

A JOURNEY DOWN THE BAYOU

FROM PORT BARRE TO LAKE FAUSSE: KAYAKING BAYOU TECHE



Five days of constant paddling in the Louisiana sun can be rewarding, full of surprises, and at moments a little maddening — especially for a first-time long-distance kayaker. That was me. In May of 2016, I embarked on a journey down the Bayou Teche with my friend Jesse Guidry for part birthday celebration and part documentation of the waterway. Jesse, the birthday boy, is an avid paddler and has more than a few bucket list trips on his list, so I was happy to help him cross off this Bayou Teche journey. I, on the other hand, was limited to just a few floats looking for alligators in Lake Martin in my paddling history. Paddling the waterways of southwest Louisiana became my favorite hobby after this trip and inspired me to buy my first kayak.

On a beautiful blue-skied morning, we loaded our crafts (heavy with supplies for any situation plus my camera gear) into

the water at the Port Barre boat launch and set our course for Arnaudville, where we would spend our first night in a newly restored and updated 1890s Cajun/Creole cottage on the banks of the Teche. Beyond living in a piece of floating plastic in the middle of the bayou for days at a time, we weren't exactly roughing it. We ate steak, drank good whiskey, found an unexpected boiled seafood joint, devoured the best fried catfish in Breaux Bridge, and never had to sleep outdoors. Every night we were able to find suitable accommodations to rest our weary bodies.

The wildlife, ever-changing landscape, and views that can only be experienced from the bayou made the five-to-10-hour days of paddling visually engaging (and helped take my mind off the need to be constantly paddling to make our daily destination before nightfall). As my skin browned in the mid-day sun, I could feel my arms, chest and

WRITTEN & PHOTOGRAPHED BY DENNY CULBERT shoulders strengthen from the rhythmic strokes that pulled my kayak forward in the still waters of the bayou. At times it felt as if we were in the middle of the Amazon jungle while at other stretches of our

journey beautiful homes and backyard pig farms graced the horizon. The few people we did see along the river were happy to see the Teche being utilized and gave a friendly wave as we glided by. Countless pairs of cardinals (they mate for life) crossed our path, along with snakes, nutria rats, great blue herons, egrets and an alligator or two. We were even treated to a display of aquatic acrobatics by a group of guys with a fast boat and wakeboard.

The final day of the trip and possibly the most rewarding, partially because it was the end and partially because of the magical giant cypress trees we paddled between on the edge of Lake Fausse Pointe, wasn't part of our original plan. We left the Bayou Teche on a whim at Charenton to travel north into the Atchafalaya Basin Spillway, past Grand Avoille Cove and across the lake into Lake Fausse Pointe State Park. Right at the end, we caught a perfectly-timed spring shower to cool us after a full day of exploration. Thanks to those five days on the bayou I have a much greater appreciation for what the waterways of Acadiana have to offer. As you get out and explore this summer, hopefully you'll find me in the shade of the cypress forest floating in my favorite piece of plastic.

WHAT TO BRING

I completely overpacked on my first paddle trip. This list is my essential, in no particular order:

At least a half gallon of water for drinking per day, especially in the spring and summer (this can be replenished daily) // Sunscreen // Whiskey, one good bottle ought to do it // Protein-rich snacks like canned fish, smoked or cured meats, and nut butters for between meals // One good pocket knife that can cut both meat and rope // Coffee grounds and stovetop coffee pot // One can of your favorite Cajun seasoning mix and a small bottle of hot sauce (you never know when you'll encounter bland food) // Water shoes or sandals // One good pair of shoes for walking around towns and going out to dinner // One respectable set of clothes if you plan on dining out at night // One thin T-shirt for each day you'll be on the water // Three pairs of comfortable shorts // Camera plus extra batteries and memory cards // Binoculars for nature watching // Dry bags and/or watertight cases in which to pack everything // Flashlight or headlamp // At least one likable paddling partner (unless you're looking for solitude, which can easily be found on the Teche)

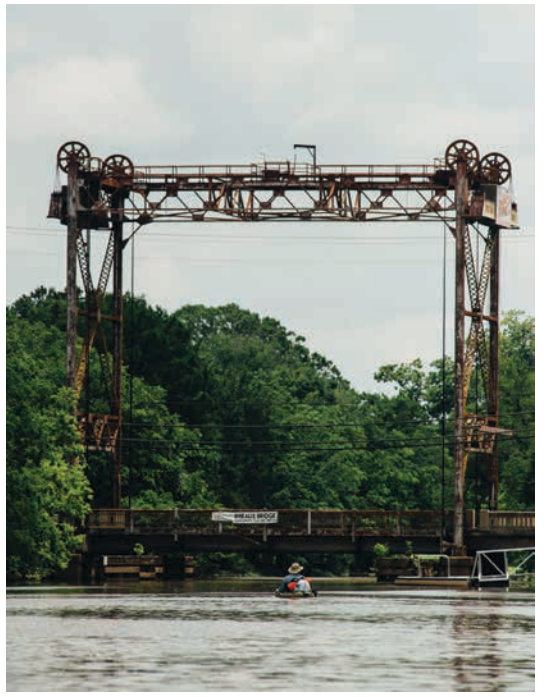


PORT BARRE TO ARNAUDVILLE The Bayou Teche is narrow with lush forests on each bank for large stretches in this section of St. Landry Parish. It felt as if we were floating through the jungle with the tree limbs reaching out over the water to create a shaded tunnel heading south. We saw egrets feeding on snakes and frogs along the banks as we became acclimated to life on the water. The end of our first day was rewarded with a sno-ball at Wyble's before retiring to the recently relocated and renovated Cajun Creole Cabin with a back porch overlooking the Teche.





