild-caught Gulf shrimp, peeled
- $\frac{1}{2}$  cup Worcestershire sauce
- 2 tablespoons fresh lemon juice (the juice of about 2 lemons)
- 2 teaspoons ground black pepper
- 2 teaspoons cracked black pepper
- 2 teaspoons Creole seasoning
- 1 teaspoon minced garlic
- $1\frac{1}{2}$  cups (3 sticks) cubed unsalted butter, slightly softened

### HOW TO PREP

In a large skillet, combine Worcestershire, lemon juice, black peppers, Creole seasoning and garlic, and cook over moderately high heat. Reduce the liquid by half, and add the shrimp to poach in the liquid.

Reduce heat to medium and stir in butter, a few cubes at a time, stirring constantly and adding more only when butter is melted. It is important that the butter be soft, but not warm. Butter that is too warm will cause the sauce to separate.

Remove skillet from heat. Place shrimp in a bowl and pour sauce over top. Serve with French bread for dipping.



# Cheese Wiz

by Scott Page, Rouses Cheesemonger

*Rouses cheesemonger Scott Page is an American Cheese Society Certified Cheese Professional, a title that requires passing a master exam covering everything from dairy regions to cheese making, ripening, storage and serving. Scott lives in Zachary, Louisiana. Find more of his tasting notes in the Cheese & Charcuterie section of our redesigned website at [www.rouses.com](http://www.rouses.com).*

**A** burger, like everything else, tastes better with cheese. But what *kind* of cheese? We cheesemongers typically look at milk type, category — bloomy rind versus washed rind — the age of the cheese and its country of origin, but besides taste, when it comes to burgers, the only thing that *really* matters is the friability, what curd nerds like me call meltability. Some cheeses melt into a mess, and some won't melt at all.

Typically, the friability has a lot to do with moisture content. The younger the cheese, the more moisture it retains and the easier it will melt.

Here are a few of my favorite melty cheeses for burgers, beginning with everyone's guilty pleasure, American cheese.

Personally I'm not ashamed to admit my abiding affection for American cheese. It's the one cheese we always had in our refrigerator when I was growing up. Those individually wrapped slices remind me of my childhood, and it's hard to beat the meltability. My five-year-old daughter, however, is a cheese snob. She would *never* eat pre-packed American cheese. Her sisters, six and 10, are a little more lax.

Cheese moves from something that adds texture but not much taste to something that adds *wow* when you switch from American to Alpine "Swiss cheese" styles. Gruyère and Emmentaler — the original "Swiss" cheese — both add a deep, funky, nutty flavor. Cave-aged Gruyère is the same cheese you use in French onion soup. Try it on a burger with caramelized onions; you'll thank me later. Want something a little bit lighter but still nutty-tasting? Go with a creamy French Comté.

Also on the more melty side of the cheese case are semi-soft cheese such as Fontina, Monterey Jack and Havarti, which are great flavor enhancers.

And you can't go wrong with classic white or yellow cheddar. The sharper (older) the better. The intense, grapefruity flavor of melted Cheddar pairs perfectly with just about every burger topping. I like Excalibur English Cheddar, but if I'm feeling patriotic, I'll go with an American artisan like Cabot, which is made in Vermont.

For a sweeter rather than savory burger, Dutch Gouda is a great choice. Young Gouda has a buttery, caramel-like flavor. As it ages, that caramel flavor subtly becomes more butterscotch-like.

If you're feeling adventurous, choose a bloomy or washed rind cheese. You can't beat the creamy, mushroom-like flavor of Brie or

the toasty, bacony meatiness of Taleggio. A trick for softer cheeses like Brie and Taleggio is to cut them while the cheese is cold. Then add the slices right at the end of cooking so they don't run too much.

Some cooks are afraid the flavor of bleu cheese will overpower the meat. Just watch how much you use, and you'll be fine. The classics (Stilton, Gorgonzola and Roquefort)

have their own flavor profile, as well as deep histories. English Stilton is drier and more piquant; Italian Gorgonzola is creamier but still tangy; cave-aged French Roquefort is made with sheep's milk, so it's the strongest of the bunch, and far more pungent and tangy on your tongue. If you're still hesitant, start with something mild like a crumbly Danish Blue or rich, creamy Saint Agur.

You don't typically find fresh goat cheese on burger menus because it won't give you that creamy melt. But goat cheese will get very soft, and it provides a flavor profile that's unmatched. I promise you the citrusy tang will not disappoint! Feta is primarily made from sheep's milk. It's salty and crumbly. Like goat cheese, it won't completely melt, but if you're making lamb burgers, there's nothing "betta" than Feta.

Now that you know how to choose the right cheese for your burger, go spread the word about the curd. ■



▲ Rouses cheesemonger Scott Page — photo by Romney Caruso





# Hold the Mayo

by Suzette Norris

**I**t's burger season. For some, that means that it's time to start thinking about condiments. For others, it's time to run. Ketchup, pickles and mayonnaise — they all have a superpower to unite or divide the cookout crowd.

Condiment divisiveness ran deep in our family. When just a girl, my mother ate an entire jar of mayonnaise in one sitting. At least that was the story she told us whenever we started lathering up our hamburger buns with Blue Plate. She got so sick afterwards, she never touched the stuff again.

Mayo makes my sister Christy gag too. The cause remains a mystery. When we were kids, one of my brother Michael's preferred tools of torture was a generous white dollop clinging to a spoon placed inches from Christy's nose. Decades later, we still get the urge to run towards her with a butter knife full of the stuff. Pitiless? Maybe,

but I believe the inclination to torment came from our confusion over her ability to enjoy potato salad, which is, of course, positively *laden* with the stuff. Say what? The contradiction spurred on our relentlessness.

