



LOUISIANA TRUE

# Po'Boy

BURKE BISCHOFF

*Po'Boy* tells the story of how a humble sandwich became a symbol of New Orleans culture, history, and cuisine. Invented to help feed a crowd of out-of-work individuals in New Orleans's streetcar industry, the po'boy is a submarine-like sandwich served on French bread, with common fillings that include fried seafood, roast beef and gravy ("debris"), and hot sausage. Rich with historical detail, *Po'Boy* welcomes readers into the world of the city's most iconic sandwich.

**BURKE BISCHOFF**, a lifelong resident of New Orleans's West Bank, is a journalist and former executive editor at *Where Y'at* magazine. A graduate of Loyola University in New Orleans, he also worked as an associate producer at WYES-TV.

## PRAISE FOR *PO'BOY*

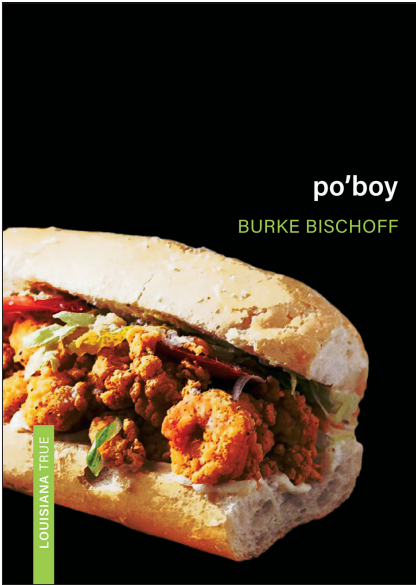
"Perfect subject matter! Ain't many topics as near and dear to me as sandwiches, and few things soothe my soul like a dressed shrimp or oyster po'boy with some hot sauce and a cold beer on a sunny day in New Orleans!"—**Chef Mason Hereford**, coauthor of *Turkey and the Wolf: Flavor Trippin' in New Orleans*

"Who knew that so much delicious history could be contained in a single sandwich? Burke Bischoff's deep dive into New Orleans's ubiquitous poor boy loaf examines the working man's sandwich from all angles: the history, the ingredients, and that most vital element, the poor boy bread. Any lover of New Orleans food will find much delight between these pages."—**Poppy Tooker**, author of *Louisiana Eats! The People, the Food, and Their Stories*

"With this book we discover that each bite of the beloved New Orleans sandwich is a bite of local history."—**Peggy Scott Laborde**, coauthor of *Lost Restaurants of New Orleans*

"As a fan of culinary history, I recommend Burke Bischoff's book in which he describes, in detail, New Orleans's legendary poor boy sandwiches. My mouth was watering while reading the book. I have great memories of enjoying gravy-drenched beef poor boys and piping hot, crispy fried-oyster poor boys (my personal favorites) when I lived in New Orleans."—**Marcelle Biennu**, coauthor of *Stir the Pot: The History of Cajun Cuisine*

Other Titles in the *Louisiana True* Series:  
*Mardi Gras Beads* by Doug MacCash  
*Mardi Gras Indians* by Nikesha Elise Williams  
*Brown Pelican* by Rien Fertel



**JULY 2023**  
120 pages, 5 x 7, 10 halftones  
978-0-8071-8047-1  
Paperback \$21.95, ebook available  
LSU Press Paperback Original  
Louisiana / Foodways



338 JOHNSTON HALL | BATON ROUGE, LOUISIANA 70803

225-578-6294 | FAX 225-578-6461 | Orders/Customer Service 800-848-6224 | [www.lsupress.org](http://www.lsupress.org)