

**Chapter 1 : The history of America's favorite cheese | KCRW Good Food**

*A Century of America's Favorite Foods is much more than your average cookbook! Featuring the best recipes of the 20th century From The Community. Amazon Try Prime.*

Email A century ago someone, much like yourself, was seated at a kitchen table, much like yours, perusing a morning paper, much like this one. How did we in 10 decades go from gruel to Starbucks? Our population has mushroomed by almost million since Passenger travel zoomed from the horse to the supersonic. Computers accomplish in hours what took a turn-of-the-century factory crew days. As early as the mids it was dubbed the American Century. The consensus, at least at home, was that we were an unrivaled world power to whom the future belonged. Such heady times required heady meals. Modest eating establishments in the Midwest served mountains of the same minus the elephant , albeit with less fanfare and a considerably lower price tag. A particular favorite along the eastern seaboard was Oysters Rockefeller – baked oysters topped with savory shredded greens. Because of its rich ingredients, Alciatore chose John D. Rockefeller, one of the wealthiest men in the nation, as its namesake. He emphatically insisted that the finely minced greens were not spinach, as was commonly assumed. Later his great-grandson, Roy F. The middle and lower classes ate far more humbly. By , America had an aching sweet tooth, with the average person consuming 65 pounds of sugar annually. Recipe Oysters Rockefeller – Immigration was at an all-time high during these years, bringing new flavors to the kitchen. Italian, German, Jewish, Chinese and Eastern European foods filled millions of tables, mostly in ethnic enclaves in large cities. Spaghetti and Meatballs, Chop Suey, Chow Mein, Swedish Meatballs and goulashes of every sort crowded specials boards in neighborhood restaurants. In addition, says Kraig, the s saw the beginning of the proliferation of processed foods. We needed a place to purchase such bounty, and the self-service market was born. With such variety and availability, the over-indulgence of the first decade prevailed – at least among the wealthy. Taft, a hefty pounder. Is it any wonder his favorite meal was Lobster Newburg? A wildly popular dish of the day was Vichyssoise. It could be made in the most well-to-do as well as the most simple of homes. A death knell sounded in January , when the Eighteenth Amendment – otherwise known as Prohibition – was ratified. Scheduled to go into effect on January 16, , Prohibition was going to save those poor souls whose moral compasses had gone awry. Or so self-satisfied politicians told one another over glasses of port after dinner. The music was loud, the people wild and the stock market boisterous. We had money and were willing to spend it in the most conspicuous ways. Novel electrical gadgets like toasters, refrigerators and gas stoves were being sold by the thousands. The unwelcomed appearance of Prohibition did little to curtail the drinking habits of the masses. The Noble Experiment, as it was called, actually encouraged us to drink more, which is why in part it was repealed in In fact, the majority of the drinks we know today were concocted during Prohibition. Speakeasies sprang up everywhere, and patrons slunk into these underground establishments by the millions to drink and to listen to the new music called jazz. To accommodate them, and to soak up some of the harsh bathtub gin, proprietors began offering finger foods. Customers brought the idea into their homes, and the cocktail party was born. While the more affluent crowd sipped and chattered away at their parlor parties, the rest of us repaired to the dining room or eat-in kitchen for dinner. Something was missing from most tables, though. By the end of the busy night, the kitchen was nearly empty except for a few ingredients – romaine lettuce, Romano cheese, bread, olive oil and some eggs. With these, proprietor Caesar Cardini whipped up the famous Caesar Salad. But the one item that best defines the s is nether fish nor fowl nor leafy green. No sophisticate would dare be seen without a Martini nonchalantly cupped on one hand and a Camel cigarette cocked in the other. The origin of the Martini remains unknown. Experts name several sources of pedigree, all of them happy to claim credit. It was the perfect accessory for the slender flapper and the sleek Dapper Dan – the full-figured ideal of the previous decades disappeared, never to return. No other cocktail has incited such passion or ire when it comes to the proper way to make one. Families were now faced with the challenge of making due with less. The Depression was a great task master, forcing people to be thrifty and use every bit of food, ad every ounce of ingenuity, to stretch meals. Menus were radically pared down, notes Ray. Popular dishes of the period were inexpensive, one-pot meals such as