Can science explain the desire to retch when traces of a misplaced pickle or tomato linger on the bun? According to a number of studies done during the past two decades, the act of cooking food can change that food's chemistry. In the case of tomatoes, there is an antioxidant called lycopene that seems to be affected by heat. Cook up the tomato, and a "mater hater" can handle it. But chemistry is only one of many factors that make up the complex science related to taste. Some studies suggest our likes and dislikes might begin *in utero* and are connected to what our mothers ate during pregnancy or while nursing.

Thankfully, a fresh generation of hamburger eaters has expanded the condiment culture — giving their picky counterparts new opportunities to change their ways and expand their horizons. In fact, in a National Restaurant Association (NRA) survey of nearly 1,300 professional chefs, house-made condiments ranked seventh on a list of 10 hottest trends. The survey, meant to provide insight into what drives customers through a restaurant door, reported that 68 percent

of the chefs viewed "craft" condiments — whether it be a special type of sriracha, mustard or a fancy mayonnaise — as a hot trend in 2017. And four craft condiments — sriracha, chili-infused honey, Worcestershire sauce and mayonnaise — were among the NRA's FABI Award recipients this year. The FABI, or Food and Beverage Award, recognizes food & beverage innovations across the industry.

And there's no need to get too fancy. A pinch of dill, basil or tarragon or a drop of fresh lemon or lime juice easily can transform a plain jar of mayonnaise or mustard into something special. A few more ideas for perking up mayo include adding a little sesame oil or mashing in some roasted garlic. But that's just a starting point — the possible add-ons are only limited by your imagination and what's on hand in your fridge. ■

**"If you've ever watched the TV show *How I Met Your Mother*, you've heard of the Olive Theory, which means that two people go well together if one likes olives and one hates olives. They balance each other out. I hate pickles. I'm not a huge fan of vinegary things, but pickles are the worst. My wife Elizabeth loves pickles, especially on hamburgers. We both like tomatoes, but we're split on mayonnaise. We're clearly meant to be."**

—Marc Ardoin, Rouses Corporate Chef



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# THE *Dog Days* OF SUMMER

by Marcelle Bienvenu





I've been teaching at the Chef John Folse Culinary Institute at Nicholls State University in Thibodaux, Louisiana, for close to nine years. Every year at the beginning of the semester, I try to engage the first-time students so I can get a feel for their backgrounds. For example, we play the game "Tell me what you eat, and I'll tell you where you're from." When someone says they eat fried fish with white beans and rice, I know immediately that they come from Lafourche, St. Charles or St. John the Baptist parishes. Those who *love* red bean gumbo probably come from St. James or Ascension parishes. Since Blue Runner Foods is based in Gonzales, I understand the locals' affection for the bean products of this company that has been in existence since 1918.

Another item that always comes up in our discussions is weenie spaghetti. Most of the students that hold this dish in high regard are from "down the bayou." Then I ask, "And where does 'down the bayou' begin?" That always stimulates a big discussion. Some say it starts at Mathews, others say Lockport and still others say Larose/Cut Off. Just for information purposes, the bayou to which we are referring is Bayou Lafourche, French for "the fork in a river or path." The bayou is 106 miles long and is flanked by Louisiana Highway 1 on the west and Louisiana Highway 308 on the east, and is often referred to as the longest Main Street in the world. It flows through parts of Ascension, Assumption and Lafourche parishes and is not to be confused with Bayou Terrebonne.

But back to our weenie spaghetti. I can't find very much culinary history about this dish, but I can only assume that it originated during the Great Depression, when money was tight and families had to do the best they could to provide protein in their cuisine. The preparation and ingredients are simple enough. The base of the dish is a red (tomato) gravy, probably introduced to the area by the Sicilians who settled in many of the communities along the Mississippi River and other waterways in Southeast Louisiana. Depending on who you talk to, the tomato ingredients can include canned whole or diced tomatoes, some tomato paste and sometimes tomato sauce. (These days, busy cooks opt for ready-made spaghetti sauce — Cajun Power, Sal & Judy's™, Prego® and RAGÚ® are popular products — in a jar.) Most of the time, the dish also includes chopped onions, bell peppers, garlic and celery — but again, it depends on the cook. The *most* important

ingredient, however, is the weenie — and everyone I talked to said the weenies must be red. According to one source, red weenies were the cheapest — so the cheaper, the better.

According to Emily Guidry, who is only a semester away from graduating from the Chef John Folse Culinary Institute and who polled some of her friends and family, the weenies *must be* red — each respondent mentioned that as a characteristic feature of weenie spaghetti. "Not one person gave me any measurements of the ingredients," Emily said.

Of course, that's not unusual for older family members. No one wrote down ingredients in the old days — cooking was done by taste, and amounts depended on how many mouths there were to feed.

Emily recalls, "My grandparents had a camp in Grand Isle, and my family spent many holidays and summers there. This was a constant favorite dish and was served often. When I was a little girl (34 years ago), I often ate weenie spaghetti with long spaghetti noodles. Now that I'm a mom, it's easier to serve with elbow noodles. I still make weenie spaghetti often. My kids love it, and I hope they pass it down to their children."

Here then is Emily's family recipe; she claims that most everyone she knows includes these same ingredients. ■

## Emily's Weenie Spaghetti

### WHAT YOU WILL NEED

Onions  
Celery  
Bell pepper  
Minced garlic  
Tomato sauce  
Diced tomatoes  
Tomato paste  
Tony Chachere's® Creole Seasoning  
Granulated sugar  
Salt  
Black pepper  
Elbow Macaroni, cooked according to package  
RED HOT DOGS (the cheaper, the better),  
cut crosswise into ½-inch slices

### HOW TO PREP

Sauté the onions, celery and bell peppers, then add garlic. Next, add all tomato products. Season with a little Tony Chachere's, and if it tastes too acidic, add sugar and let cook for a while. Emily cooks her sauce for as long as possible. After about 1 hour, she tastes it and adjusts seasonings, then 10-15 minute before she's ready to serve it, she adds the hot dogs to the sauce.

