The American Regions

- Pacific Coast
- Hawaiian Islands
- West and Southwest
- Midwest
- New England
- Mid-Atlantic
- South
Reasons people left their homelands:

• Escape from debtors prison.
• Religious freedom.
• Flee from famine & disease.
• Brought to work in America (Slavery)
• Search of fame & fortune.
Settling in the New World

- Settled in common groups
  - Examples: French, Scandinavian
  - In climates from where they came from

- Settlers brought:
  - Native foods
  - Customs
  - Adapted recipe to foods that were available
Native American Cuisine

• Traditional foods included: Corn, Beans, potatoes, squash, and pumpkins.
• Corn or maize is the focal point of Native American Culture.
  – There are over 30 different corn dishes.
  
  Fry bread is considered a traditional food by over half of the North Native American Tribes.
Native American, cont.

- Wild greens and fruits served as the major courses of vitamins A and C plus potassium.
- They were skilled farmers and hunters.
- Buffalo and other wild animals also common.
- It has been estimated that over 65% of our contemporary diet can be traced directly to the contributions of the American Indians.
New England Region

• New England Boiled Dinner: Corned Beef, potatoes, onions, beets, carrots, cabbage.
• Clam Chowder: CREAMY potato soup with clam meat.
• Maple Syrup: is the sap from sugar maple trees
  – Many times this was a source of sugar
Red-Flannel Hash: **Leftovers** fried with beets
Color looks like red flannel underwear.

- Succotash: Corn & Lima beans mixture often served with COD
• To preserve food: they Dried and salted foods, later they would soak in water and cook.

• Blueberries, cranberries, and blackberries, are grown in the New England area.
Mid-Atlantic Region

• Chicken Corn Soup: Common-soup with chicken corn and noodles
• Shoofly Pie: SWEET – molasses and sugar
• 7 Sweets & 7 Sour: must be found in each meal
• Scrapple: Pork and cornmeal
• Items introduced by the Dutch: Coffee cakes, Sticky buns, funnel cakes, and crumb cake
• PA. Dutch: a group of German immigrants that settled in the SW corner of PA.
• Baked Items from PA. Dutch: Cookies, doughnuts, waffles, griddlecakes
• Pies: eaten 3 times per day
• Funnel Cakes: spiral shaped, eaten for breakfast with sausages
Mid West Region

• Potlucks: Shared meal- everyone brings a dish to complete the meal.
• Buffets: food lines up on large table. **hearty helpings for farmers.
• Midwestern cooking is hearty and uncomplicated.
Southern Region

- Corn: STAPLE of SW cooking – just like native Americans
- Cornbread: Bread made from cornmeal. Standard to make with a meal
- Grits: CORN PRODUCT cooked to thickened consistency (like oatmeal) and served for breakfast.

Southern Cooking Video

Deep South
Alabama - Arkansas - Florida - Georgia - Mississippi
3 Types Of Food

• Soul Food
  – Chitterlings: Hog intestines that are fried boiled or deep fried.
  – Okra: Green pod shaped vegetable; from Africa
  – Yams: “SWEET POTATO”- moist orange flesh
  – Sweet Potato Pie: pie made with yams

Sweet Potato Video
• Creole Cuisine:
  – File’: Flavoring/Thickening agent made from sassafrass leaves.
  – Gumbo: Soup, meat, potatoes, poultry, shellfish, seafood
  – Jambalaya: RICE DISH, poultry, shellfish, seafood.
  – Beignets: Bread dough squares – Deep Fried
  – Coffees: Flavored coffee STRONG=chickory
  – Praline: Candy made with sugar, pecans, milk or buttermilk

[Link to Cooking Gumbo]
• Cajun Cuisine:
  – Peppers: Red; HOT; cayenne
  – Seafood/Wild Game: any locally grown – alligator and possum
  – In Cajun cuisine, most dishes center around locally available GAME and SEAFOOD.

Cajun Pork Gumbo
West Southwest Region

• Beef plays a major part in western cooking.
• Barbecues continue to be an important part of Southwestern Cooking.
  – Basting is done while grilling
Son-of-a-gun Stew: Made from tongue, liver, heart, and sweetbreads of a freshly slaughtered steer.
Barbecue: Cooking food over OPEN FIRE.

Barbecue Beef
Pacific Coast Region

- Sourdough: dough containing ACTIVE yeast plants that give a sour taste.
- Chop suey: Chinese cook everything (leftovers) and chopped up.
- King crab, Caribou Sausage and Reindeer Steak- Alaskan Specialties

Cooking techniques of all pacific states are simple. They take advantages of the natural flavors and colors of the food.
Hawaiian Islands

- 3 largest industries: Pineapple, sugarcane, and tourism.
- Fish is the main source of protein.
  
  Luaus: an OUTDOOR feast
  
  Imu: Underground oven
  
  Lomi-lomi: salted salmon served with tomatoes & green onions.
• Poi: Paste made from taro toot (very starchy)
• Haupie or Haupia: Pudding made of milk, sugar, cornstarch and grated coconut.
• Macadamia Nuts:
  – Hardest shelled in the world