ARNAUVILLE TO ST. MARTINVILLE The longest stretch of the trip was full of glimpses into backyard farms, a Little Blue Heron sighting, and a show of aquatic sportsmanship. We took a short break in downtown Breaux Bridge to refuel with crispy deep-fried seafood at Le Café. Cruising into our port for the night at dusk, we docked near the bridge in town and hauled our gear a few blocks to an old church that had been converted to a home.





WHERE TO STAY

*Hotels, Cabins and
Bed and Breakfasts*

Arnaudville
Cajun Creole Cabin
[airbnb.com/
rooms/11857463](https://airbnb.com/rooms/11857463)

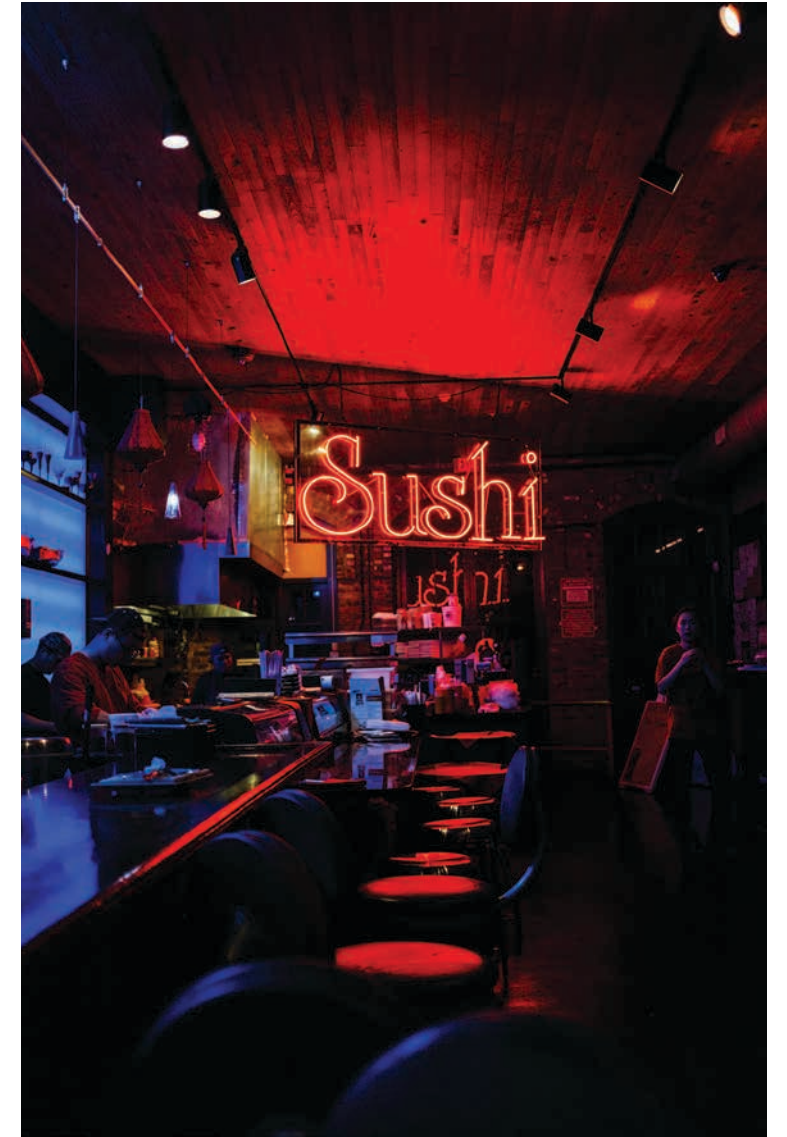
Breaux Bridge
Bayou Cabins
bayoucabin.com
or
Bayou Teche Bed
and Breakfast
[bayouteche-
bedandbreakfast.com](https://bayouteche-bedandbreakfast.com)

St. Martinville
A church built in 1904
that was converted to
a home
[airbnb.com/
rooms/14252930](https://airbnb.com/rooms/14252930)
or
The Old Castillo Bed
and Breakfast
oldcastillo.com

New Iberia
Bayou Chateau
[airbnb.com/
rooms/9203908](https://airbnb.com/rooms/9203908)

Charenton
Cypress Bayou Casino
(This stop requires
extra planning
because the casino is
not on the bayou and
is potentially
good end point
for the trip.)
cypressbayou.com

**Lake Fausse Pointe
State Park**
Campground
or Cabins
[crt.state.la.us/
louisiana-state-parks/
parks/lake-fausse-
pointe-state-park](https://crt.state.la.us/louisiana-state-parks/parks/lake-fausse-pointe-state-park)

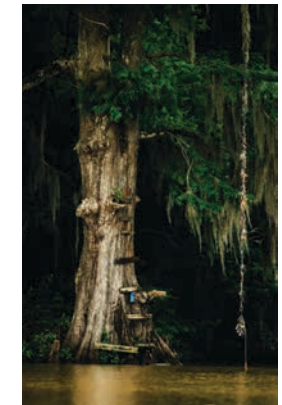


ST. MARTINVILLE TO NEW IBERIA A portage around the oldest operating lock and dam in the Mississippi Delta is one of the challenges facing a paddler on this segment of the bayou trail. If you give the St. Martin Parish Government a call 24 hours in advance you can be locked through (or assisted in passing), rather than portaging around the dam. (337-394-2200)





NEW IBERIA TO CHARENTON The water widens in this stretch of the bayou with both industry and neighborhoods increasing along the banks lined with elephant ear and cattail. On our lunch stop in Jeanerette we discovered the boiled crabs and shrimp at T-Bob's Seafood. We also picked up a fried pork chop at The Coffee House, which serves up plate lunches rather than cold brew. Jeanerette is home to LeJeune's Bakery that has been baking French bread and ginger cakes since 1884.