## Rock's Weenie Spaghetti

*My husband Rock decided to spend a recent rainy afternoon testing various versions.*

*Makes 6 to 8 servings*

### WHAT YOU WILL NEED

2 tablespoons olive oil  
1 cup chopped onions  
½ cup chopped bell peppers  
½ cup chopped celery  
2 tablespoons minced garlic  
2 (14.5-ounce) cans diced tomatoes  
1 (5-ounce) can tomato paste  
Tony Chachere's Creole Seasoning mix  
2 (14-ounce) packages red wieners,  
cut crosswise into 1-inch slices  
1 pound thin spaghetti, broken in half and  
cooked according to package directions  
Grated Parmesan cheese for garnish  
(optional)

### HOW TO PREP

Heat the oil in a large saucepan over medium heat. Add the onions, bell peppers and celery and cook, stirring, until soft and golden, 10 to 12 minutes. Add the garlic and cook, stirring, for 2 minutes.

Add the tomato ingredients and cook, stirring occasionally, for about 1 hour. Season to taste with Tony Chachere's, then add the wieners and cook for 10 minutes. Serve with spaghetti and garnish with Parmesan cheese if you wish.

Rock and I also tried a version using the recipe above, put rather than the numerous tomato products in the recipe above, we used a 24-ounce jar of Newman's Own® Marinara sauce because we had that on hand. (Needless to say, we ate weenie spaghetti for a few days.) We invited my 8-year-old great-nephew to blind taste test each version. He chose the one made with Newman's Own. You might want to concoct your own version, and maybe don't overthink it; folks seem to prefer it with jarred sauce.

**"No one wrote down ingredients in the old days — cooking was done by taste, and amounts depended on how many mouths there were to feed."**





## Eula Mae's Potato Salad

Makes about 16 servings

### WHAT YOU WILL NEED

- 1 tablespoon salt
- 5 pounds medium-size red potatoes, peeled and cut into quarters
- 1 dozen eggs
- ½ cup vegetable oil
- 1 teaspoon distilled white vinegar
- 2 cups Eula Mae's Homemade Mayonnaise (recipe follows)
- ¼ teaspoon cayenne pepper
- 1 teaspoon Tabasco® brand pepper sauce
- ¼ cup finely chopped sweet pickles
- 1 rib celery, chopped
- ½ medium-size green bell pepper, chopped

### HOW TO PREP

Fill a large, deep pot two-thirds full with cold water and bring to a boil. Add the salt and potatoes. Cover and cook over medium heat for 7 minutes, then add the eggs. Continue cooking until the potatoes are tender, about 10 minutes.

Remove the eggs and drain the potatoes. Peel the eggs and separate the yolks from the whites. Mash the yolks in a large bowl and stir in the oil and vinegar. Add the mayonnaise, cayenne and Tabasco.

Dice the potatoes and add to the mayonnaise mixture along with the pickles, celery and bell pepper. Chop the egg whites and add to the salad. Stir to mix. Refrigerate for 15 minutes before serving.

## Eula Mae's Homemade Mayonnaise

Makes about 2 cups

### WHAT YOU WILL NEED

- 2 large egg yolks, at room temperature
- ¼ teaspoon dry mustard
- ½ teaspoon salt
- ¼ teaspoon Tabasco brand pepper sauce
- 1 tablespoon distilled white vinegar
- 1¾ cups vegetable or olive oil

### HOW TO PREP

To make it by hand, combine the egg yolks, mustard, salt, Tabasco and vinegar in a medium-size mixing bowl and whisk to blend well. Add the oil, 2 tablespoons at a time, whisking in between each addition, until thick and smooth.

To make it in a blender or food processor, process the egg yolks for 30 seconds. Add the mustard, salt, Tabasco, and vinegar. Pulse several times to blend. With the machine running, slowly drizzle in the oil through the feed tube until the mixture thickens.

# 'TATER SALAD

by Marcelle Bienvenu + photo by Eugenia Uhl

Potato salad is the quintessential “side” for summertime barbecues, picnics, patio parties and just about any time you have something coming off the grill. You can bet that every family has their favorite recipe. I go on record as preferring chunky potato salad tossed with little else than chopped, hard-boiled eggs and homemade mayonnaise seasoned with salt and a heavy hand of freshly ground black pepper. Every now and then, I might add finely diced celery. I skip the green onions, sweet relish and yellow mustard. I also do *not* want chilled potato salad. I put everything in a salad bowl and dress it with the mayonnaise right before serving.

However, I have come to accept that everyone has their own preference when it comes to this popular Southern side. For example, a friend of mine leans to potato salad that has the look and texture of creamed potatoes. She uses Hellman's® Real Mayonnaise, to which she adds a couple of splashes of white vinegar and a pinch or two of sugar. While I adore a sandwich (like a Creole tomato and mayo one) slathered with Hellman's or Duke's®, I don't want either of them in my tater salad. And then, there are those who use salad dressing (think Miracle Whip), which I strongly eschew. Just so you know, mayonnaise is a simple mixture of eggs, oil, either vinegar or lemon juice, and spices, while Miracle Whip contains sweeteners such as high-fructose corn syrup and

sugar. But hey, if you like the stuff, go ahead and enjoy it.

Although I continue to rate *my* potato salad (learned from my mother) as still the best around, I do like Eula Mae Doré's version. Eula Mae (who passed away in 2008) was the McIlhenny family cook on Avery Island for 42 years. I tested recipes with her for her book *Eula Mae's Cajun Kitchen* (Harvard Common Press) and, while we worked side by side in the kitchen, I learned her tricks, techniques and style.

I remember well the day we tested her recipe for potato salad. It was late June, and she was preparing for her annual 4th of July celebration. Here is an excerpt from the book.

Eula Mae made me laugh one day when she told me she was going to show me how to make potato salad. I assured her that everyone made potato salad, although I did brag a bit on mine that is made with lemony homemade mayonnaise.

“Perhaps that's your secret, but I also have mine. I like to add a little vinegar to the salad to give a little jolt!”

