Stroud’s perfecting art of a good steak

By DRUANN DOMANGUE

Dwight Stroud has been cooking steak for 25 years and is a master of the art.

If you are a connoisseur of the good things in life, you have knowledge of this restaurant. If you love a good steak but can’t cook one to save your life, you should get out your map and circle 440 Industrial Parkway. This is the new address of Stroud’s. Dwight Stroud has been cooking steak for 25 years and is a master of the art. Customers have been faithful to his T-bones and ribeyes for the same number of years and wouldn’t dream of eating a steak in any other restaurant.

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Stroud explained when asked for his secret recipe. This may not sound all that complicated or appetizing, but he left out a few details. For instance, he only buys his steaks from a distributor in Mobile, Ala. who picks from beef raised in Nebraska and Wisconsin. Stroud’s steaks arrive every Wednesday, but are then held for two weeks so that they have time to age. “This makes for a tender steak, and that is what my customers prefer. I never freeze. If I freeze it, I don’t touch it,” he declared.

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Stroud does his own cooking. He opened his first restaurant in 1963, and as he says, “I have always served steak.” He is still serving steak for dinner, but has added a luncheon menu that changes each day.

“Every day is a new world,” Stroud explained. The menu may feature turkey breasts stuffed with cornbread dressing, a catfish filet stuffed with crabmeat or crawfish, crawfish fettucini or the Friday special, seafood cooked in whatever way his imagination takes him. The luncheon menu is available daily from 11 a.m. through 2 p.m. except for Saturday. Cost ranges from $6 to $8. Stroud’s is closed Sunday and Monday nights.

In two to three weeks, Stroud’s will be able to offer additional entrees and a complete wine list. Currently under renovation, the restaurant is expanding its dining room and kitchen. An inventory of various California and French wines will be made available to Stroud’s customers.

Stroud’s, at 440 Industrial Parkway, is located off Pinhook. Heading toward Broussard, turn left in front of the Bank of Lafayette. Stroud’s is 3/4 of a mile down on the right. Visa and Mastercard accepted.