



FOOD CULTURE JUSTICE

The Gumbo That
Unites Us All

NEW ORLEANS, LA
OCTOBER 16-19, 2010

A Local's Guide to New Orleans: What to Do, Where to Go, and most importantly, *What to Eat*

All of us on the local host committee hope you have a wonderful time in our great city. New Orleans is home to some of the best food and nightlife in the nation. For fun times beyond Bourbon Street, check out these recommendations from locals. Need more information? Just ask! We're friendly.

WHERE & WHAT TO EAT

organized by neighborhood

Restaurant price information and reviews are available on Yelp.com, Citysearch.com, or your favorite review website. For those with dietary restrictions, see the Gluten-free, Vegetarian & Vegan Dining Guide.

French Quarter

Walking distance from the Sheraton

Green Goddess * **307 Exchange Place**

Recommended by many, loved by all, this tiny restaurant features one of the most creative cocktail menus in the entire city (Alli recommends the "Solidarity Sunshine"). Vegetarian-friendly.

Iris **321 N Peters**

Chef Schnoebelen was named one of the 10 Best New Chefs by Food and Wine magazine in 2007. Deb recommends the Fois Gras Ballotine, Smoked Duck Confit, and Vegetable Lasagna.

Bar Tonique **820 N Rampart**

Try the Fringe Quarter Martini, or The Saint Claude.

Lafitte's Blacksmith Shop **941 Bourbon St**

Lafitte's is the oldest building to house a bar in the US – nearly 300 years old. Head on in and order "an Amber," which will mean an Abita Amber, our local brew.

Angeli on Decatur * **1141 Decatur St**

Veggie friendly and open late, this is the perfect place to stop in for an eggplant sandwich after a long night at the bars. CASH ONLY

Johnny's Po-Boys **511 St Louis St**

Darlene recommends the "egg on French" with Crystal hot sauce.

Downtown/Central Business District

Walking distance from the Sheraton

Mother's **401 Poydras St**

Order the Ferdi special, an enormous poboy that's worth the wait. Don't go during a normal lunch time if you're in a hurry – the wait is always out the door.

Riomar **800 S Peters St**

Deb recommends Riomar's signature ceviche tasting, featuring four different kinds.

Cochon & Cochon Butcher **930 Tchoupitoulas St**

Chef Donald Link is a Beard award-winning chef who brings Cajun flavors and housemade charcuterie to New Orleans. Try the oyster and bacon sandwich at Cochon, or head next door to Cochon Butcher to try their bar specials, order a glass of wine, and get a cookbook and some housemade chow-chow to take on the plane home.





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Downtown/CBD (continued)

Domenica * **123 Baronne St** *in the Roosevelt Hotel*

A (vegetarian-friendly) Chef John Besh restaurant. Order some pizzas to-go (linger in the gorgeous hotel lobby on your way in to pick them up) then walk to the riverfront and eat them along the Mississippi. If you're dining in, make sure to order a Salumi & Formaggi plate with torta frita, and don't miss the Stracci pasta.

Lucy's Retired Surfer Bar & Restaurant **701 Tchoupitoulas St**

Great place for drinks. Drew Brees stopped in here after the Super Bowl.

Café Adelaide **300 Poydras St** *in the Loews Hotel*

Take a seat at the bar and sample their signature drink, the Adelaide Swizzle.

Circle Bar **1032 St Charles Ave** *on Lee Circle*

If Frenchmen Street's too crowded, try for some local indie music at Circle Bar.

Marigny/Bywater (*partially walking distance/for further locations a cab is recommended*)

Frenchmen Street is the must-visit place for live music in New Orleans. In three blocks there are a couple dozen venues that have great live music, including Blue Nile, Café Negril, d.b.a., Snug Harbor, Spotted Cat, Apple Barrel, and more. Check WWOZ's music calendar online at wwoz.org or listen to 90.7 FM at the top of every hour for the Livewire to see who's playing. (Look for John Boutte at d.b.a. on Saturday nights – he sang the theme song to HBO's Treme)

Satsuma * **3218 Dauphine St**

Local, fresh ingredients, for breakfast and lunch. Vegetarian-friendly.