And indeed her potato salad was delicious.

There are not too many gatherings on the Island where it isn't served. Eula Mae picks potatoes in the gardens on the Island when they are available, or chooses the best ones at the grocery store. The salad goes a long way when serving a crowd. ■



## Mama's "Wet" Potato Salad

Makes about 8 servings

### WHAT YOU WILL NEED

- 5 pounds red potatoes, scrubbed
- Salt, to taste
- 8 hard-boiled eggs,  
peeled and coarsely chopped
- Freshly ground black pepper, to taste
- Hot sauce

### OPTIONAL

- ¼ cup minced celery
- ¼ cup finely chopped green onions
- 2 tablespoons sweet pickle relish
- 2 tablespoons chopped flat-leaf parsley
- Mama's Homemade Mayonnaise  
(recipe below)

### HOW TO PREP

Boil the potatoes in salted water until fork tender. Remove from the heat and drain. Set aside to cool. When cool enough to handle, peel the potatoes and chop coarsely.

Put the chopped potatoes and eggs in a large serving bowl. Mama put them in layers (i.e., a layer of potatoes, a layer of eggs, sprinkles of salt and pepper, a dash of hot sauce, then continued the layering until all was used). Then add the mayonnaise and whatever condiments you wish and toss gently (so as not to break up the potatoes) to mix.

Mama never chilled the salad. The potatoes and eggs were at room temperature. The mayonnaise was chilled for about an hour or so, then immediately added to the salad right before serving.

## Mama's Homemade Mayonnaise

Mama made her mayonnaise by hand

### WHAT YOU WILL NEED

- 1 hard-boiled egg yolk
- 1 raw egg yolk
- 1 cup Rouses vegetable oil
- 1 tablespoon vinegar or fresh lemon juice
- Pinch of sugar
- Rouses salt and freshly ground black pepper

### HOW TO PREP

Blend the egg yolks together in a bowl. Slowly add the oil, about a tablespoon at a time, and beat well with a fork or wire whisk. Add the vinegar or lemon juice, sugar, and salt and pepper to taste. Chill for 1 hour before using.

# The Law of Slaw

by Kit Wohl

**C**oleslaw must be served cold, very cold. In fact, it's a lovely idea to chill the bowl and any serving plate along with the salad forks in the freezer for a few minutes, unless it is being offered at a picnic. If you're serving it at a picnic, it still must be cold, so plan on storing it in an ice chest. Warm coleslaw just won't cut it.

The key to the success of this dish is to cut the cabbage in large pieces and soak it in ice water in the refrigerator for four hours.

Discard any of the outer leaves of the cabbage that are wilted or discolored. Cut the cabbage in half from top to bottom and cut out the core. Put each half, cut side down, on the cutting board and cut into ½-inch slices. Put the cabbage in a large bowl, cover with cold water and ice cubes, and refrigerate for four hours. It may seem like too much chilling, but I promise: It makes a world of difference in the taste.

To prepare, mix the mayonnaise, sour cream, fresh and powdered gingers, and mustard in a bowl. The seasonings bring this coleslaw from ordinary to extraordinary flavor levels. Drain the cabbage very well and mix thoroughly with the sauce. Season with salt and pepper to taste. Add the tomatoes and yellow peppers, and toss lightly. Refrigerate

covered for at least two hours, stirring twice, to achieve perfect flavor and texture. And of course, serve *very* cold. ■

## Cold Coleslaw

Serves 4 to 6

### WHAT YOU WILL NEED

- ½ cup Hellman's®, Blue Plate® or homemade mayonnaise
- ½ cup sour cream
- 1 tablespoon finely chopped fresh ginger
- 1 teaspoon powdered ginger
- 1½ teaspoons dry mustard
- 1 head green cabbage, shredded
- 1 cup sliced cherry tomatoes
- ½ cup sliced yellow peppers
- Salt and freshly ground black pepper, to taste

### HOW TO PREP

To prepare, mix the mayonnaise, sour cream, fresh and powdered gingers, and mustard in a bowl. The seasonings bring this coleslaw from ordinary to extraordinary flavor levels. Drain the cabbage very well and mix thoroughly with the sauce. Season with salt and pepper to taste. Add the tomatoes and yellow peppers, and toss lightly. Refrigerate covered for at least two hours, stirring twice, to achieve perfect flavor and texture. And of course, serve *very* cold.





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### Beef Fajitas

- 8 oz John Soules Foods Beef Fajitas, thawed
- 1 Sliced Pepper (green, red, yellow or combination)
- 1 Sliced Onion
- 1 cup Shredded Cheese
- 1 cup Topping (salsa, guacamole, sour cream or combination)
- 4-6 Tortillas (flour or corn)
- 1 tbsp Olive Oil

Heat the olive oil in a large skillet over medium high heat. Add the John Soules Foods Beef Fajitas and cook until 160°F. Add peppers and onions and cook for an additional 2 minutes. Remove from heat.

Take the remaining ingredients and place on serving platter. Place cooked meat, peppers and onions on serving platter. Fill tortillas with desired ingredients. Serve.



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# Healthy SIDEKICKS

by Judy Walker + photo by Romney Caruso

**H**ere's a little secret: It's easy to make healthier dishes. My daddy didn't want lower-sodium bacon or low-fat mayonnaise or healthy anything, really. Mama simply served the would-be offenders to him anyway and hid the containers. If you don't make a big deal out of it, nobody will even know you are improving their diet. Some simple changes can get you to that point. Here are some of my favorites.

For years, I made a blue cheese coleslaw that had been featured at a long-closed restaurant in another state. Recently, I've been making it with feta cheese instead. Like blue cheese, feta has a ton of tang, but with about 25 percent fewer calories and a bit less fat.