macaroni and cheese, chili, oxtail soup, casseroles of all sorts and â€” to maintain the illusion of the abundance of beef â€” meat loaf, stretched to its limit with filler. Accompaniments were usually inexpensive vegetables such as carrots, peas and potatoes. Bread and soup lines snaked around the block. The National Biscuit Company created Ritz Crackers in and shortly afterward offered a recipe that would remain an adored oddity for over 40 years: Made almost entirely from Ritz Crackers, the ersatz pie stood in for the real thing, which, because of apple prices, was more expensive to make. In , Hormel pitched in by developing arguably the most indestructible of all comestibles: Because its shelf life clocks in at more than seven years, few American kitchens and later World War II military troops were without it. A sign that the Depression was loosening its grip was witnessed in when Irma Rombauer, a housewife from St. Almost overnight a great migration of humanity was under way, with men marching off to Europe and the South Pacific, and women marching out of kitchens and into factories. Many American homes lost their household help too. Standing patriotically side by side in factories across the country were hostesses and their former maids or cooks. And in its democratization every family had to ration its food. As a result sales of convenience and prepared foods increased. As buzz spread of this delicious, airy cake, Baker was plied with requests and offers for his closely guarded recipe. In no time the cake made its way into nearly every kitchen as a sweet counterpoint to almost 20 years of deprivation and sorrow. Hope soared, giddiness rippled and money flowed. As long as I Love Lucy was on the newly invented television, life was good. So good, in fact, that over 16 million babies were born during the first half of the decade. Gastronomically, though, the Fabulous Fifties were anything but. Experts enthusiastically denigrate the decade as the nadir of American cuisine. The mass distribution of processed foods, thanks to transportation, is often blamed. It was at this time that we got all those ads about appliances and prepared foods freeing us from the kitchen. Soups were available both in liquid and dry form, Tang landed on supermarket shelves and frozen dinners poised precariously on trays in front of TV sets nationwide. Introduced in by Swanson, cent TV dinners were the ultimate time- and energy-saver of the modern kitchen. A flick of the wrist turned back foil revealing turkey and stuffing floating in gelatinous gravy, whipped sweet potatoes and peas. About a half hour in the oven, and dinner was done. With nary a dish to wash. Nothing more than a mixture of Lipton Recipe Secrets Onion Soup Mix and sour cream, the dip was the first thing to disappear at parties. According to Lipton brass, over , envelopes of mix are now used daily â€” most of which end up as dip, not soup. Yet even in this decade of gastronomic debasement a few dishes managed to shine. Beef Stroganoff, with its rich sour cream sauce, was considered the height of contemporary entertaining. With one dish you could impress the neighbors or feed the in-laws. Something happened during the end of the decade that ushered in a new era of American cooking. Unfortunately, with the exception of James Beard, there was little in the way of reliable instruction back home. That was until a charming, six-foot woman with a voice reminiscent of a throttled goose cowrote a tome called *Mastering the Art of French Cooking* Alfred A. Recipe California Dip â€” Julia Child was without a doubt the quintessential dish of the s. She tottered into our lives like a marvelously eccentric aunt at the ideal moment: Jacqueline Kennedy had just installed a French chef in the White House kitchen, and our collective appetite was whetted. They just needed someone, and I happened to be the right person. She was a great showman. She made French cooking very approachable. You acquired culture without feeling intimidated. A simple chicken dish made with mushrooms, onions, bacon and red wine, Coq au Vin was copied in millions of kitchens around the country. The dish was so well-loved that Julia included it in many of her subsequent cookbooks. Derogatorily referred to as granola-crunching, Birkenstock-wearing kind of folk, they eschewed anything prepackaged and began making their own products such as fresh bread, peanut butter, tahini and hummus. Eventually even the most establishment-entrenched conservatives became curious. Regular items on the menu were vegetarian chili, guacamole, gazpacho, zucchini bread, lemon bars, carrot cake and, of course, granola. It was the first indication, however, of the speed with which food was evolving.

