



New Orleans Tourism Marketing Corporation
365 Canal Street, #1120 | New Orleans, LA 70130 | 504/524-4784 | 504/524-4780 fax
www.NewOrleansOnline.com - The City of New Orleans' Official Tourism Web Site

Lea Sinclair
Director of Communications
504/491-5330
lea@notmc.com

Grace Wilson
Communications Associate
504/247-6362
grace@notmc.com

MARDI GRAS CUISINE

Fueling the Fervor of Carnival

New Orleans, LA – Whether it’s a shrimp po-boy at a corner store or a crabmeat dish at one of the city’s finest restaurants, New Orleans’ unique culinary creations fuel the energy and excitement of Mardi Gras.

During a parade it’s all about quick-and-easy street foods that can be eaten on the go. Po-boys, fried chicken, gumbo, jambalaya, and red beans and rice fuel the fervor on St. Charles Avenue. Meals are often followed up with a slice of king cake, Mardi Gras’ signature treat. Taking its name from the three biblical kings that journeyed to Bethlehem to honor the Christ child on the Epiphany, king cakes are eaten from Twelfth Night to Fat Tuesday. As a twisted, ring-shaped cake, traditional king cakes are covered in white icing and purple, green and gold sugar. Inside is a plastic Baby Jesus and whoever finds it in their slice of cake must supply the next cake.

Street foods abound but Mardi Gras is also a great time to explore some of the city’s culinary landmarks. For the ultimate splurge, Galatoire’s is the place to see and be seen on the Friday before Fat Tuesday. Founded in 1905, the restaurant regularly hosts celebrities and dignitaries during carnival season and serves classic New Orleans Creole creations such as Oysters Rockefeller, Crabmeat Sardou, Stuffed Eggplant, and Sautéed Poisson with Crabmeat Yvonne.

Established in 1840, no restaurant has as much of a Mardi Gras history as Antoine’s. The world-renowned culinary treasure features four private rooms that bear the names of four carnival krewes including Rex, Hermes, Proteus and Twelfth Night. The purple, green and gold Rex Room features photos of Rex royalty along with memorabilia and scepters from the past. Antoine’s is known for specialties such as Oysters Rockefeller, Eggs Sardou, and Escargots a la Bordelaise.

Just a couple of blocks away on Rue Bienville, Arnaud’s Restaurant honors Mardi Gras with its own museum. Free and open to the public during restaurant hours, it features a collection of carnival court gowns, costumes and other carnival memorabilia. Dozens of other restaurants such as K-Paul’s Louisiana Kitchen, NOLA, Restaurant August and Brigtsen’s Restaurant showcase the cuisine of celebrity chefs such as Paul Prudhomme, Emeril Lagasse, and John Besh.

Finally, there’s no better way to complement New Orleans’ culinary treats during Mardi Gras than with some creative cocktails. Head to Pat O’Brien’s for a Hurricane or Mint Julep, stop by the Absinthe House for a frappe or Sazerac and, if you’re brave enough, try a Hand Grenade from Tropical Isle.

###