Mimi's in the Marigny **2601 Royal St**

One of the top-rated bars in New Orleans. The main floor has pool tables and a great jukebox, and upstairs, DJ Soul Sister spins old-school funk and soul on Saturday nights. The tapas menu is great, too – don't miss the mushroom manchego toast.

Sukho Thai **1913 Royal St**

Located just off Frenchmen St, Michael recommends you eat here, then head out for a night of great live music. Sukho Thai has great seafood specials.

Bacchanal * **600 Poland Ave** *cab distance*

Live music, outdoor courtyard, great food, beaucoup wine. This place is quintessential New Orleans. Don't miss it, especially on Sunday nights for the Backyard guest chef menus (as seen on HBO's Treme). Or bring a group of new friends from the conference and order a cheese plate to share. Vegetarians should try the Holyfield sandwich off the deli menu.

Vaughn's **800 Lesseps St** *cab distance*

Kermit Ruffins plays here every Thursday, and on other nights, it's a neighborhood bar.

Cake Café **2440 Chartres St**

Alicia recommends the shrimp and grits at this neighborhood bakery and café.

Mardi Gras Zone **2706 Royal St**

Open 24 hours, part Mardi Gras supply warehouse, part grocery store, 100% New Orleans. You have to see it to believe it.





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Uptown (*Many parts accessible by either the St Charles streetcar or the Magazine bus*)

Dante's Kitchen **736 Dante St**
two blocks from the streetcar

Dante's menu proudly features local, fresh ingredients. Deb says, "If they have the molasses spoonbread, you're in for a real treat." Amazing brunch menu.

St. James Cheese Company **5004 Prytania St**

Come for a cheese plate and sit on the porch, or take some sandwiches (the Smokey Blue is amazing) to go and eat them in Audubon Park.

Le Bon Temps Roule **4801 Magazine St**

This is Alli's favorite bar in New Orleans. An underrated beer selection (try the Andygator on tap), fantastic jukebox, and fascinating clientele make it a classic neighborhood bar. The Soul Rebels play here Thursday nights – they're a top local brass band. Open 24 hours!

The Delachaise **3442 St Charles Ave**

Huge selections of specialty beers, wines, liquors, and the serve great food, too.

Stein's Deli **2207 Magazine St**

New Yorkers might be unimpressed, but we love Stein's for its vast selection of bottled beer, specialty groceries, and deli sandwiches.

Maple Leaf Bar **8316 Oak St**

Tuesday night is Rebirth Brass Band night, while Sundays feature the Joe Krown Trio, Walter "Wolfman" Washington, & Russell Batiste. \$8 includes boiled shrimp.

Creole Creamery **4924 Prytania St**

The flavors change regularly, but this local ice cream shop is a consistent favorite. Their unusual flavors

often become favorites. For example, new flavors this week were Strawberry Basil Sorbet and Goat Cheese & Mission Fig.

Mat and Naddie's * **937 Leonidas St**
Vegan friendly! Great lunch buffet, too.

Mid-City (*take the Canal streetcar, or catch a cab*)

Huevos and Crescent Pie & Sausage Co.
4408 Banks St & 4400 Banks St

Huevos is a favorite breakfast spot and always features an omelette made with local farmers market vegetables. Crescent Pie & Sausage always has house-made meat pies and the best jambalaya in town.

Mandina's **3800 Canal St**

A classic neighborhood Creole/Italian restaurant that makes the "favorites" list for everyone in Mid-City. Ask your server for menu recommendations. CASH ONLY

Ruby Slipper **139 S Cortez St**

Hugely popular, so expect a wait – but this place is worth it, especially for brunch on the weekends.

Katie's **3701 Iberville St**

This neighborhood classic just came back after a post-Katrina hiatus. Don't miss the Atchafalaya pizza, the Cuban sandwich, or the eggplant fries.