Another thing that makes it better for you is using Greek yogurt in place of most of the mayonnaise. This miracle ingredient can be substituted for at least half the mayonnaise and/or sour cream in a variety of recipes. In general, you only need a couple of tablespoons of full-fat mayonnaise, sour cream or even low-fat sour cream to give the dish smoothness and the expected flavor,

while substituting yogurt for the rest of the fattening ingredient. I've had great luck with plain Greek yogurt and even nonfat yogurt.

Another favorite coleslaw is my adjusted version of my Granny Trower's old-fashioned staple. Into about a third of a cup of mayonnaise, I stir an equal amount of plain Greek yogurt, a tablespoon or so of seasoned rice wine vinegar, a pinch of Splenda (or sugar or other sugar substitute) to balance the flavor and a generous amount of celery seeds (the old-school ingredient). Pour this over a bag or two of shredded cabbage, shredded carrots, and maybe julienned red and green bell peppers.

The lesson from these two dishes is that the feta and the celery seed provide big flavors that make up for the underlying improvements in calorie and fat counts.

For years, writers of healthy recipes have preached the virtues of using fresh herbs as seasonings. A tablespoon or three of fresh chopped parsley, basil, cilantro, dill or whatever is growing in your herb patch (in my case, garlic chives that survive

everything) add so much fresh flavor that they are worth the effort to buy and/or grow. A platter of thick Creole tomato slices generously sprinkled with fresh herbs, then drizzled with two tablespoons of olive oil and a couple of teaspoons of wine vinegar, plus fancy salt (like pink Himalayan) and freshly ground pepper, is always a good addition to the menu at casual gatherings. Pretty, too.

If fresh herbs have the bad habit of turning black in the refrigerator before you get to them, try this: Trim the stems a bit and put them in a small glass of water, then cover the glass with the plastic produce bag the herbs came home in. Put this mini-terrarium back in the fridge in a prominent place, to remind you to use the herbs.

Or try chopping twice as many fresh herbs as you need, and package half in a zip-top sandwich bag, pressing out all the air before closing. When you make guacamole two days later, the cilantro is ready to add.

The Greek yogurt trick works well with deviled eggs, by the way. And try it with your favorite potato salad recipe and tell me what





Another tasty yet healthy dish is cauliflower “tots”—shredded cauliflower, combined with egg and cheese and packed into mini-muffin tins, then baked. However, they’re hard to get out of the tin when cooled, so they need to be reheated before serving.

Forget that. In Pelican Publishing’s new *Skinny Louisiana ... in the Kitchen* by registered dietitian Shelly Marie Redmond, there is a recipe for Cajun Parmesan cauliflower bites that’s become one of my new family favorites. It coats small florets with Parmesan, panko bread crumbs and crushed Fiber One® cereal.

Redmond finds Fiber One cereal a great way to reduce the net carbohydrate count in many of her recipes, due to its high fiber count, she writes. “Use in your own recipes by replacing half the all-purpose flour or bread crumbs with crushed Fiber One.” This particular recipe would be a great healthy side to serve with burgers.

The recipe produces nuggets with a crisp exterior and soft centers, and it’s an easy way to get the crunchy texture of fried food without frying. The second time I made it, I just put the Fiber One cereal in the food processor with half the panko, shredded Parmesan and the seasoning. (My version of her recipe accompanies this story.)

One thing that cauliflower doesn’t do well is imitate potatoes in traditional potato salad, as I learned when attempting to try it with a favorite Cajun potato salad recipe. Cooked potatoes will absorb a dressing, which I couldn’t coax steamed cauliflower nuggets to do.

Then I had a brainstorm. A friend in Oklahoma used to make potato salad with mashed potatoes, similar to the New Orleans Creole style of potato salad.

After a most satisfying lunch at the newly reopened Dunbar’s Creole Cuisine, the excellent potato salad I enjoyed inspired me to make a similar mustardy version using cauliflower. If you want to try this, there are a few little tricks to know. The cauliflower must be thoroughly cooked until it’s easily pierced with a fork. And drain it very well; excess liquid makes “fauxtato” salad too loose and soupy.

For the same reason, don’t overdo the dressing. I mixed teaspoonfuls of yellow ballpark-style mustard, Greek yogurt and mayonnaise with a generous amount of Creole seasoning and garlic powder, to be mixed with the mashed cauliflower. Finely

chopped red onion, bell pepper, celery and parsley gave it crunch and color. Then I added more mustard, a half teaspoon at a time, until I had the flavor I wanted.

“This doesn’t have potatoes?” I was happy to hear at dinner.

My recipes for baked onion rings and the cauliflower tots are prepared, like most fried things, with a dip in eggs to help the panko bread crumbs and seasonings adhere to the vegetables and for a crispy batter. Here, I found tools purchased long ago for candy making were useful. A long, skinny, two-pronged fork and a loop on a long handle were very helpful to fish vegetables out of the egg and plop them into the panko mixture.

Those are my healthy-eating hacks. You’re welcome. ■

### > **Epicurious**

*My Rouses Everyday* writer and Rouses website recipe editor Judy Walker, long-time food editor of *The Times-Picayune*, was recently included in *Epicurious’* list of *The 100 Greatest Home Cooks of All Time*. Walker co-authored *Cooking up a Storm: Recipes Lost and Found from The Times-Picayune of New Orleans*, with another *My Rouse Everyday* contributor, Marcelle Bienvenu.

## **HEALTHY SIDE DISH RECIPES** **from JUDY WALKER**

### **Feta Cheese Coleslaw** **with Green Onions**

*Makes 10 to 12 servings*

#### **WHAT YOU WILL NEED**

- 12 cups finely shredded cabbage (about half a large head of cabbage)
- ½ cup nonfat yogurt
- ½ cup mayonnaise
- 1 teaspoon salt
- Crystal® Hot Sauce
- Freshly ground black pepper
- ½ cup crumbled feta cheese
- 1 bunch green onions, chopped (both green and white parts)

#### **HOW TO PREP**

Put the cabbage in a large bowl. In a large measuring cup, combine yogurt, mayonnaise, salt, Crystal Hot Sauce and lots of black pepper. Mix well. Pour over the cabbage and sprinkle with feta cheese and green onions.