**Chapter 2 : - A Century of America's Favorite Foods by Sue Dawson**

*This is about as American as it gets. The concept of the hamburger originated sometime in the late 19th century, according to the L.A. www.nxgvision.com the dish began to increase in popularity in the.*

Messenger This summer, 45 million pounds of marshmallows will be toasted over a fire in America. Many will be used as an ingredient in the quintessential summer snack: Huddling around a campfire and eating gooey marshmallows and warm chocolate sandwiched between two graham crackers may feel like primeval traditions. But every part of the process – including the coat hanger we unbend to use as a roasting spit – is a product of the Industrial Revolution. Marsh mallow, or *Althea officinalis*, is a plant indigenous to Eurasia and Northern Africa. For thousands of years, the root sap was boiled, strained and sweetened to cure sore throats or simply be eaten as a treat. The white and puffy modern marshmallow looks much like its ancient ancestor. But for hundreds of years, creation of marshmallows was very time-consuming. Each marshmallow had to be manually poured and molded, and they were a treat that only the wealthy could afford. By the mid-19th century, the process had become mechanized and machines could make them so cheaply that they were included in most penny candy selections. A century image shows an Aztec woman frothing chocolate. Lacking sugar and milk, ancient chocolate was much more bitter. Chocolate Class Chocolate is another ancient food. Mesoamericans have been eating or drinking it for 3,000 years. The Europeans who encountered indigenous people in Mexico in the 1500s noted that chocolate was used to treat numerous ailments ranging from dysentery and indigestion, to fatigue and dyspepsia. But again, it was the Industrial Revolution that made chocolate cheap enough and palatable enough for the average person. The chocolate that the Mesoamericans ate was dark, grainy and tended to be somewhat bitter. In 1875, a candlemaker-turned-chocolatier named Daniel Peter invented a process to mix milk with chocolate. He then added some more sugar, and the modern milk chocolate bar was born. It proved to be so much more popular than the darker bars on the market that other candy companies, from Cadbury to Hershey, released their own versions. The original graham cracker used unsifted whole-wheat flour. Graham felt that separating out the bran was against the wishes of God, who, according to Graham, must have had a reason for including bran. Graham was highly influential in the development of the health food movement of the 19th century, and his acolytes included John Harvey Kellogg of the Battle Creek Sanitarium, who used the graham cracker as a basis for his famous flaked cereal line. As I often tell my students, the health-conscious Sylvester Graham is probably rolling over in his grave after what became of his beloved cracker.

Chapter 3 : NPR Choice page

*The history of America's favorite cheese. In the early 20th century, viewing the "farm as factory" was an obvious metaphor for improving the food system.*

Book excerpt Author Gordon Edgar is a cheese expert. Photo by Simran Sethi. Dunbarton Blue was a cheese that almost never existed. Chris Roelli, fresh out of college and ready to take over the family business, looked forward to the challenge of making cheddar like his father and grandfather had. His dad knew about his cheese-making aspirations. Why would a multi-generation cheese maker do that to his son? Why are people eating a lot more cheese, made in fewer locations, from the milk of increasingly larger-sized herds? And why is it so hard for a small-scale cheesemaker to make a living—so hard, in fact, that Mr. Roelli felt the need to make sure his son pursued a different vocation? Not too long ago, relatively speaking, things were quite different. Most cheddar makers in the immediate post-WWII period had made a good living selling to the large companies such as Kraft, Borden, and Armour. Those big national brands had regional producers, sometimes a lot of them, contracted to make their cheese to meet demand. This notice to small producers was repeated throughout the nation as national brands built large cheese factories. No longer could a family cheesemaker survive by making blocks of cheddar alone. How did this happen? Cheddar production at Montgomery Cheese in Somerset, England. As every aspect of agriculture was subject to change in the name of efficiency, even the farm itself came under scrutiny. If the goal of the wedding of scientific management to farming was to lower the price of protein, that goal had been achieved. Unless they are farmstead producers, cheesemakers buy the milk they need to make cheese, but the cheese they make with it needs to age. So while the milk bill needs to get paid, the cheese sits around, costing money in utilities for refrigeration until it is mature enough to be sold. Many cheesemakers need to make young cheeses in order to get a quick return on their investment and pay off the bills that are owed. However, making a young, mild cheddar—a cheese that could be sold relatively quickly—became a volume game after the Cheddarpocalypse, when bigger, more efficient factories became the norm. Since cheddar is traded as a commodity, producers became tied into the pricing system. But Chris Roelli had other ideas. Slowly Roelli developed, through trial and error, one of the most original cheeses made in this country in the last century, a cheddar-blue that combines the best of those two worlds. One only made possible through the re-discovery of the beauty of inefficiency. The Roellis use only milk from one farm for the Dunbarton Blue and pay a premium for its high quality. At large factories, the technology of today allows the process—everything from the pumping of milk to the packaging of the cheese—to be controlled by computers and button-pushers, never coming into contact with humans. On the one hand you have a family business, in the same area for years, buying local high-quality milk that they use to make small batches of cheese that is then aged until deemed high enough in quality for sale. On the other hand, a large company buys milk as cheaply as possible and creates a huge volume of cheese using a pre-programmed, mechanical process that does not allow for individual input. The cheese is then sealed and sold as quickly as possible. Of course, the cheese produced by machines and button-pushers is seen as the norm, and to most folks, spending anything more is seen as an extravagant indulgence. In a de-industrialized and de-agriculturalized nation, this irony is widening. That in itself is a remarkable feat in the 21st century. Gordon Edgar is the author of two cheese books: *Cheesemonger* and *Cheddar*. He has worked behind a cheese counter since

