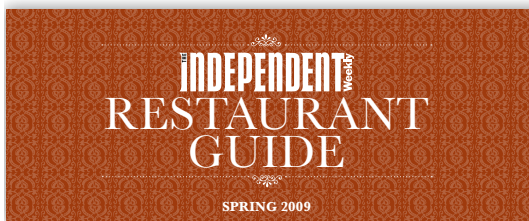


# Taco Sisters Featured in The Independent's Dining Guide, 2009

YOUR GO-TO SOURCE FOR THE



CASUAL DINER



AND THE



SERIOUS FOODIE.

## SMOKED FISH TACO — \$4.50

TACO SISTERS, 407 Johnston St., Lafayette,  
234-TACO  
Mon.-Fri. 11 a.m.-2 p.m.

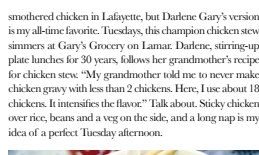
While tacos abound in Lafayette, the California version, fresh fish and veggies, has been scarce until this year. The Taco Sisters — Molly and Katy Richard — smoke fresh Gulf fish, as well as shrimp, chicken, pork and brisket cooked in adobo sauce. The smoked meat is served as a soft taco, all dressed with a fresh combo of spring greens, chopped apples, celery, green onions, carrots and a wipe of their secret sister sauce. One is all I can eat, but I've seen the guys at the office wolf down two fish tacos before rubbing their bellies, and the price is still under a tenner. Drive thru or dine in at the picnic table.

MARY TUTWILER

<http://www.bluetoad.com/publication/?i=16897>



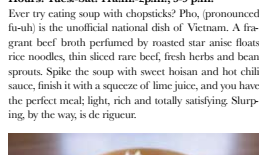
**POT ROAST POBOY — \$7.50**  
VILLAGER'S, 8400 Maurice Ave, Maurice, 898-1554  
Hours: Mon.-Thu. 10 a.m.-8 p.m.;  
Fri. 10 a.m.-9 p.m.; Sat. 10 a.m.-3 p.m.  
There's nothing like pot roast when you're jonesing for comfort food, but Villager's has cranked it up a notch by loading down a french loaf from Langlais Bakers with enough meat and gravy to make anybody sleep like a baby. The roast is slow cooked overnight until it's fork tender. Add a wipe of mayo, dress it with lettuce and tomato and watch out. If you're missing the potatoes, order their home fries, drinks come in long necks, and the atmosphere is country kitsch, just like it oughta be.



**PHO — \$8.95**  
MAE SON NOODLE HOUSE, 4807 Johnston St.,  
Lafayette, 406-0850  
Hours: Tues.-Sat. 11 a.m.-2 p.m.; 5-9 p.m.  
Ever try eating soup with chopsticks? Pho, (pronounced fu-huh) is the unofficial national dish of Vietnam. A fragrant beef broth perfumed by roasted star anise floats rice noodles, thin sliced rare beef, fresh herbs and bean sprouts. Spike the soup with sweet hoisian and hot chili sauce, finish it with a squeeze of lime juice, and you have the perfect meal; light, rich and totally satisfying. Slurping, by the way, is de rigueur.



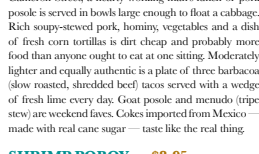
**THAI BEEF SALAD — \$9**  
PIMON THAI, 3904 Johnston St., Lafayette,  
993-8424  
Hours: Mon.-Fri. 11 a.m.-9:30 p.m.; Sat. 5-11 p.m.  
Thin sliced lozenges of spicy roast beef top this brilliantly flavored salad that is a meal in itself. Thai beef salad is a beautiful plate of finely cut lettuce, cucumbers, onions and tomatoes layered with beef, sauced with a bright lime dressing that comes in degrees of hotness, from mild to Thai hot hot hot. I love pepper, but medium is as far as I'll go at Pimon Thai, where, depending on the pepper season, even mild offers a kick. A snowball sized serving of rice comes alongside. Don't forget to order the Thai tea, sweetened with condensed milk, it's dessert in a glass.