WHERE TO EAT

Meat, Fowl, Fish and Shellfish

Port Barre

Boudin and the famous Jalapeño Sausage and Cheese Bread at Bourque's Supermarket

Leonville

Champagne's Marche for fried chicken

Arnaudville

Little Big Cup // Wyble's Fireworks and SnoBalls // Russell's Food Center

Breaux Bridge

Le Café for fried catfish and shrimp

St. Martinville

The St. John Restaurant

New Iberia

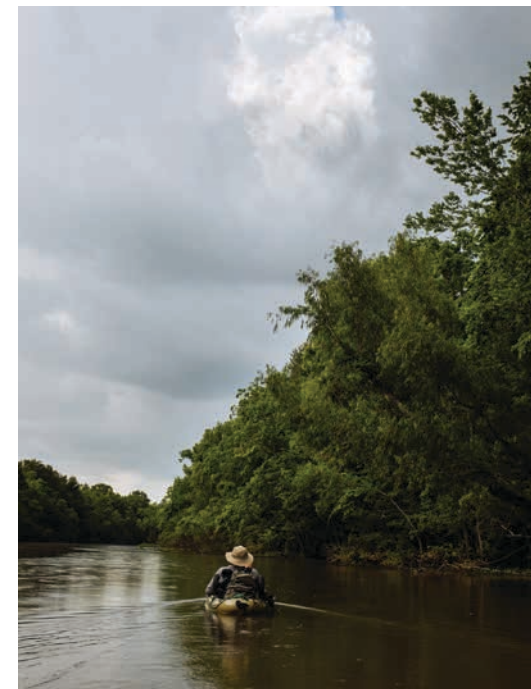
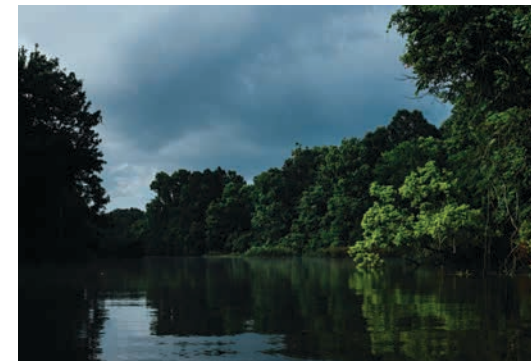
Fromage for Grilled Cheese // Bojangles Sushi and Oysters for raw seafood and a martini

Jeanerette

T-Bob's for boiled crabs // The Coffee Shop (not actually a coffee shop) for a fried pork chop plate lunch

Charenton

Mr. Lester's Steakhouse in Cypress Bayou Casino (This stop requires extra planning because the casino is not on the bayou)



CHARENTON TO LAKE FAUSSE The final day of the tour we paddled into the Charenton Drainage and Navigation Canal headed north across Grand Avoille Cove and into Lake Fausse Pointe State Park. The cypress forest on the edge of the lake was the most stunning natural wonder that we encountered in the five days on the water. Floating in awe among the centuries-old giant trees we spotted wildlife ranging from alligators to fishing osprey.



Recording Gold Rush

Making records in Acadiana is alive, well and growing

BY SUZANNE FERRARA
PHOTOGRAPHS BY DENNY CULBERT

ACADIANA'S MUSICAL RECORDING WORLD has always been an island unto itself, and it's no wonder — this is a magical place that turns out Grammy winners and is the home of a music culture unlike any other in the world.

"Music is a way of life here; it's every single weekend in Acadiana and you can't escape it," says Chris Stafford, owner of Staffland Studio in Lafayette's historic Freetown. "It is as important as food and everything we have here culturally, it is so ingrained in who we are."

Joshua "Bubba" Murrell, owner of Treehouse Recording in New Iberia, has a similar take on it.

"Our musicians have heart, and they give 150 percent," says Murrell. "The bar is certainly set higher here as far as musical standards go, and there are so many talented people; the whole cultural attitude translates to the music."

While that spirit has remained steadfast for more than a century, Acadiana's recording industry is being rocked by an explosion of DIY studios. This has transformed the art of sound recording, making it simple, accessible and affordable for just about everyone.

"Instead of having four people create a song, it's just me," says songwriter and producer Alex Voorhies of Lafayette, who makes house calls with his portable recording equipment. Like most musicians, Voorhies got into the recording side of the business because he couldn't afford to hire a studio engineer to archive his own music. Murrell says technology has now made the whole process almost effortless. "All you need is a microphone to plug into your computer and you go from there, incorporating sounds available through software."

While most making recordings use live instruments and then incorporate digital sounds, Voorhies is the quintessential example of a DIYer who uses technology to its fullest capability.

