

The Po'Boy Sandwich Is Rich In History

(NAPSA)—From cheese steaks in Philadelphia to ribs in Kansas City, every city seems to have at least one dish that it's known for. Some say that in New Orleans it's a special sandwich piled high with oysters—the po'boy.

Many believe credit for inventing the po'boy sandwich should go to two brothers—Clovis and Benjamin Martin, who owned a small café in the French Market.

It's said that in 1929 the two brothers fed striking transit workers who would come to the back of their restaurant. The brothers would let those “poor boys” buy a sandwich with the trimmings for 5 cents. Eventually, the name “po'boy” was attached to this kind of sandwich, stuffed most notably with fried oysters.

Today, the po'boy is still featured at a number of New Orleans institutions, such as Acme Oyster House in the city's French Quarter. Since 1910, Acme has been serving a wide variety of seafood dishes. Lucien Gunther of Acme attributes much of the restaurant's success over the years to the versatility and freshness of the oysters and other Louisiana seafood served there. Recently, the restaurant fried 5,200 Louisiana oysters for a po'boy sandwich that was 340 feet long, stretching the length of an entire New Orleans city block.

According to Ewell Smith, executive director of the Louisiana Seafood Board, the supply of oysters in the region is back to levels that are similar to the number and the quality that were available before Hurricane Katrina. He thinks eating Louisiana oysters is a great way to support Louisiana fishermen and the Louisiana fishing communities.

Oyster Po'Boy Sandwich

- 1 quart Louisiana oysters**
- 3 large eggs**
- 3 cups cornmeal**



Over 5,000 fried oysters were stuffed into a po'boy sandwich the length of an entire city block.

- ¼ cup all-purpose flour**
- 1½ teaspoons salt**
- 1 teaspoon Cajun seasoning**
- 1 teaspoon black pepper**
- vegetable oil**
- 4 French bread rolls, about 6 inches each**
- 2 medium tomatoes, sliced**
- shredded lettuce**
- mayonnaise**
- dill pickle slices**
- salt and pepper**

In medium bowl, beat eggs; stir in oysters. Let stand for 5 minutes. In large plastic bag, combine cornmeal, flour, salt, Cajun seasoning and pepper. Shake excess egg from oysters and place in the bag. Toss until well coated. Remove from bag; set aside. Repeat with remaining oysters. Heat 2 inches of oil in large heavy pan over medium-high heat, about 350°. Fry oysters in batches for about 30 seconds or until golden brown. Split roll; spread with mayonnaise. On the bottom of roll, arrange layers of lettuce, oysters, tomato and pickles. Sprinkle with salt and pepper, if desired. Add bread top. Repeat. Makes 4 servings.

To learn more, visit www.LouisianaSeafood.com or www.AcmeOyster.com.