2 heads garlic, unpeeled

5 bay leaves

2 (3 ounce) packages dry crab boil

1 tablespoon liquid shrimp and crab boil seasoning

salt and pepper to taste

3 large oranges, halved

3 large lemons, halved

2 large whole artichokes

15 red potatoes, washed

30 pieces baby corn

2 large onions, sliced

2 (16 ounce) packages mushrooms, cleaned

1/2 pound fresh green beans, trimmed

2 (16 ounce) packages smoked sausage, cut into 1/2 inch slices

4 pounds live crawfish, rinsed

Nutrition Facts

Serving Size 3 oz

Amount Per Serving

Calories from Fat 7Calories 61

% Daily Values\*

Total Fat 0.82g 1%

Saturated Fat 0.139g 1%

Polyunsaturated Fat 0.266g

Monounsaturated Fat 0.151g

Cholesterol 91mg 30%

Sodium 53mg 2%

Potassium 222mg

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars -

Protein 12.62g

The cuisine of Louisiana has been analyzed and praised for centuries, although it has only recently become a topic of academic study. Most of the work that has been done is of a historical, even etymological nature, and has concentrated on individual dishes and food items. Few people have asked “If eating as a modern New Orleanian eats every day would be a special occasion to most Americans, then what constitutes a special meal for a modern New Orleanian?” In fact, the city is home to several gastronomic phenomena known to culinary historians as “ritual meals,” i.e., meals that are accompanied by behaviors or events that carry meaning beyond the food its self, meals that are seen as a break from everyday eating habits, typically eaten in celebration of something (usually a holiday or a significant life event).

A closer examination of three such meals practiced in New Orleans - the once exclusively rural crawfish boils, the unique jazz brunches, and the adaptations of the French concept of the reveillon dinners - reveals that these meals represent to local individuals both a link to the past and a connection with a current sense of place.