"It's unbelievable what you can do and I'm 100 percent digital; I can transpose it, pitch it, and that doesn't include all the reverberations and modulating it with more crazy plug-ins."

Voorhies, who is currently working on a record for rapper Lil Wayne, says he likes to use all virtual instruments when he tracks a tune.

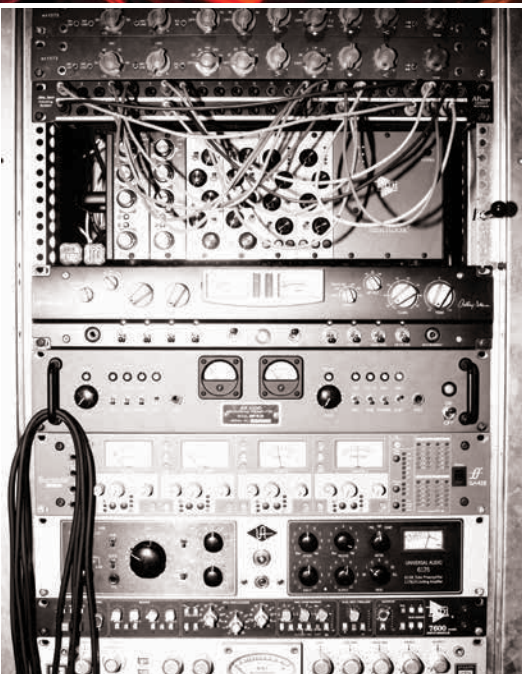
In a contrast of style, Murrell's DIY method is to record musicians live wherever they are performing then add in the editing and mixing, a two-part process.



LEFT 29-year-old Christ Stafford recording at his Staffland Studio in Lafayette's historic "Freetown" **TOP** Songwriter Dwight Roy with producer and drummer Zack Rhey recording hand claps **MIDDLE** Stafford, a musician himself, discussing recording with fellow musicians. **BOTTOM** Stafford recording from the control room.



TOP Leap-Studios' handmade CD chandelier
MIDDLE Paul Broussard working with producer Jonathan Romein (sitting). **BOTTOM** Leap-Studios rack unit for amplifying microphone signals. **RIGHT:** Leap-Studios' Paul Broussard focused on fine tuning sound for a Brother Jac recording.



"I want to get the best recording, and I find they play better in a live environment like the clubs — that's when they kick ass — but in the studio they stiffen up because the clock is ticking."

The proliferation of these DIY studios in Acadiana is evident, and has far outnumbered traditional studios 10 to one. While a handful of local studios are still going strong, the DIY shops are more attractive to those who are looking for a cheaper way record their music. Today, there are hundreds of DIYers in Acadiana, and most of them are coming out of the bands themselves.

"Every band is a DIY studio because somewhere in the band is a computer geek under the age of 40, and he is going to be pushing the record button on some type of recorder," says Murrell.

There are different levels of DIYers, from the singer/songwriter who records from his or her bedroom to the mid-level DIYers, who have built studios inside their homes or garages. That's where Paul Broussard, with Leap-Studios comes in to play. Broussard's studio, which was damaged during the August 2016 floods, is back up and running and attached to his Lafayette home.

"I spent about \$150,000 for my studio, and I use state of the art equipment with high quality microphones and monitoring," says Broussard.

The legendary La Louisianne Records and Studio has been in operation since 1948, but has taken a hit because of DIYs and downloading capabilities.

"Truthfully, there's no more room with the way the industry has gone now over last 10 years with digital streaming is cutting a lot of us out," says La Louisianne owner David Rachou. "There are still many out there touring and making money; it's just the merchandising that has dropped tremendously."

Rachou's father, the late Carol Rachou, founded La Louisianne and recorded Acadiana legends such as Nathan Abshire,





Aldus Rogere and Rufus Thibodeaux, and Rachou says his father would not believe the recording capabilities of today.

“When my dad started out it was live recording; that is all he had,” says Rachou. “You couldn’t go in and overdub on computers”

Rachou says his downtown Lafayette studio, which is chock-full of high-end vintage and digital equipment, is primarily involved in smaller recording projects.

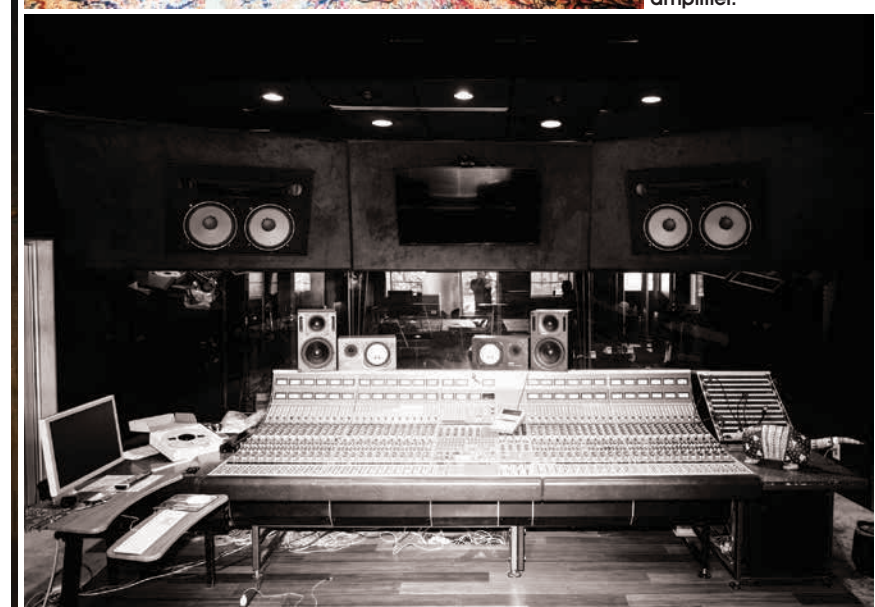
“There are no more larger projects with a label budget, says Rachou. “The recording process and the bands recording an album is becoming more of a promotion than a stream of income.”