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Food served to immigrants at Ellis Island came from a variety of sources. Some were government issue, others were contracted out to private concessionaires, still others were provided by charitable organizations. When the federal government took over the responsibility of inspecting the immigrants in , the idea of moving the inspection process to an island was attractive to the officials. Castle Garden, located on the mainland, provided too easy a target for the thieves and criminals that would prey upon the unsuspecting immigrants. In addition, by the time Castle Garden closed, the corruption within the inspection process was bordering on a public scandal. The concession contracts were often awarded by patronage, not for the quality of services they offered the immigrants. Officials hoped for a clean sweep of those mistreating immigrants. On the steamships, passengers were provided with little to eat in steerage except lukewarm soups, black bread, boiled potatoes, herring or stringy beef. In the early years, any hopes the immigrants had in receiving better treatment at Ellis Island were futile. It did not take long for corruption to find its way to Ellis Island. The detained immigrants were generally served stewed prunes over dried bread. Often there was no cutlery. Bowls were used and reused without washing; floors and tables often went unwashed. When they were washed, it was often by an intimidated immigrant. As time went on, the commissioners became more involved in the treatment of the immigrants and the situation improved. Food, including thick soups and stews, became plentiful. The facilities were better maintained and, in time, ethnic and kosher meals were provided. This both solved and created problems. An immigrant appearing at the wrong seating might be exposed to unfamiliar foods. White bread was thought to be cake; bananas were a complete enigma. How strange and frightening it must have been! As most of the immigrants were not detained and were destined for points outside New York City, provisions were made to supply them with some food for their train trips. Boxes of food, fifty cents for a small one and one dollar for a large one, were sold to the immigrants in the railroad waiting room. The contents of each box were printed on the sides, with corresponding prices, in several languages: Surely the immigrants wasted no time in tasting the contents of the boxes to sample the flavors of their new country. Mealtimes were one of the few times the detained immigrants were reunited with family members. Surely the enormity of their decision to come to America was hammered home when they sat down to eat and did not know what they were eating, or how they were to eat it. No doubt they were most anxious to recreate the comforting smells of the kitchens they had left behind. Many of the other bids submitted were much less, one being as low as 18 cents. He said that he believed the men he had selected would furnish the most satisfactory supplies. This explanation did not satisfy the complainants and an appeal was made to Secretary Shaw, and finally to the president, who summoned Commissioner William Williams to Washington to make an explanation Judge Jacob Neu, of Brooklyn; L. Obermeir, of New York; Henry B. Ketchum, of Brooklyn; Emil Schwab, of New York, who has the contract for feeding the immigrants at present At the conclusion of the conference yesterday Mr. Ketchum, who is attorney for one of the unsuccessful bidders, said: There will be further investigation. Both of these men have been employed in newspaper work. They are absolutely without experience in the restaurant and eating-house business. Their bids are far higher than those contained in many of the other proposals. It is reported that they were influential in securing the appointment of Mr. The steamship lines pay for the meals of the immigrants detained at Ellis Island, and they are not willing to pay such a price when equally good meals could be had at lower figures. The reliability of many of the other bidders cannot be questioned. In addition to receiving this amount of money, the contractor for conducting a restaurant, which is the source of considerable income. The conference lasted an hour, at the conclusion of which it was announced that Secretary Shaw remained firm in his position of accepting Mr. Eight proposals were received, and they were made on the basis of actual requirements during the past six months, when immigration has been very light, and also upon estimated requirements when immigration is normal. This year both were bidders for the contract, and it was announced that Balfe had been the successful bidder. The it was suddenly