Toss thoroughly. Refrigerate until serving. Keeps well.

you think. You can also use Greek yogurt as a substitute for richer dairy products in desserts, as well as to replace heavy cream in pasta recipes.

We should also talk about the latest ragingly popular healthy vegetable: cauliflower. My husband hasn’t eaten carbohydrates for more than a decade. If I had kept track of how much cauliflower I’ve cooked in that time, it would fill a semi truck — or maybe two.

And the past couple of paleo-centric years have ramped up cauliflower appreciation to a whole new level. I love that I can now buy riced cauliflower — already cut into the shape of rice! How convenient! Any time we need a little bit of faux “rice” under a stir-fry, I just put a cup or so into a small dish with a tablespoon of water, cover it and microwave it for a couple minutes. So easy and so good.

Of course, Pinterest is all over the cauliflower hacks. Cauliflower pizza crust. Cauliflower breadsticks. I’m not immune to the craze, as a photograph of a cauliflower “grilled cheese sandwich” on my iPhone attests. (Honestly? It was just okay.)





## Crispy Oven-Baked Onion Rings *Makes 4 servings*

*These onion rings are just as addictive as fried ones and, similarly, they are best enjoyed while hot. Arrange them on a sheet pan covered in parchment, put them into a hot oven, and keep an eye on them to make sure they don't get too brown. You may not even need to turn them over.*

### WHAT YOU WILL NEED

- 2 cups all-purpose flour
- 2 teaspoons Creole seasoning (such as Tony Chachere's)
- 1 teaspoon smoked paprika
- 1 cup buttermilk (or 1 cup milk plus 1 tablespoon vinegar or lemon juice)
- 2 eggs
- 2 cups panko bread crumbs
- 2 tablespoons olive oil
- 2 large yellow sweet onions, cut in ¼- to ½-inch slices

### HOW TO PREP

Preheat oven to 450 degrees Fahrenheit. Line 2 baking sheets with foil or parchment paper.

In a small bowl, combine flour, 1 teaspoon Creole seasoning and paprika. Stir to mix well.

If using milk with vinegar or lemon juice, combine them in a large measuring cup and let sit five minutes. Then, mix sour milk or buttermilk and eggs, whisking well to combine. Spoon half the flour mixture into this milk and egg mixture. Beat until smooth and thick.

In another flat, shallow plate, combine panko, olive oil and remaining 1 teaspoon salt.

Separate the onion rings. Lightly dredge one onion ring in the seasoned flour, then drop into the buttermilk batter. Lift the ring and let excess drain, then dredge in the panko. Put the onion rings on the prepared pan in a single layer.

Continue with onion rings, putting smaller ones inside larger ones on the pans, not touching. Eventually, the panko mixture may need patting onto the battered rings.

Bake 14 to 20 minutes. Check halfway through. If needed, flip onion rings to cook crisply on each side. If they look like they're browning evenly on the top and bottom, this step may be skipped.

Cook until golden brown. Serve hot.

## Cajun Parmesan Cauliflower Bites

*Makes 4 servings*

*Shelly Marie Redmond's Skinny Louisiana ... in the Kitchen (Pelican Publishing) includes a couple of recipes using Fiber One® cereal to lower the carbohydrate count. It's an unexpectedly genius idea. For best results use small cauliflower florets, about 1 inch, to get more crunch per bite.*

### WHAT YOU WILL NEED

- ¾ cup panko bread crumbs
- ¾ cup Fiber One cereal
- ½ cup grated Parmesan cheese
- 1 teaspoon Creole seasoning, such as Tony Chachere's
- ½ head cauliflower, cut into bite-size florets
- 2 eggs

### HOW TO PREP

Preheat oven to 400 degrees Fahrenheit. Line a baking sheet with parchment paper or nonstick foil.

In a food processor, pulse half the panko, cereal and Parmesan until the mixture is finely ground. Pour into a medium bowl. Mix in remaining panko and the Creole seasoning.

Whisk eggs in a small bowl. Dip cauliflower pieces into egg and then roll in panko mixture. Place on prepared baking sheet. Bake for 25 to 30 minutes, until golden brown and crunchy. If desired, serve with catsup, ranch dressing, remoulade or another favorite sauce.





# Make Room for 'SHROOMS

by Esther Ellis, RD, LDN

**I**n the world of dietitians, we're always trying to come up with ways to increase vegetable intake for anyone and everyone. I can't tell you how many times someone opens up the conversation with, "I don't eat vegetables, and I never will." If you know someone like this, perhaps a husband, wife, child or anyone else, I have a secret that will rock your world; it's called "the blend."

The blend is a very simple yet effective concept: mixing finely chopped mushrooms with ground meat. Don't like mushrooms? Don't worry, because you can't tell the difference — I promise! With my own eyes, I've seen a mushroom hater unknowingly eat it and like it (gasp!).

Let's pause and consider mushrooms before I receive an email telling me mushrooms aren't vegetables. Technically, a mushroom isn't a vegetable because it doesn't have any leaves, roots or seeds, and it doesn't need light to grow. It's a fungus. But, the USDA does classify mushrooms as vegetables because they provide many of the nutritional properties of vegetables. So let's practice suspension of disbelief and move forward with the thought that mushrooms are vegetables here.

Incorporating the blend into your ground meat recipes has numerous benefits. By mixing mushrooms with meat, you're adding more plant-based foods to your diet, which is always a good thing. Adding mushrooms can also reduce food costs in most cases, since meat tends to be higher in price than other grocery items, including mushrooms. This extends your portion of meat, making less go a longer way. Using the blend means lower saturated fat, calories and sodium content, and it has the added benefit of keeping the burger juicy.