While Rachou is churning out recording masters that his clients can upload, down on the banks of the Bayou Vermilion in Maurice is the iconic Docksider Studio, where owner Cezanne “Wish” Nails says the calendar is full of recording appointments. Docksider, a revered studio that has won several Grammys, sits on 23 scenic acres and seems untouchable, despite the integration of technology.

“Mark Knopfler of Dire Straits, Leon Russell and actress Scarlett Johansson have recorded here, and we have three Grammys for B.B. King,” says Nails. Docksider was also hit by the August 2016 flood. But, says Nails, “Thank God the Neve (console) was saved. People were thanking me for opening back up saying we really need you and what Docksider does for us.”

After all, the Docksider compound radiates a magical vibe where musicians can be comfortable, concentrate and clear their minds while recording their art.

While you would think the infiltration and growth of DIYers would bring about guarded competition between rival recording producers and engineers, it’s



LEFT Steve and Suzanne (Wish) Nails, the pillars of Docksider, in front of the old barn out of which they built a dream. **TOP** The Neve console, the heart and soul of Docksider. **MIDDLE TOP** Bassist Charlie Wootton’s gear sitting in Docksider’s Live Room. **MIDDLE BOTTOM** Docksider’s control room also designed by Steven Durr. **BOTTOM** The Ampeg, vintage amplifier.



TOP Joshua "Bubba" Murrell's Grammy shines amid his recording equipment. **MIDDLE** 62-year-old Murrell passionately talks music and recording from his New Iberia office. **BOTTOM** Murrell fine-tuning recording. **RIGHT** Murrell holds his "blessing", a Grammy he won for producing/mixing the Best Zydeco/Cajun Music album.



actually quite the opposite. Just as musicians have the innate desire to share their music through performing, producers and engineers are eager to help each other capture and document tunes for their fellow musicians.

"It's not like New York or Los Angeles," says Stafford, who is also a musician in the band Feufollet. "We are all friends and we want to see each other succeed in Acadiana."

This feeling is echoed by Muller, who says, "It's karma, and I've been given a lot. I got a Grammy for producing and engineering, and I consider myself very blessed and the best thing for me to do is to turn it around and help the fellow next to me."

Musicians who've been on the scene for decades acknowledge that this gold rush of DIY recordings has created opportunities they were never afforded when they arrived on the music scene. They are now able to document their music with little or no budget, and at a pace that doesn't involve any time constraints. Whether in the comforts of a home or on location, many DIYers say the digital age of duplication allows musicians to play with heart and not so mechanically, something sound engineers can actually feel during a recording. Whatever the methodology, these recordings can be instantly shared with the world on YouTube or any other social media site.

This alone has spearheaded a massive change in the industry, and has spread the music of Acadiana to millions of mainstream listeners. At the same time, this capability has contributed to the evolution and melding of Acadiana's musical genre for outside ears.

"All local folks are modifying music styles to popular music but not changing fundamentals, and we are getting the music closer to what they are used to," says Muller.

Artists from around the globe have made their way to Acadiana to capture some of the distinctive sounds they first heard on Spotify or Pandora; in fact, the digital mixing sessions of today are done via the internet without anyone having to cross the ocean by sharing digital audio files. The DIY world is radically and rapidly changing, and this year local manufacturers are creating mixers that have internal recording capability.

"Now you can have four to eight channels for two-hundred dollars with the computer interface and mixing board all in one little cute box," says Murrell.





While the technology improves, there's another movement creeping back in Acadiana: analog recording, where engineers use authentic methods and refurbished equipment to track records. Saul Pickett reigns in Acadiana with his Lafayette analog studio Magnetic Arts and Analog Recording, which he began six months ago to help fellow musicians like himself who can't afford to pay a recording studio.

"I have nothing but respect for the traditional music scene here, but there has been a fledging independent music scene which gets little exposure, and I want to help those people capture their music and store it for an indefinite time," says Pickett.

The painstaking task of working with the analog equipment is far from easy.

"To literally get the most out of a piece of gear, you have to go and cut out parts, replace parts and almost redesign and modify it," and that's exactly what Pickett, who is also an audio engineer, does with all of his vintage gear.

This growing interest among millennial musicians rediscovering vinyl, who are awestruck by the old-style recording process, is a phenomenon Rachou hopes will gain popularity. Rachou has the same capabilities with his vintage equipment at La Louisianne.

"Vinyl is making a little bit of surge and coming back; it has a different feel, a different sound," says Rachou. "Who knows? It may go back to recording live in a studio."

So, what's around the corner for the art and business of recording? Nails believes there are numerous possibilities.

"I think it's a vast amount of anything that can happen because the music industry has been turned upside down several times," says Nails. "It's not fully developed, and who knows where it's going. But we are happy to take the ride."

