

JANUARY 2017
THE COMPLETE GUIDE TO GO®

New Orleans

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GOOD AS GOLD

31 days of must-dos, from Carnival
parades to jogging tours



ALLSTATE
SUGAR BOWL

'THE LION KING'

KING CAKE

FITNESS FUN





Johnny Sánchez

FOOD+DRINK

Hit the Nose-to-Tail Trail

Odd as it may sound, culinary nostalgia is making a comeback. Yes, again. During the short period of time when Louisiana's cold weather beckons deeper, heavier dishes, restaurant chefs reach for nose-to-tail cuts of meat, using timeless and modern cooking methods for dishes that taste of then and now, old and new.

Pickled pig's ears packed into jars on convenience-store counters have their charm. But the crispy fried pig ears topping house-made tagliatelle pasta with wild boar sausage and rich pork sauce at **Patols** (p. 31) or the "Pig Ear Chilaquiles" with fresh cheese, salsa and a yard egg at **Johnny Sánchez** (p. 23) make for appealing modern-minded meals.

Notoriously tough, cheek meat requires long cooking to become tender. At **Angeline** (p. 25) chef Alex Harrell smokes then fries pork cheeks for a starter that folds in cornbread puree, satsuma, jalapeno and roasted peanuts.

Neck meat is currently the darling of the culinary world for its tenderness and slightly exotic taste. **Turkey and the Wolf** (p. 30) has an easy, open-faced lamb neck with caraway, lemony yogurt and cucumbers atop roti

bread, while chef Will Avelar at **Meril** (p. 23) takes turkey necks, a soul food staple, dusts them with cumin and fries them crisp.

Chewy strips of tripe (fourth stomach) are generally found in soups like menudo or pho. At **Primitivo** (p. 25), a different, meatier type of tripe is smoked and braised tender for a hauntingly divine dish with tomato, fine curls of Grana Padano cheese, chiles and croutons.

From the rump, oxtails, braised or stewed and slurped lustily, are a part of many world cuisines. At **CK's Hot Shoppe** (1433 Baronne St., 504.339.3867), just off St. Charles Avenue, oxtails are glorious in the peanut-laced, meaty Philippine dish *kare-kare*.

Nose-to-tail dining is nothing new, but the surge in dishes using these meats in modern, innovative ways is. —Lorin Gaudin

Hot Dish

What's new, notable and not to be missed

LA THAI

Resembling a swank Thai palace in shades of turquoise and gold, this gorgeous space is the perfect setting for chef Diana Chauvin Galle's modern and traditional Thai food. Do not miss "Mama's Stuffed Chicken Wings," the city's best hot-and-sour soup and the "Crispy Pulled Duck Confit Cubes." The barbecue shrimp with Thai flavors puts a new twist on a local classic with Louisiana shrimp swimming in a finger-licking butter sauce scented with ginger and lemongrass. 4938 Prytania St., 504.899.8886

BROWN BUTTER

This tucked-away Mid-City gem offers a \$20 three-course lunch on Fridays (start with crispy, charred Brussels sprouts dusted generously with fat salt crystals and lemon) and brunch both weekend days (go for the house-smoked salmon and homemade Boursin on grilled ciabatta). At dinner, it's all about dragging pork through the garden with meaty, bone-in ribs, marinated cucumbers, mint and pork jus. 231 N. Carrollton Ave., 504.609.3871

ALTAMURA

An antebellum mansion with Mid-Century modern décor and north-eastern American Italian food? Yes, and the combination is *molto bene*. Chef Coleman Jernigan earns raves for retro dishes like clams casino, airy gnudi (ricotta gnocchi), killer pasta puttanesca and fork-tender osso bucco. The New Orleans nod: a gorgeous Gulf shrimp parmesan with bright and tangy house marinara and fresh mozzarella. Save room for dessert; the zeppole seal the deal. 2127 Prytania St., 504.265.8101 —LG



Brown Butter

LOUISIANA PURCHASE

It's no easy thing getting New Orleansians to be mindful of their salt and fat intake. In fact, it's pretty much an exercise in futility. Stressing a lower sodium intake to his patients, local nephrologist Dr. Adrian Baudy found that while most complied by reducing added salt, they were instead shaking sodium-loaded hot sauce on everything. So the good doctor got cooking and came up with **Doc's Salt-Free Hot Sauce**, which has all the power-packed flavor and heat of regular varieties but without the sodium, gluten and crazy additives. Go ahead, spike those red beans, and hit that gumbo with a shot of heat! You'll find Doc's on area retail shelves and at salt-free.com. —LG