Juan's Flying Burrito **4724 S Carrollton**
at Canal

Delicious and locally owned, Juan's is a great place to share margaritas with friends. Menu favorites are the Jerked Nachos and the Pork 'n' Slaw Tacos. Vegetarian and vegan items, too





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Vietnamese Cuisine – Off the Beaten Path

Nine Roses (Hua Hong 9) 1100 Stephens St,
Gretna LA
on the West Bank

Order the #9, shrimp paste on sugar cane, and a banh xeo. Trust us.

Tanh Dinh 2005 Belle Chasse Hwy
Gretna LA
on the West Bank

This place has the best chicken wings on Planet Earth. Order a sticky rice cake platter with the chicken wings, and prepare to have your mind blown.

Dong Phuong Oriental Bakery

14207 Chef Menteur Hwy
New Orleans East

A twenty-minute drive from downtown, but the banh mi are world-class and they only cost about \$3 a piece. Rolled pork is the safe pick, but the more adventurous should try the liver paté.

HOW TO GET AROUND

transportation options

Bicycle

One of the best ways to see the city. You can rent bikes at one of the following locations:

Bicycle Michael's

Rents city hybrids, mountain bikes, road bikes, off-road mountain bikes, and tandems for \$10/hr, \$25/day, or \$100/5 days. No advance reservations.

Hours: Mon-Saturday 10am-7pm, Sunday 10am-5pm, closed Wednesdays

Phone: (504) 945-9505

Location: 622 Frenchmen Street, in the Marigny (just outside of the French Quarter)

Directions: 5 minute drive from the Sheraton or 20 minute walk. Walking directions from Sheraton: <http://bit.ly/bNC5Wt>

Confederacy of Cruisers

Rents cruiser bikes for \$25/day or \$125/week. Reservations recommended. Call for additional info: (504) 400-5468

Bus/Streetcar

New Orleans Regional Transit Authority provides public transit services in and around New Orleans through the Street Car and bus lines. The closest line to the Sheraton Hotel is the Canal Street streetcar; base fare is \$1.25, and transfers are \$0.25. You can also purchase a day pass for unlimited transit use:

1-day VisiTour pass: \$5.00; 3-day VisiTour pass: \$12.00; 5-day VisiTour pass \$20.00

For more information, please visit www.norta.com

Taxi

United Cabs Inc. (504) 522-9771

New Orleans Carriage Cab (504) 684-4440

American Taxi (504) 299-0386

Alliance Cab Service (504) 872-0221

Checker Yellow Cabs (504) 525-3311

Liberty Bell Cab (504) 821-8222





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ATTRACTIONS

Gretna Farmer's Market

Date to Go: Saturday, October 16th ONLY

Hours: 8:30am-12:30pm

Location: 300 Huey P. Long Ave. Gretna, LA

Directions: Walk to the foot of Canal Street and take the ferry to Gretna!

Southern Food & Beverage Museum

(part of the Central Business District Walking Tour)

Special Events: October 16th 2-3pm Belinda Hulin book signing of 'Roux Memories: A Cajun-Creole Love Story with Recipes'

Hours: Mon-Sat 10am-7pm, Sunday 12-6pm

Price: \$10 gen admission (\$5.00 for Conference Attendees with their badges)

Address: Riverwalk Mall, 100 Julia Street

Phone: (504) 569-0405

Directions: 7 minute walk. Enter Riverwalk Mall either on Poydras Street or Julia Street.

Driving Directions from Sheraton: <http://bit.ly/cUdm5u>

French Market

(part of the French Quarter Walking Tour)

America's oldest public market (1791)

Hours: M-Sunday 7am-7pm

Address: Barracks & North Peters Street near the Old U.S. Mint

Directions: 4 minute drive from the Sheraton or 15 minute walk.