**PORK POSOLE — \$6**  
EL RANCHITO, 2415 Cameron St., Lafayette,  
235-3297  
Hours:  
Fridays at the little Mexican market and restaurant on Cameron Street, a hearty working man's lunch of pork posole is served in bowls large enough to float a cabbage. Rich soup-stewed pork, hominy, vegetables and a dish of fresh corn tortillas is dirt cheap and probably more food than anyone ought to eat at one sitting. Moderately lighter and equally authentic is a plate of three barbacoa (slow roasted, shredded beef) tacos served with a wedge of fresh lime every day. Goat posole and menudo (ripe stew) are weekend faves. Cokes imported from Mexico — made with real cane sugar — taste like the real thing.



**CHICKEN STEW — \$5.95**  
GARY'S, 104 Lamar St., Lafayette, 235-2921.  
Lunch served Mon. - Fri. 10:30 a.m.-2:00 p.m.  
A staple of the plate lunch scene, there's a lot of good



**SHRIMP POBOY — \$8.95**  
PAUL'S PIROGUE, 209 E. Saint Peter St.,  
Cacerezo, 896-3788  
Mon.-Fri., 11 a.m.-2 p.m., Dinner nightly  
Still briny with the fresh taste of the Gulf, the jumbo fried



### Rich flavors for lean times

By MARY TUTWILER

While they may call it *hit tightening on Wall Street*, down here on *Jefferson Street* there's no halt in the cooking sector. *Kitchens in Acadiana* turn out some of their best dishes in the middle of the day at bargain prices. Better yet, those plates and prices often continue into the evening. While some of the Asian dishes won't send you to the couch for an afternoon nap, I wouldn't call most of these picks health food. We lean heavy on our rice and gravy pots. But if you look at the long history of food and culture, a pleasingly plump figure was a sign of prosperity in lean times. So here's the Independent Weekly's ten top dishes for under \$10. Loosen your belt and get ready for some of the great dishes and deals to be found in Cajun Country.



**CHICKEN BARBACOA — \$9.95**  
CAFÉ HAVANA CITY, 911 Bertrand Dr.,  
Lafayette, 267-3060  
Mon.-Sat., 11 a.m.-9:30 p.m.  
I fell in love with this dish the first time I tasted it, years ago when Café Havana City was located in an outpost out on Verot School Road. Fall-off-the-bone-tender chicken cooked in a soy butter sauce is richly flavorful and the dinner comes with two sides. That's where the problem comes in. Do you choose Moron's cristianos, (black beans cooked with rice, maitrions, (pan-fried sweet plantain slices), tostones, (garlicky fried green plantain slices), or yuca frita (fried yuca, which tastes close to but not quite like potatoes)? Other sturners are the pork filled Cuban tamales with green sauce and Ropa vieja, shredded beef in a sauce that's stuffed into a Cuban loaf makes one of the best barbecue sandwiches in town. Finish it all off with the great Cuban coffee.



**EGGS DES AMIS — \$8**  
CAFÉ DES AMIS, 140 E. Bridge St., Breaux Bridge,  
507-3398



**SMOTHERED PORKCHOP — \$8.95**  
ANTLER'S, 555 Jefferson St., Lafayette, 234-8877  
Mon.-Fri. 11 a.m.-2 p.m.  
There's magic in Johnny Walter's pots. The old polo hall on Jefferson was once known for poboy and elbow throwing. Now, the downtown courthouse crowd convenes at lunch time for some of the finest plate lunches in Acadiana. You can eat your way around the week: smothered round steak on Mondays, stuffed pork chops on Tuesdays, smothered pork chops on Wednesdays, smothered chicken on Thursdays, and shrimp stew on Fridays, and on occasion, a delectable smothered rabbit. Antler's belongs in the rice and gravy hall of fame.

Tues., 11:00 a.m. - 2:00 p.m.; Wed.-Thurs. 11:00 a.m. - 9:00 p.m.; Fri.-Sat. 7:30 a.m. - 9:30 p.m.;  
Sun. 8:00 a.m. - 2:30 p.m.  
The dancing's so hot at Zydeco breakfast, sometimes people forget that the first reason to go to Café Des Amis is for the food. Eggs Des Amis is a killer dish — homemade split and grilled biscuits topped with a grilled boudin patty, swiss cheese and two fried eggs. Sip a mimosa, slip in a two-step and you'll accomplish the your alcohol, salt, fat, cholesterol and exercise quota for the day before noon.



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