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English 210

Louisiana Anthropology

“New Orleans food is as delicious as the less criminal forms of sin.”-Mark Twain, 1884

You can find many reasons to visit New Orleans time and time again whether it be for sports, the different parades celebrating the various holidays, history, or scenery. However, among all of these reasons, one of the many reasons people go to New Orleans is because of the food. Many people come from all over to get a taste of the southern cooking. Its taste is very unique and one of a kind. Even the smell of the food makes your mouth water.

The South is known for its Cajun, spicy foods. In the South, the people call it Cajun or Creole. The word Creole means “the first born in a new colony.” The Creole was people of the Spanish, French, Germans, and people that lived in the area. “However, most who consider themselves Creole today are descendants of those exiled from Haiti and Santa Domingue following the Haitian slave revolt 1804.” These people then came to New Orleans, and the population began to increase. This move changed the culture of the city. Because of this change, the food the people ate changed also. They had a more Caribbean and French foods which included beans, rice, better tasting soups, tomato, which made slower ways to cook the food. Foods such as sausages from the Germans, spices and rice from the Spanish, and desserts and pastries from the Italians came together very well. With all the different cultures coming together, there were many dishes being created. “Without a doubt, food in New Orleans is another great example of how multiculturalism can give us something new and better when people work together.”

When in New Orleans, there are many different foods and places to eat at. From seafood, to sandwiches, to all the spicy foods and desserts you can eat, they will all have you coming back for more. The many foods include gumbo, red beans and rice, jambalaya, crawfish, crabs, sauce picante, shrimp, po boy, Grilliades, and many others that can be found in the restaurants throughout the city. The foods are also served with vegetables. The spicy foods and the seafood came from the Cajun people. The Cajuns lived down by the swamps. So the swamps gave them seafood, such as crawfish, crabs, and shrimps. They added the spices which was cayenne pepper, to make the food spicy.

There are many different restaurants to eat at in New Orleans that serve these delicious dishes. There are many to choose from. These restaurants range from inexpensive neighborhood restaurants to more expensive grand restaurants like Galatoires, Antoines, and Armaud’s where waiters often inherit their jobs from their fathers and mothers. You can go to places like Napoleon House, the Acme Oyster Bar, or Café Pontalba.

I think going to taste the food alone would be great experience alone when visiting New Orleans. The food alone can bring people together and have a great time. If you have not tried these Southern foods you are really missing out on something good!