Walking Directions from Sheraton: <http://bit.ly/acj5dQ>

Crescent City Farmers Market Downtown

(part of the French Quarter Walking Tour)

Date to Go: Saturday, October 16th

Hours: 8am-12pm

Address: 700 Magazine Street

Directions: 8 minute walk from Sheraton to market on Magazine and Girod Streets

Walking Directions from Sheraton: <http://bit.ly/ce7VfA>

Café Reconcile

Non-profit restaurant that elevates at-risk 16-22 year olds out of poverty by teaching them culinary and life skills

Hours: M-F 11am-2:30pm

Address: 1631 Oretha Castle Haley Blvd

Phone: (504) 568-1157

Directions: 7 minute drive from Sheraton to Café Reconcile. If no bus, recommend taking a cab.

Driving Directions from Sheraton: <http://bit.ly/aR09Md>

Covenant Café

Proceeds from the café help support a 12-week training program for at-risk youth. At-risk kids work at the café to build job skills.

Hours: M-F 7am-2pm

Address: 1515 Poydras Street

Directions: 3 minute drive from the Sheraton or 16 minute walk. Across the street from the Superdome.

Walking Directions from Sheraton: <http://bit.ly/dgWUiu>

Kitchen Witch Cookbooks

(part of the French Quarter Walking Tour)

Specializes in rare, hard to find, out of print and pre-owned books on food and cooking. Located in a building constructed in 1830.

Hours: W-Monday 10am-6pm

Address: 631 Toulouse Street

Directions: 3 minute drive from the Sheraton or 10 minute walk.

Walking directions from Sheraton: <http://bit.ly/8Xhg93>

Southern Candymakers

(part of the French Quarter Walking Tour)

Free hot praline samples. Originating 400 years ago in France, pralines were brought to New Orleans by the Ursuline nuns and casket girls.

Hours: 10am-6pm daily

Address: 334 Decatur Street or 1010 Decatur Street (by the French Market)





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Central Grocery

Family-run since 1906; the original home of the muffuletta (and the best one in town!). Order with a Barq's and get it to go and eat out on the riverfront or in Jackson Square in front of the Cathedral.

Hours: T-Saturday 9am-5pm

Address: 923 Decatur Street

Directions: 5 minute drive from the Sheraton or 15 minute walk.

Walking directions from the Sheraton:

<http://bit.ly/9mKAm2>

Café Du Monde

Try some traditional chicory coffee and delicious beignets at the famous café open since 1862.

Hours: 24 hours a day, 7 days a week

Address: 800 Decatur St.

Directions: 5 minute drive from the Sheraton or 15 minute walk.

Walking Directions from Sheraton: <http://bit.ly/9NOBTp>

Crescent City Blues & BBQ Festival

(part of the Central Business District Walking Tour)

Enjoy free local music and sample local food.

Dates: October 16th 10:30am-8pm,

October 17th 9:30am-7pm

Location: Lafayette Square Park 580 St. Charles Ave,

Directions: 2 minute drive or 10 minute walk

Walking Directions from the Sheraton:

<http://bit.ly/aHzlYO>

Absinthe House

Stop by for a drink at the former hang-out of Oscar Wilde, Sarah Bernhardt, Walt Whitman, William Thackeray, and Andrew Jackson.

Location: Downtown, 240 Bourbon Street New Orleans, LA 70130 between Iberville & Bienville St

Walking Directions from the Sheraton: Walk up Canal Street for 2 blocks, turn Right on Bourbon Street, walk another 2 blocks.

French Quarter Culinary History & Tasting Tour

Dates: October 16th-19th 2pm-5pm

Price: \$46

Note: tour limited to 16 people; reserve in advance; private tours also available

Contact: (212) 209-3370

www.noculinarytours.com/html/aboutus.html

Harvest the Music

Free concert series benefiting Second Harvest with great food and drinks. Wednesday October 13, 2010 Kermit Ruffins and the Barbeque Swingers; Wednesday October 20, 2010 The Radiators

Address: Lafayette Square Park, 580 St. Charles Ave

Hours: Wednesdays at 5 pm.