The overall tone about making and recording music in Acadiana seems to be one of hopeful excitement.

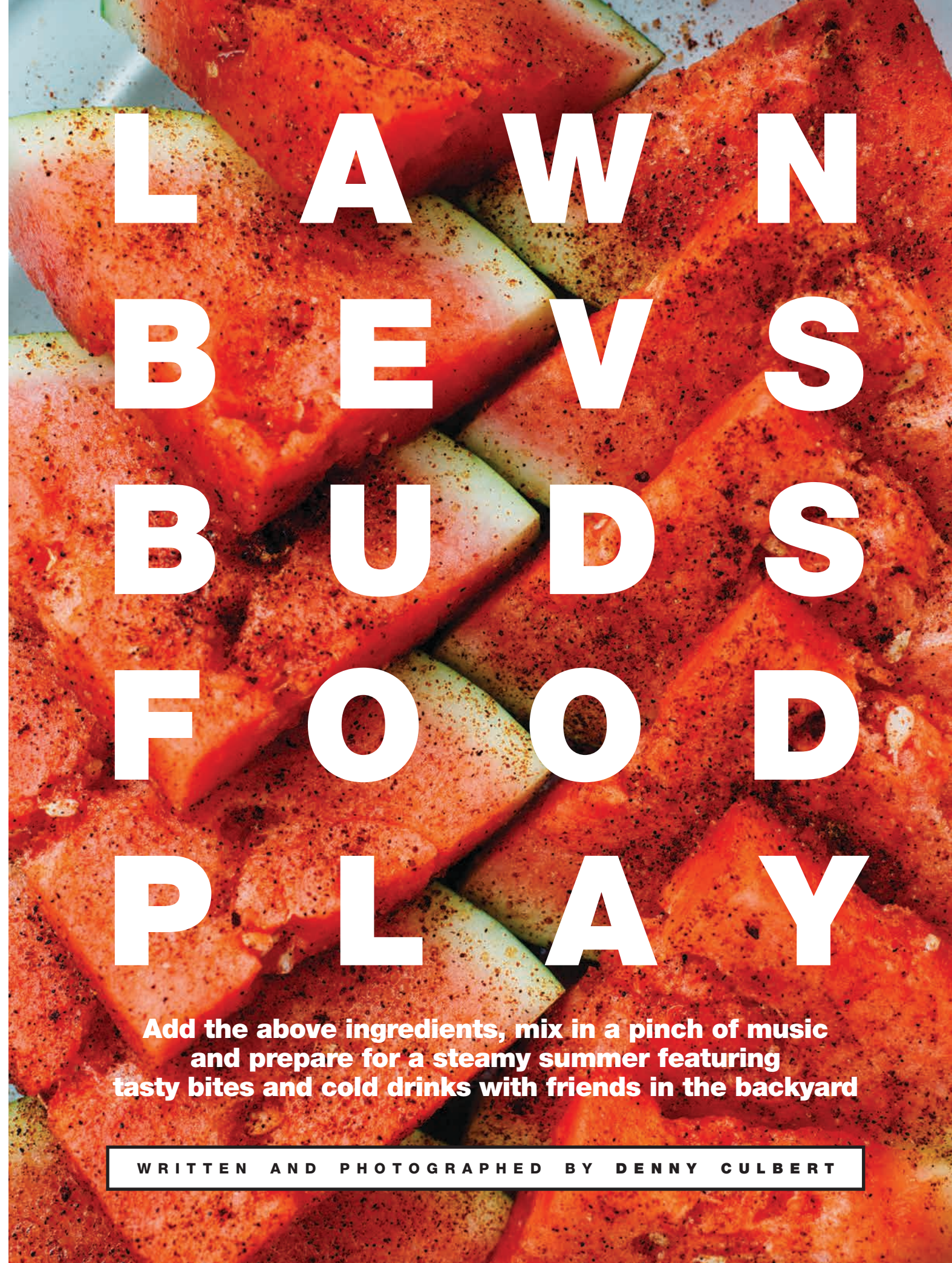
"People are always going to want their recordings, and it's going to become easier and easier," says Broussard. "Every time the next generation comes in, they grab the torch and the music moves them and they'll want to record that art. I know that I want to be there to help myself and others express themselves artistically. We are the vessel to make it possible."



LEFT 21-year-old Saul Pickett conducts analog recordings and uses refurbished equipment to track records. **TOP** Pickett and his assistant, Ethan Brasseaux, inside Pickett's Magnetic Arts and Analog Recording studio in Lafayette. **MIDDLE** Pickett and Brasseaux, inside the studio which opened seven months ago. **BOTTOM** Some of Pickett's reel-to-reel analog gear used in his recordings.



TOP ROW: Watermelon margarita topped with cilantro. Chef Collin Cormier stretches the dough for pita bread. Red snapper fillets basted with butter by the chef.
MIDDLE ROW: Gulf shrimp on the grill. Baba ghanoush (eggplant dip). Chef Cormier roasts a whole red snapper in the oven.
BOTTOM ROW: Chef Rob Sandberg stokes the fire. Pita bread to pair with the baba ganoush. Red snapper fillet with roasted vegetables and smoked sausage.