announced that all bids were called off. It is said that Mr. Balfe contends that he has been regularly awarded the contract, and he will go to law to prevent the granting of the privilege elsewhere. There were thirteen bidders, and the figure quoted for the board of aliens ranged from 20 to 35 cents a day. The contractor up to a few days ago, was Fritz Brodt of this city. The contract calls for distinct grades of food and a fixed quantity for each person. The specifications even state how much ham must be put in a sandwich, and how much milk in a glass. When Commissioner Williams succeeded Robert Watchorn as Commissioner, he said Brodt was not living up to his contract. The figures at which Brodt held the contract were 6 cents for breakfast, 10 cents for dinner, and 6 cents for supper. This does not govern prices in the restaurant for employes or the selling of boxes of food for immigrants traveling by train. The highest bid was 11 cents for breakfast, 13 cents for dinner, and 11 cents for supper. The Union News Company runs food stands in railroad stations in addition to selling papers. The bids were sent to Washington and the announcement of the award will be made there. The people are half starved there, and therefore, when the tables are set, there is again a scramble--the hungry people grab, in addition to their own, the portions belonging to other persons. Later I did all I could to get my portion, though I never took anything that was intended for another. Sunday Magazine 5. In your issue of Jan. The commissary quarters at Ellis Island are wide open to inspection. There is nothing about the place that we are not pleased to exhibit and explain. The food, which is of the grade and variety specified in a contract drawn by the Government, is plain but wholesome and bountiful--quite as good meal for meal, we believe, as will be found on the table of the average wage worker throughout the country. Every item of food, as shown on the daily bill of fare, is checked up by Government Inspectors, a different official being present at each meal, while Government watchmen and matrons are always in attendance to see that every reasonable need is met. Representatives of the various missionary and immigrant aid societies are in and out of the dining room during meal hours looking after their special charges. They have the freedom of the place and have authority from us to procure delicacies in case where delicacies seem to be required. In addition to the regular meals, milk and crackers are served twice a day and at night to children throughout the building. Moreover, the cleanliness of the great dining hall and the good quality and abundance of the food provided are constantly remarked by sightseeing visitors, settlement workers, and investigators. These facts are so well known to so many disinterested persons and are so easily obtainable that we feel sure you will share our regret that proper sources of information were not consulted prior to the publication of the statements in the article that so injuriously reflect on us. About a million meals are served there. In it the tables are covered with white paper, constantly renewed, and the men is provided directly under United States official orders. It includes soup, fish, meat, vegetables, fruits and cereals. The bill of fare for any one day, as given, sounds wholesome and sufficient and the food is well cooked. The guests eat until satisfied. There is not better kitchen in all the land than this great modernly-equipped food center of Ellis Island. A number of month-old pies and a loaf of moldy bread were placed on the table before the commission as a sample of some of the foodstuffs at the Island. I simply offer it for the purpose of having it analyzed to determine if bread made from pure and wholesome flour would show such impurities as may be seen in this broken loaf. McCombs has analyzed these samples of eight pies, supposed to be fruit pie, such as we saw sold to the immigrants, and found they were made of apple skins and cores, with the addition of seventeen currants top each pie. In one pie we did not find anything at all; it simply had a dash of color on the top. We talked to Inspector Alexander who told us that the food was so bad that the employees carried their own supplies and cooked for themselves. I tried to buy four of the 50 cent boxes of food sold to the immigrants. They refused to let us have any on the grounds the food was intended only for immigrants. A man told us we had no business being there and told us to get out. On August 1st the Research men returned to the Island and were permitted to make an investigation. Hudgins came in and told us that the meat was to be creamed. He said pounds of spoiled meat had to be burned daily. I asked him why such meat was shipped to the island, when the specifications in the contract called for Waldorf-Astoria beef. His answer was to bring in the chef who said it was always customary to burn the spoiled meat. The witness said the meat and cheese sandwiches sold in the cartons prepared for immigrants showed short weight. Referring to the pies again, he said the so-called lemon pies. It is hypocritical to attempt it. The prices are eight cents for each meal in the immigrant restaurant, or twenty cents per day. The rates should be at least twelve

