

 **Local News**

## **Lent isn't so hard in Lafayette** **Local restaurants are used to featuring top seafood items on their menus**

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Substituting seafood for meat during Lent in Louisiana isn't difficult. Some of the world's finest seafood is located a short distance from Acadiana and many of Lafayette's restaurants use seafood as their specialties.

Here are a few places offering Lenten specials, whether new on the menu or as regular entrées.

Café Kimball on Evangeline Thruway across from Le Triomphe is one of my favorite places to have breakfast. They offer fried baskets of catfish and shrimp as well, along with a Friday lunch special of fried catfish, shrimp stew or seafood fettuccini with sides like corn macque choux, white beans or mac and cheese. The Friday dessert special is traditional bread pudding.



**Bartender Jacques Landry, right, mixes martinis at Tsunami Sushi at 412 Jefferson St. in Lafayette. Beyond the beverages, Tsunami offers a variety of meatless Lenten options. Visit them online at [servingsushi.com](http://servingsushi.com). File photo**

Most people think of the Zydeco Brunch when referring to Café des Amis in Breaux Bridge. But for a quiet, excellent meal, I go for either lunch or dinner and choose the crabmeat stuffed mushrooms baked with sherry butter as an appetizer, then crawfish fettuccini in a creamy Alfredo sauce or crawfish étouffée served over rice with potato salad on the side. The seafood corn bisque is to die for, as is the bread pudding with rum sauce or the even more traditional gâteau sirop, a moist cake made with cane syrup and roasted pecans topped with vanilla or chocolate ice cream.

If pizza is more your speed, head over to Deano's on Bertrand and try the crawfish or shrimp à la Deano's topped with sautéed mushrooms, onions and bell peppers spiced with Cajun seasonings or the Marie LeVeaux pizza that's topped with "Blue Point" crabs sautéed with mushrooms, onions and spices. They also offer Friday specials such as stuffed catfish with shrimp and crabmeat and served with a green salad and garlic bread.

Serranos Salsa Company offers lots of special Lenten dishes this month with crawfish tails, crabmeat and oysters, such as the crawfish or crabmeat enchiladas, crawfish quesadillas, crawfish-stuffed chile relleno, fried oysters and crawfish casa dip. (Editor's note: We're also big fans of their fish tacos on the regular menu.)

Great Harvest Bread Company on Kaliste Saloom serves up delicious sandwiches on their homemade bread that includes the gouda and stout bread created every Friday, made with 100 percent whole grain hydrated with beer and topped with salt. Their Lenten sandwich special is tuna salad on honey whole wheat, but the Mediterranean Madness with hummus, avocado, cucumbers, fresh spinach, carrots and provolone does the trick, as well.

Pete's on Johnston advertises its specials on a sign out front, but you can also view the Friday seafood specials on its Web site at [petesonjohnston.com](http://petesonjohnston.com). Some of their special Lenten dishes include shrimp stew over rice, fried or grilled fish, shrimp fettuccini with cream of corn soup and shrimp po-

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boys.

It's easy to be meatless, ordering their fabulous sushi rolls at Tsunami or the Mediterranean specialties at Zeus, such as the phenomenal Greek salad with fresh feta cheese, creamy hummus with pita bread or the vegetarian plate. Likewise, Black's or Shucks in Abbeville serve up oysters in a variety of ways, in addition to their fresh seafood dishes.

Now that I think about it, finding non-meat items during Lent isn't difficult at all!

Chéré Coen is a freelance journalist and author working on a cookbook with "Cajun" Karl Breaux. Write her at [timesedit@timesofacadiana.com](mailto:timesedit@timesofacadiana.com).

## Food Notes

Junior League offers recipe for Shrimp Creole

Looking for just the right dish to put on your Easter buffet? How about Shrimp Creole? From The Junior League of Lafayette's original cookbook, this dish is a local favorite. Now in its 28th printing with 800,000 copies produced, Talk About Good! is the recipient of the Tabasco Community Cookbook Hall of Fame Award. 2007 marks the 40th anniversary of this historical treasure's debut. Talk About Good!, along with the three other Junior League of Lafayette cookbooks, Talk About Good II, Tell Me More and Something to Talk About, make great gifts year round.

The Talk About Good series of cookbooks are part of the fundraising efforts coordinated by the Junior League of Lafayette to provide financial support for its mission to promote voluntarism, develop the potential of women and improve the community through the effective action and leadership of trained volunteers. Through its extensive fundraising efforts, the Junior League of Lafayette has raised more than \$3 million to fund and support its mission.

To purchase any of the Junior League of Lafayette cookbooks, call 988-2739 or order online at [juniorleagueoflafayette.com](http://juniorleagueoflafayette.com).

For information on wholesale pricing, call 988-2739.

Shrimp Creole

1 cup flour

1 cup Mazola oil

2 cups chopped onions

1 cup chopped celery

1/2 cup chopped bell pepper

2 cloves chopped garlic

3 pounds raw deveined shrimp

1 large can tomatoes

2 small cans tomato paste

3 teaspoons salt

1/4 teaspoon red pepper

1/2 teaspoons black pepper

2 tablespoons chopped parsley

2 tablespoons chopped green onions

Make roux (brown over low heat stirring constantly) of flour and cooking oil -- add onions, celery, bell pepper and garlic and cook until soft. Add tomatoes and tomato paste, mix well and cook about 5 minutes, then add 6 cups of water. Let simmer about 1 hour. Add 3 pounds of raw deveined shrimp, cook for 15 minutes. Add parsley and green onions 5 minutes before serving. Serves 10 generously over rice.

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