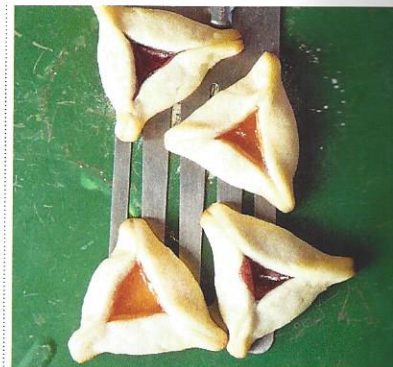


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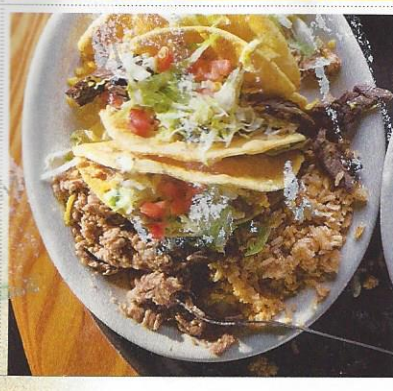


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The French Press

At Lafayette, Louisiana's most vibrant restaurant, The French Press (214 East Vermilion Street; 337/233-9449; thefrenchpresslafayette.com), homegrown chef Justin Girouard makes his own boudin, the Acadian sausage of pork, rice, and cayenne. (Delicious.) Then he fries it and serves it on toasted French bread topped with two poached eggs and chicken and andouille gumbo. (Even better.) His crispy softshell crab is served with a refreshing citrus slaw, and his smoked duck breast is paired with pillow-soft sweet potato spikole. Using locally produced food, Girouard honors Cajun cooking, all the while making it uniquely his own.