THE 1989 NATIONAL BUSINESS CONFERENCE

"A man hath no better thing under the sun, than to eat, and to drink, and to be merry."

Although those words were written long before the French established their settlement on the banks of the Mississippi River in 1718, few quotes sum up the city of New Orleans more accurately. Because when you arrive in New Orleans for the 1989 National Business Conference (NBC), March 16-19, you had better have left your diet and your honorable intentions at home. They won't do you a bit of good in this port of call, where dining out is an adventure unto itself.

Wherever your culinary tastes may lie, New Orleans has the restaurants to match them. American, Cajun, Continental, Creole, French, Indian, Italian, Mexican, Oriental, Thai, seafood, steak, barbecue or just plain old fast food—New Orleans has it all. And the city serves it in all kinds of places—on riverboats, at the racetrack, in waterfront cafes, on the street, at coffee stands, indoors and out.

One morning in this city, often referred to as "The Big Easy," should begin at the **Café du Monde.** Located across from Jackson Square in the French Quarter, there are only four items on the menu: coffee (black or au lait, served with hot milk which is poured into the cup at the same time the coffee is); milk; hot chocolate; and beignets, those square, fried sourdough confections which are served hot, crisp and covered in confectionery sugar. If you just can't make it for breakfast you're in luck because the Café du Monde is open 24-hours-a-day, everyday, except for Christmas.

Once you've experienced Café du Monde, you'll be ready for more of the local flavor, which is known as "New Orleans style" cooking and is a combination of Cajun and Creole cuisine. While many people use the two terms synonymously, Cajun and Creole cuisine are different. Creole is distinguished by its rich and heavy sauces and Cajun by its hot and spicy taste.

Try **Brigsten's** at 723 Dante Street, dinner only Tuesday through Saturdays, for "New Orleans style" signature dishes such as panfried speckled trout, cream of oyster Rockefeller soup and rabbit tenderloin with sauteed spinach and Creole mustard. What's on the menu depends on the evening you go since the selection here changes daily.

Galatoire's, 209 Bourbon Street, is operated by members of the fourth generation New Orleans family who opened it in 1905. The food is delicious and the natives advise that you go for lunch or dinner before 6 p.m., if you don't want to wait in line, as Galatoire's doesn't take reservations. But if you do end up waiting in line, it's worth it since the menu includes dishes like oysters Bienville, shrimp remoulade, chicken Creole and crab Yvonne.

Pascal Manale's, 1838 Napoleon Avenue, has been home to the port's best barbecue shrimp since 1913. Another family owned and operated restaurant, Pascal Manale's is a New Orleans favorite for lunch and a favorite it must be, since waits can last up to 45 minutes when it's crowded. But waiting in the bar isn't too bad because "bar" here means oyster bar and, of course, these oysters are served on the half shell—another New Orleans tradition.

Mosca's, US 90 in Waggaman, is a little out of the way, being 15 miles outside the city, but it's definitely something to see and some place to eat. Located next to the roadside and literally on the edge of a swamp, Mosca's serves a blend of Creole and Italian food using lots of seafood and garlicky sauces. Start with the marinated crab salad and then move onto the Italian oysters which are breaded and broiled. And be sure to try the homemade spaghetti bordelaise as a side dish. Dinner is served every night except Sunday and reservations are only accepted on Fridays.

Have breakfast at **Brennan's** at 417 Royal Street, or lunch or dinner for that matter, during your stay and chances are you won't be sorry. It's one of the city's premier dining establishments and opens at 8 a.m. each day for what the locals refer to as "brunch." Dessert after "brunch" is an occasion and one such