LAWN BEVVS FOOD PLAY

Add the above ingredients, mix in a pinch of music and prepare for a steamy summer featuring tasty bites and cold drinks with friends in the backyard

WRITTEN AND PHOTOGRAPHED BY DENNY CULBERT



**pork
tenderloin
with roasted
zucchini
and corn**

Grilling your vegetables adds a bit of smoky barbecue flavor (especially if you're using wood coals) that will add depth to your dish. Keep them on the grill until they have a few good char marks before dicing and mixing with cubes of queso fresco.



CLOCKWISE FROM LEFT Jady Regard and Sean Ezell catch up over dinner in Ezell's backyard. The table set for family style dining. Zucchini on the grill. The chef slices queso fresco to be mixed with the corn and zucchini.



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weet, refreshing, green-skinned and bright red watermelons show up at roadside farm stands by the truckload just in time to cool us throughout the steamier months of the year. We are lucky to be able to eat locally and eat well all year long here in southwest Louisiana, but the early summer is particularly special. The chance to pop a cherry tomato — picked perfectly ripe and still warm from the sun — right into your mouth, is a thrilling treat of the season. It's also the time we gather

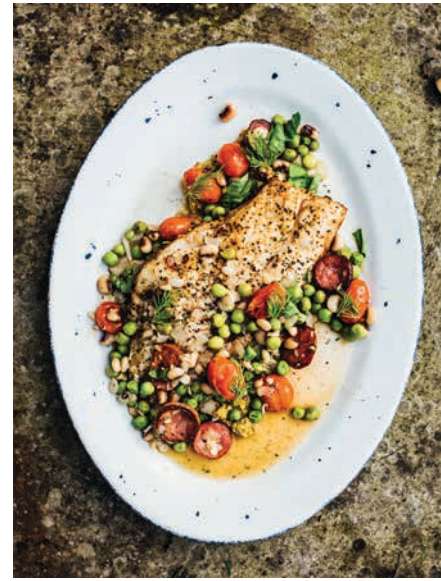
in the evenings to fire up the grill and invite friends to join us in the backyard to share in the bounty of the land and sea.

Louisiana grown chef Collin Cormier of Pop's Poboys prefers to showcase his Louisiana ingredients in fun and enticing flavors using Langlinais French bread as the vehicle that delivers his creativity straight into your mouth. Cormier's first venture as chef-owner with his wife Jasmyne was the food truck called Viva la Waffle. The couple served waffle sandwiches to long lines of devoted fans. Viva went into retirement when they opened Pop's in April of 2015 and Cormier's fresh take on the classic poor boy caught on quickly with downtown Lafayette diners. Menu items like the "Boudreaux," buttermilk fried catfish paired with a pickled okra tartar sauce and blue cheese slaw, the tribute to Vietnamese bánh mì called the "Banh Banh Shrimp," and a rotating cast of weekly specials inspired by pop culture, the music playing in the kitchen or Saints football helped land Pop's on the *Bon Appétit* list of best new restaurants in the country last year.

On most days alongside Cormier in the kitchen at Pop's is chef Rob Sandberg. Sandberg is currently honing his wood fired cooking techniques in preparation for the opening of a new restaurant with Cormier that will center around the oven. The pair fired up a family style meal at

the home of Sean and Michelle Ezell, the owners of Tsunami Sushi and Cormier's first employers out of culinary school, to test a few potential menu items and create a remarkable week night dinner for friends and Saint Street neighbors. Red snapper was the star of the night, roasted in the oven and basted with butter to crispy perfection, presented to the table whole, and picked to the bones by guests moments later. Sipping on refreshing watermelon margaritas kept everyone cool and conversations flowing while Cormier and Sandberg, with the help of Sandberg's brother, chopped, grilled and baked plate after plate for the table to share. Most dishes were simply prepared with the intention of highlighting a single ingredient like the smoky eggplant dip of baba ghanoush paired with the fire baked and charred-just-right pita bread. The Louisiana summer brings us everything we need for a feast shared with the right company, but it never hurts to have some of Lafayette's finest cooks manning the grill.

To throw your own simple summer shindig, find your way to your local farmer's market and let the farmer guide you to the produce in the peak of ripeness. Cover your table with a mismatched set of plates, silverware and platters. Fire up the grill. Follow chef Cormier and Sandberg's recipes for success. Don't forget to call your neighbors.



CLOCKWISE FROM TOP LEFT Chef Rob Sandberg explains his grilled shrimp dish to the guests. Red snapper with roasted vegetables and smoked sausage. Chef Sandberg tosses the fire roasted sausage and vegetables. Red snapper served whole for the table.



cilantro topped watermelon margarita cocktails

Watermelons are easily whirred into juice with the help of a blender. When mixed with your booze of choice you'll create a refreshing summer cocktail. Chef Cormier takes it a step further by adding a little lime juice, a chili and salted rim, plus cilantro for a riff on a classic margarita.





wood fire baked pita and baba ghanoush

Baba ghanoush is the simplest way to utilize an abundance of eggplant. Char the entire skin over fire or in hot coals, wrap with foil, and let it rest. Scoop out the creamy inside, mix with tahini, grated garlic, lemon and salt. Finally drizzle with good olive oil and pair it with pita bread or anything else you want to dip in it or spread it on.