Website: www.harvestthemusic.org

Directions: 2 minute drive or 10 minute walk

Walking Directions from the Sheraton:

<http://bit.ly/aHzlYO>





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WALKING TOUR

Central Business District

Crescent City Farmers Market – Southern Food & Beverage Museum
Mother's Restaurant – Crescent City Blues & BBQ Festival

A. Sheraton New Orleans (conference location)

Address: 500 Canal Street (near Magazine)

B. Crescent City Farmers Market Downtown

Hours: Open Saturday, October 16th ONLY, 8am-12pm

Address: 700 Magazine Street (at Girod)

Directions: Walk 8 minutes from Sheraton along Magazine Street. Market is at Magazine & Girod.

C. Southern Food & Beverage Museum

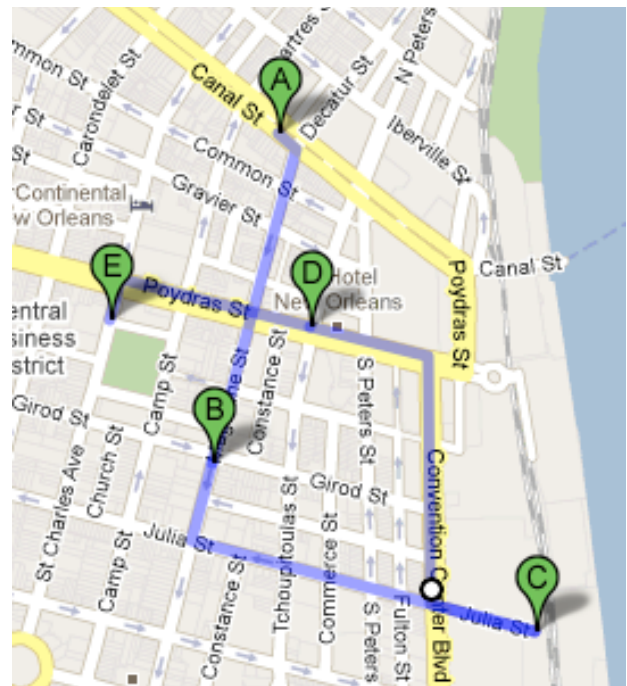
Special Events: Saturday, October 16th 2-3pm -
Belinda Hulin book signing of 'Roux Memories: A
Cajun-Creole Love Story with Recipes'

Hours: Monday to Saturday 10am-7pm
Sunday 12-6pm

Price: \$10 general admission, \$5 w/ conference badge

Address: Riverwalk Mall, 100 Julia Street

Phone: (504) 569-0405



D. Mother's Restaurant

Reason to go: famous for their Po-Boys (especially the Ferdi, and the Debris)

Hours: everyday 7am-10pm

Address: 401 Poydras St. (at Tchoupitoulas St.)

E. Crescent City Blues & BBQ Festival

Reason to go: enjoy free local music and sample local food

Hours: October 16th 10:30am-8pm, October 17th 9:30am-7pm

Location: Lafayette Square Park, 580 St. Charles Ave

Map of Walking Directions: <http://bit.ly/9ApMZa>





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WALKING TOUR

French Quarter

KitchenWitch CookBooks – St. Louis Cathedral – Café Du Monde – French Market Southern Candymakers - Central Grocery – Woldenberg Riverfront Park

A. Sheraton New Orleans (conference)

Address: 500 Canal Street (near Magazine)

B. Kitchen Witch Cookbooks

Reason to go: specialize in rare, hard to find, out of print and pre-owned books on food and cooking. Located in a building constructed in 1830.

Hours: Wed-Monday, 10am-6pm

Address: 631 Toulouse Street

C. St. Louis Cathedral & Jackson Square

Reason to go: Too beautiful to miss!

D. Café Du Monde

Reason to go: Try some traditional chicory coffee and delicious beignets at the famous café open since 1862.

Hours: 24 hours a day, 7 days a week

Address: 800 Decatur St.

