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

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

Jambalaya
A rice dish consisting mainly of meat and vegetables

Red Beans and Rice
Red kidney beans cooked slowly and served over rice. Meats such as ham, sausage & tasso are frequently used as well.
Crawfish
Freshwater crustaceans often boiled with corn, potatoes and seasonings.

Shrimp Étouffée
A stew made with seasonings, vegetables and shrimp.

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

King Cake
A ring of dough often rolled in cinnamon and sugar and topped with icing and purple, yellow and green sprinkles.
**Pralines**
A sweet confection made primarily of sugar, nuts and butter.

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

**Sac-a-lait**
A white crappie fish known for their mild, sweet taste.

**Boudin Balls**
Breaded Pork sausage made with rice and seasoning rolled into balls and deep fried.
**Shrimp and Grits**

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

**Fried Chicken**

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

**Okra**

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

**Couvillion**

A tomato based seafood stew made with seasonings and vegetables, served over rice.
Bread Pudding
A sweet dish consisting of stale bread soaked in a combination of milk, sugar and eggs and then baked.

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

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

Pecan Pie
A pie with pecan nuts mixed with a filling of eggs, butter and sugar.
Banana Pudding
A dessert made with vanilla pudding and layers of bananas and vanilla wafers often topped with whipped cream.

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

Sweet Potatoes
A starchy, root vegetable.

Sweet Potato Pie
A pie made with softened or mashed sweet potatoes, eggs, sugar, butter and a blend of vanilla and other sweet spices.
**Key Lime Pie**
A pie made with lime juice, egg yolks and sweetened condensed milk with a graham cracker crust.

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

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

**Blackberries**
A small, dark colored fruit known for its tart flavor.
Pineapple
A fruit grown in tropical weather that is known for its sweet, juicy yellow flavor.

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

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

Fried Alligator
A mild white meat often seasoned and deep fried.