TOP ROW Saint Street neighbors sit together for dinner. Roasted radishes with lardon. Chef Rob Sandberg seasoning the radishes.
MIDDLE ROW Olivia Regard takes in the last bit of daylight after dinner. Guests pass the grilled shrimp with green tomato chow chow.
BOTTOM ROW Chefs and brothers Rob Sandberg and Ruebin Sandberg plate the red snapper dish. Grilled shrimp with green tomato chow chow.





fresh watermelon margarita

Mix 4 ounces silver tequila, 6 ounces fresh watermelon juice (puree watermelon in blender and pour through fine meshed strainer), ½ ounce Grand Marnier, ¼ ounce fresh lemon juice and ¼ ounce fresh lime juice and pour over crushed ice in glass rimmed with sweet chili spice (see recipe at right).



sweet and spicy watermelon

For sweet chili spice combine 4 tablespoons sugar, 2 tablespoons chili powder, 2 tablespoons ancho powder and ½ teaspoon salt. Juice lemon on sliced watermelon and sprinkle with spice mixture.



whole roasted snapper

Begin preheating large cast iron skillet at highest oven setting. Score the flesh of both sides of a 4-6 pound snapper gutted and scaled. Cut 1 lime, 1 whole yellow onion and 2 whole jalapeños into thin slices and stuff into the slits and cavity. Pour ½ cup vegetable oil over fish and rub over entire surface. Rub ½ cup of your favorite all purpose seasoning mix (tenderloin spice mix works well here as well) on fish, making sure to get it into the slits and into the cavity. Pour small amount of vegetable oil into hot pan and place fish in pan; return to oven. Cook until flesh is fork tender. Finish with ½ stick of butter and 1 cup of dry white wine. Baste fish by pouring pan juices over fish right before serving.



summer peas

Brown 1 cup sliced smoked sausage in cast iron skillet. Add 1 cup fresh purple hull peas, 1 cup sweet peas, 1 tablespoon of chopped garlic and ½ onion, sliced. Season with 1 pinch red pepper flakes, salt and freshly ground black pepper to taste. Finish with ½ lemon, juiced, and 2 ounces butter.



grilled pork tenderloin with corn & squash salad

Tenderloin: Wash 1 pork tenderloin and pat dry. In a small bowl, combine ¾ cup salt, ½ cup brown sugar, ¼ cup curry powder, ¼ cup chili powder, ¼ cup paprika, 2 tablespoon garlic powder, 1 tablespoon cumin and ½ teaspoon cayenne pepper. Rub pork loin with spices and marinate for an hour or more. Grill tenderloin to desired temperature, let rest.

Grilled Corn and Squash: Grill and dice 1 zucchini and 1 yellow squash. Grill and clean 2 ears of sweet corn. Heat oven to 425 F. Combine 8 ounces cubed queso fresco, ¼ cup mexican cream, ¼ teaspoon cumin, 1 lemon (juiced) and ¼ cup chopped cilantro and place in cast iron skillet. Slightly brown in oven.

Cumin Crema: Add 1 cup mexican cream, ¼ teaspoon cumin powder, ½ lemon, juiced and salt and freshly ground black pepper to taste to a bowl and mix until well combined.

To Plate: Slice pork tenderloin and place on top of corn and squash. Top dish with cumin crema. Serve.



grilled shrimp & pickled green tomato chowchow

Shrimp: Season 12 shrimp with salt and pepper. Char shrimp on a super hot pit until opaque and peel.

Horseradish Sauce: Combine 1 cup mayo, ½ cup horseradish, 1 teaspoon black pepper and 1 lemon juiced in a small bowl.

Pickled Green Tomato Chowchow: Combine 1 cup pickled green tomatoes (chopped), ¼ cup pickled jalapeños (chopped), ¼ cup diced onion, ⅓ cup chili garlic sauce, 2 tablespoon yellow mustard, ¼ cup pickled mustard seeds, 1½ teaspoons Louisiana Brand Hot Sauce, 1½ teaspoons cane vinegar and 1 tsp chopped garlic until evenly mixed.

To Plate: Spread horseradish sauce on plate, cover with grilled shrimp. Top dish with green tomato chowchow.



roasted radishes with dill yogurt

Cook 4 ounces thick, diced bacon until golden brown. Add 1 pound radishes (quartered), ½ sliced onion, ½ sliced onion, 1 tablespoon chopped garlic and salt and freshly ground black pepper to taste. Cook over medium heat until radishes are slightly tender.

Add 1 cup greek yogurt, ½ lemon, juiced, 1 teaspoon fine chopped garlic, ¼ cup chopped dill, 2 tablespoons olive oil and salt and freshly ground black pepper to taste in bowl and mix until combined.

Toss radishes with chopped dill and top with dill yogurt.

pita bread

Preheat oven to 500 F.

Bloom 1 teaspoon yeast in 2¼ cups of warm water. Combine 6 cups all-purpose flour, 2½ teaspoons salt and 2 teaspoons sugar in large bowl. Slowly add water and yeast. Knead for 10 minutes.

Place ball of dough in bowl with 3 teaspoons olive oil and cover with plastic wrap. Let dough double in size.

Portion dough into preferred sizes and let rise until doubled in size again.

Roll out dough on lightly floured table and cook in hot oven until slightly browned on each side.

baba ghanoush

Roast 1 eggplant in oven whole at 350° F until tender when pierced with a fork. Peel eggplant and mash.

Combine eggplant with ¼ cup tahini, ¼ cup olive oil, ¼ teaspoon paprika, 3 cloves garlic chopped, 1 teaspoon salt and 1 lemon juiced and serve.