The blend involves three easy steps:

1. *Chop your favorite mushrooms to match the consistency of ground meat.*
2. *Blend the chopped mushrooms with the ground meat.*
3. *Cook the mushroom-meat blend to complete the recipe.*

Depending on the dish, you may want to switch up your ratio of mushrooms to meat. For burgers, aim for a 30:70 ratio of mushroom to meat to keep the proper

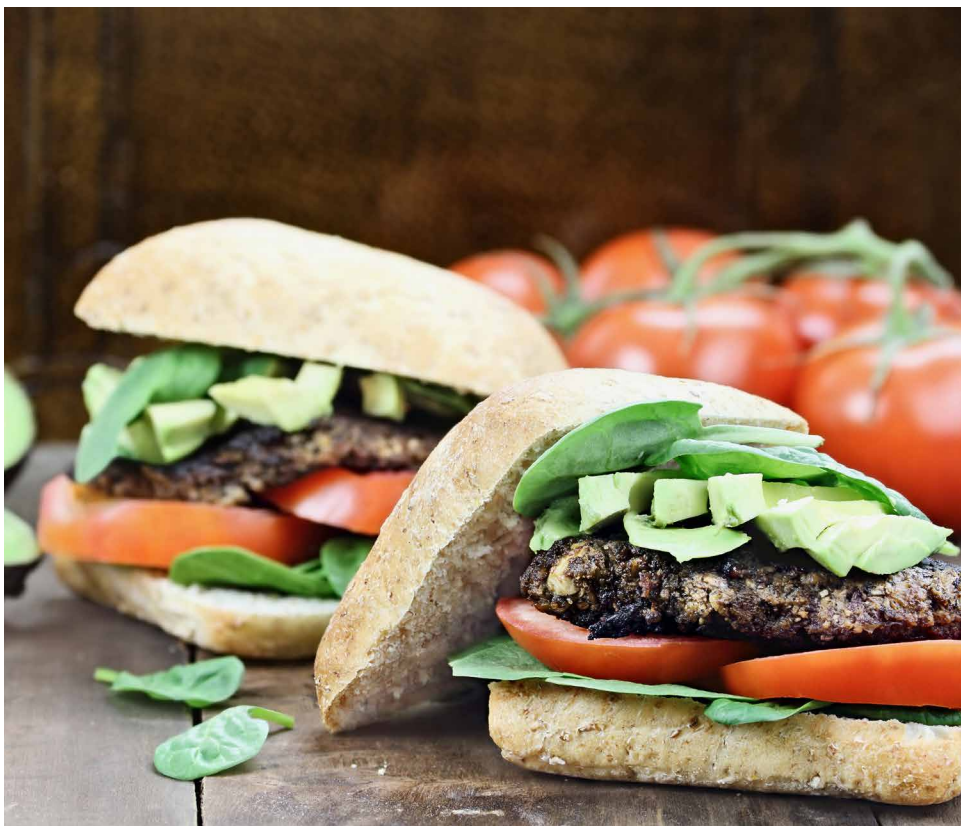
consistency. The same is true for meatballs and meat loaf. Sloppy joes, tacos and burritos should have a 40:60 ratio, whereas chili and sauces are fine with a 70:30 ratio. Make it even more flavorful by roasting the mushrooms for 15 minutes before you chop and mix them.

Now that you've been enlightened by the blend, go forth and use the knowledge for good. Try it on an unsuspecting mushroom cynic. Share this simple trick with your friends and send me your results at [eatright@rouses.com](mailto:eatright@rouses.com)! Can't wait to see your results! ■

## ➤ #BlendedBurgerProject

*Three Baton Rouge chefs, Ryan Andre of City Pork Brasserie & Bar, Sean Rivera of Driftwood Cask & Barrel, and Sydney Harkins of Noble Wave took home top honors at the recent Blended Burger Battle™ at Central City BBQ in New Orleans. The event was part of the James Beard Foundation's Culinary Fight Club. The chefs' winning burger — made with king oyster and shiitake mushrooms, charred jalapeños, poblano peppers and bacon — earned them a chance to compete at the World Food Championships in Orange Beach, Alabama in November.*

*Now seven local restaurants are competing for votes in the third annual James Beard Foundation Blended Burger Project. Votes are based on creative use of mushrooms, flavor profile, and appetizing appearance. The blended burgers will be served at City Pork Brasserie & Bar in Baton Rouge, Social Southern Table & Bar in Lafayette, Vega Tapas Café in Metairie, Brown Butter Southern Kitchen & Bar and Revel in New Orleans, the Villaggio Grille in Orange Beach, and the Beau Rivage Resort & Casino in Biloxi through July 31, which is when voting ends. You can vote online at [www.jamesbeard.org/blendedburgerproject/vote](http://www.jamesbeard.org/blendedburgerproject/vote).*







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# Flipping Out

*with Crescent Dragonwagon*





“The world’s turned upside-down,” we say, shaking our heads over the news when it’s particularly unusual or crazy, which lately seems to be more often than ever.

It’s hard to remember in such discombobulated times, but upside-down-ness does have its joyful sides. Consider children somersaulting across a green lawn or hanging from playground monkey bars, cheerleaders cartwheeling on a brisk fall day, dizzying topsyturvy rides at the county fair. Think of lean yoga instructors doing headstands and handstands with seemingly calm effortlessness.

And then there’s dessert. When it comes to dessert, a certain miracle of upside-down-ness takes the cake. And this miracle can happen with yoga-like calm effortlessness. Upside-down cakes are easy. Their putting-together is easy. Their batter is easy. Decorating them (because their topping is inherent — no frosting necessary) is super-easy. Cleaning up from them (because there are so few dishes to wash) is easy. Even flipping them out of the pan — the idea of which might inspire trepidation until you have actually done it — is also easy.

Easy, yet showy. And definitely delicious. Though we all know the canned pineapple/maraschino cherry version, upside-down cakes happily accommodate almost any fruit from orchard or garden, fresh, canned, dried or in combination. And not just accommodate — when the fresh seasonal fruit, a bit tart and textural, replaces canned pineapple, the swoon factor is greatly amplified, adding a new dimension to the already appealing single note of sweet, jammy, caramelized goo.