E. French Market

Reason to go: America's oldest public market (1791)

Hours: Mon-Sunday 7am-7pm

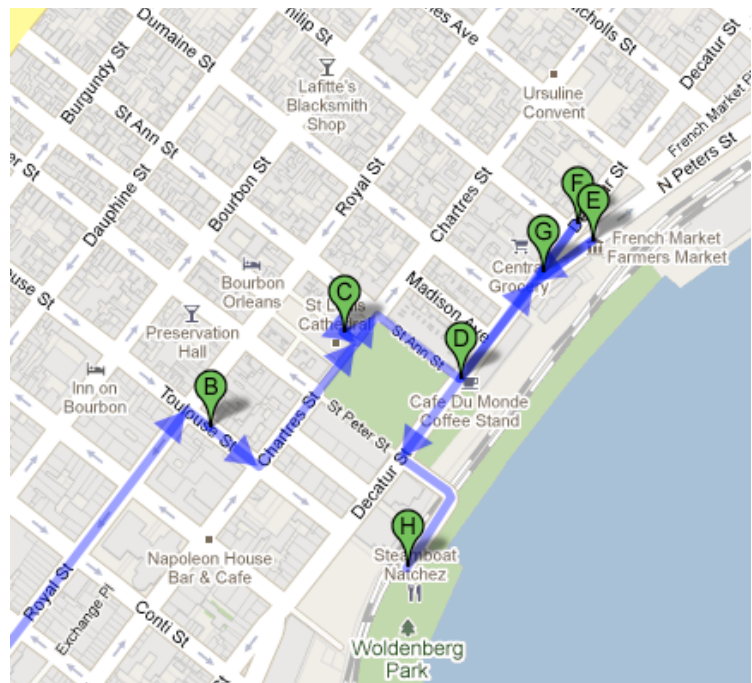
Address: Barracks & North Peters Street near the Old. U.S. Mint

F. Southern Candymakers

Reason to go: Free hot praline samples. Originating 400 years ago in France, pralines were brought to New Orleans by the Ursuline nuns and casket girls.

Hours: 10am-6pm daily

Address: 1010 Decatur Street (by the French Market)



G. Central Grocery

Reason to go: family-run since 1906; the original home of the muffuletta (and the best one in town!). Order with a Barq's and get it to go and eat out on the riverfront Woldenberg Park or in Jackson Square in front of the Cathedral.

Hours: T-Saturday 9am-5pm

Address: 923 Decatur Street

Head back to the Sheraton either by walking through Woldenberg Park to the Aquarium on Canal Street or by walking along Decatur St towards Canal Street.

Map of Walking Directions: <http://bit.ly/dIPtNb>





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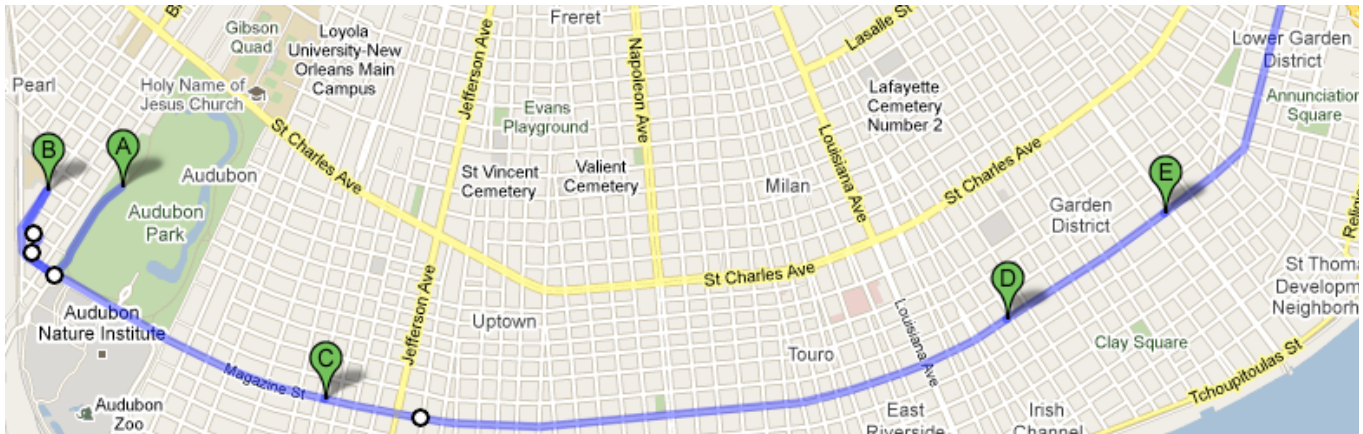
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WALKING/BUS TOUR

Uptown

St. Charles Streetcar – Audubon Park - Crescent City Farmers Market Uptown Magazine Street: Vom Fass – Stein’s Deli – La Divina Gelateria



A. Audubon Park

Directions: Catch the St. Charles Streetcar at Carondelet & Canal Street and ride all along historic St. Charles and exit at Audubon Park. Enter the park and take the paved walking path on the right and walk towards Magazine Street.

B. Crescent City Farmers Market Uptown

Hours: Tuesday ONLY, 9am - 1pm

Directions (15 min. walk): Turn right on Magazine St. (becomes Leake Avenue/River Road). Turn Right on Audubon Street, left on Camp Street, and Right on Broadway. Take left into Tulane University Square and the market is in the parking lot.

C. Vom Fass

Reason to go: internationally-renowned European culinary oils, fruit vinegars, and rare spirits sold straight from the cask

Hours: Mon-Sat. 9:30am-6pm, Sun. 10:30am-5pm

Location: Uptown, 5725 Magazine St.

Directions: Walk back towards Magazine Street and either catch the bus * or walk along Magazine St.

Vom Fass is on Magazine St between Nashville & Arabella.

D. La Divina Gelateria

Reason to go: environmentally-conscious family-run business with gelato featured by Alton Brown on the Food Network.

Hours: Sun-Thurs 11am-10pm; Fri & Sat 11am-11pm

Location: 3005 Magazine St.

Directions: Catch the bus to Magazine Street and 7th Street *

E. Stein’s Market & Deli

Reason to go: amazing specialty sandwiches, cheeses, and drinks

Hours: Tues-Fri 7am-7pm, Sat & Sun 9am-5pm, closed Mondays

Location: Uptown, 2207 Magazine St.

Directions: Catch the bus to Magazine Street & Jackson *

F. Sheraton New Orleans (conference)

Address: 500 Canal Street (near Magazine)

* Magazine Street Bus (Route 11) runs every 20-30 minutes until 8:15pm and then every hour until 11pm. Route 11 runs from Audubon Park to Canal Street in both directions. Google Map: <http://bit.ly/aDtdNo>





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STREETCAR OR DRIVING TOUR

City Park

Carrollton/Canal Streetcar – Angelo Brocato's – City Park

B. Angelo Brocato's Italian Ice Cream

Reason to Go: Italian ice cream and desserts since 1905

Hours: Tues-Sunday 10am-9pm, closed Mondays

Location: Mid-City, 214 N Carrollton Ave

Streetcar Directions: From downtown, take the 48-City Park/Museum Streetcar on the Canal St. streetcar line. Depart Canal St/Carrollton streetcar between Iberville & Bienville Streets.

C. City Park

Reason to Go: bigger than New York's Central Park. Site of New Orleans Museum of Art, Sculpture Garden, and Botanical Garden.

Special Event: Arts, Gardens, & Fall Festival October 16th&17th 10am-9pm includes topiary lecture and demonstration by Pearl Fryar (small-town sharecropper's son turned internationally famous topiary & landscape artist)

Price: \$6 adults, \$3 children

Streetcar Directions: take the 48-City Park/Museum Streetcar on the Canal Street streetcar line. Depart the streetcar at the end of the City Park Line at Lelong/Esplanade and Carrollton Avenues and walk into City Park.

Driving directions: 15 minute drive from Downtown & French Quarter, take Canal Street to Carrollton Ave. Turn right on Carrollton Ave. Turn left on Lelong Ave into the Park (at Esplanade Avenue). Google directions from the Sheraton to City Park: <http://bit.ly/b55jrz>

Google Map of Streetcar directions: <http://bit.ly/aiBSGh>