All these cakes do start with a layer of fruit in this goo: a sweet, syrupy, buttery glaze in the bottom of a heavy pan or skillet. Over this, a good from-scratch, but not elaborate, cake batter is poured. After baking, in a culinary sleight of hand that is not without drama (though, again, it’s easy — I promise), the whole is flipped — literally reversed out onto a serving plate. *Voilà!* The fruit underneath is now a gloriously attractive topping, its glossy prettiness one you might expect to see in the window of a French *pâtisserie*.

In fact, though what we think of as upside-down cake is an American invention, its conceptual origins may lie in France,





perhaps with a beginning like the following delightful piece of upside-down apocrypha.

The story begins one exceptionally busy day at a small inn, about a hundred miles south of Paris. This *auberge*, called Hôtel Tatin, was run by two sisters, Stéphanie and Caroline Tatin. Stéphanie, who did the cooking while her sister worked the front of the house, got distracted in the midst of her pie preparations and allowed the apples she was sautéing in butter and sugar to cook on the stove a tad too long. She smelt the distinctive fragrance of sugar caramelizing, turned — *zut alors!* — and snatched the pan from the heat. She then attempted a quick save (I have worked in restaurants on busy nights and am familiar with such Hail Mary maneuvers) by placing a round of what would have been the bottom pastry crust *on top of the skillet of apples*. She then whipped the whole shebang into a hot oven and let it bake until the crust was golden-brown. When she removed it, in a necessity-is-the-mother-of-invention move, Stéphanie took her chances and flipped the still hot tart onto a plate. It left the baking dish, the same skillet in which she had almost but not quite burnt the apples, effortlessly. A legend — what is known as *tarte tatin*, now ubiquitous throughout France — was born.

But that, remember, was an upside-down *pie*. The pastry was crisp, buttery and unsweet. Not so our version. Upside-down *cake* is definitely American and is, I think, more interesting. We tend to think of this cake as old-fashioned, but it only goes back a few generations — to 1924, when the

recipe was first published in a Seattle fundraising cookbook. Several versions followed, including one in a 1925 Gold Medal Flour ad. But its appearance in a 1936 Sears Roebuck catalog is probably what fixed it as a jewel in the crown of American home baking.

And, as one bite of this non-pineapple upside-down cake will show you, it deserves every sparkle of its acclaim.

Now, this version of upside-down cake is a little less glamorous visually than its cousins (the blueberries and blackberries in the topping come out less like a stained-glass window and more like a shiny layer of blueberry pie filling). But in featuring a panoply of summer berries, it overcompensates for its less decorative looks with its extraordinary flavor. In addition to the aforementioned berries in the reversed-out topping (which, like all such cakes, begins at the bottom), the moist, nutmeg-scented cake batter itself is dotted with fresh raspberries. It is so good that no gussying up is required. It would actually be a distraction. Trust me on this; no vanilla ice cream, no whipped cream. Just enjoy it as is, with either coffee or a glass of cold milk. The cake is especially delicious when still slightly warm.

If there is any left over by the next morning (unlikely), it is pretty much guaranteed that there will be fighting over who gets the last piece at breakfast. And if you find yourself hankering for it in winter, try substituting fresh cranberries for the blueberries and blackberries, and a cup of pomegranate seeds for the raspberries. ■

## Berry-Basket Summer Upside-Down Cake

Makes six to eight slices

### WHAT YOU WILL NEED

#### TOPPING AND FRUIT

- Cooking spray
- 2 tablespoons butter
- ⅓ cup firmly packed brown sugar
- 1 pint fresh blackberries
- 1 pint fresh blueberries

#### CAKE

- ¼ cup butter, softened slightly
- 2 tablespoons mild vegetable oil
- ½ cup sugar
- 1 egg
- 1½ teaspoons vanilla extract
- ½ teaspoon almond extract
- 1½ cups unbleached flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ⅛ teaspoon freshly grated nutmeg
- ⅔ cup buttermilk
- About 1½ cups fresh raspberries

### HOW TO PREP

Preheat oven to 375 degrees Fahrenheit. Spray a cast-iron skillet with cooking spray, and melt the butter in it. Sprinkle the brown sugar evenly over the melted butter. Scatter blackberries and blueberries evenly over this (in this case design doesn't matter, for the fruits blend and melt into one another). Set the prepared pan aside.

Cream together, using a handheld mixer, the butter, oil and sugar. When the mixture is smooth and a little fluffy, beat in egg and extracts.

Combine and sift together the flour, baking powder, baking soda, salt and nutmeg. Add about half the flour mixture to the butter-sugar mixture, beating on lowest mixture setting until just combined. Add half the buttermilk and beat it in. Repeat these steps with the remaining flour mixture and buttermilk. Remove beaters, scraping off as much batter from them as possible.

Then, working very gently with a spatula and using as few strokes as possible, stir the raspberries in, trying not to crush them.

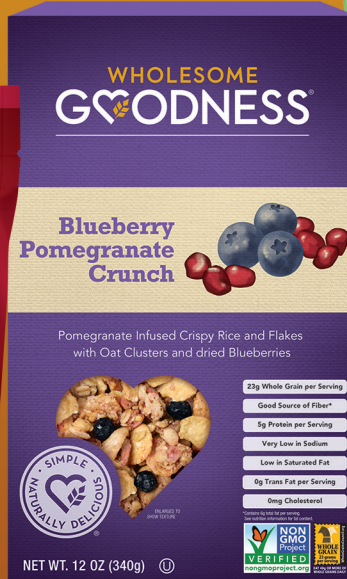
Scrape the batter on top of the prepared berries in the skillet. Transfer the skillet to the oven, and bake until the top is golden brown and the sides bubbly; check the cake at 25 minutes, but it'll probably take between 30 and 35 minutes to reach perfection.

Remove from the oven, let cool 5 minutes, and reverse out onto a serving platter.



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