cents each for breakfast and lunch and fifteen cents for dinner, or thirty-nine cents per day. One of the great defects of the system is that no provision at all is made for nursing mothers and children in the way of food supplies. The food at the Island for adult immigrants should be of some standard quantity and quality, and the variety should be cut down to plain and simple wholesome food.

**Chapter 5 : 50 States, 50 Dishes: America's™ Favorite Foods and Where to Get Them**

*America's 50 Favorite Foods. This is a list of 50 of the most popular foods in the USA. I found this list on [www.nxgvision.com](http://www.nxgvision.com) Iconic Desserts From Each American.*

Seafood[ edit ] Blue crab was used on the eastern and southern coast of what is now the U. Seafood in the United States originated with the American Indians in the United States, who often ate cod , lemon sole , flounder , herring , halibut , sturgeon , smelt , drum on the East Coast, and olachen and salmon on the West Coast. Whale was hunted by American Indians off the Northwest coast, especially by the Makah , and used for their meat and oil. Catfish was also popular among native people, including the Modocs. Crustaceans included shrimp , lobster , crayfish , and dungeness crabs in the Northwest and blue crabs in the East. Other shellfish include abalone and geoduck on the West Coast, while on the East Coast the surf clam , quahog , and the soft-shell clam. Oysters were eaten on both shores, as were mussels and periwinkles. Grilling meats was common. Spit roasting over a pit fire was common as well. Vegetables, especially root vegetables were often cooked directly in the ashes of the fire. As early Native Americans lacked pottery that could be used directly over a fire, they developed a technique which has caused many anthropologists to call them " Stone Boilers ". They would heat rocks directly in a fire and then add the rocks to a pot filled with water until it came to a boil so that it would cook the meat or vegetables in the boiling water. In what is now the Southwestern United States, they also created adobe ovens, dubbed hornos by the Spanish , to bake products such as cornmeal bread. Other parts of America dug pit ovens; these pits were also used to steam foods by adding heated rocks or embers and then seaweed or corn husks placed on top to steam fish and shellfish as well as vegetables; potatoes would be added while still in skin and corn while in-husk, this would later be referred to as a clambake by the colonists. When the colonists came to Virginia , Pennsylvania , Massachusetts , or any of the other English colonies on the eastern seaboard of North America, their initial attempts at survival included planting crops familiar to them from back home in England. In the same way, they farmed animals for clothing and meat in a similar fashion. Through hardships and eventual establishment of trade with Britain, the West Indies and other regions, the colonists were able to establish themselves in the American colonies with a cuisine similar to their previous British cuisine. There were some exceptions to the diet, such as local vegetation and animals, but the colonists attempted to use these items in the same fashion as they had their equivalents or ignore them entirely if they could. The manner of cooking for the American colonists followed along the line of British cookery up until the Revolution. The British sentiment followed in the cookbooks brought to the New World as well. One of the cookbooks that proliferated in the colonies was *The Art of Cookery Made Plain and Easy* by Hannah Glasse , who referred to "the blind folly of this age that would rather be imposed on by a French booby, than give encouragement to a good English cook! This created a large anxiety against the French, which influenced the English to force many of the French to move, as in the expulsion of the Acadians from Nova Scotia to Louisiana. The Acadians left a French influence in the diet of those settled in Louisiana, and among the Acadian Francophones who settled eastern Maine and parts of what is now northern Vermont at the same time they colonized New Brunswick. The American colonial diet varied depending on the settled region in which someone lived. Local cuisine patterns had established by the midth century. The New England colonies were extremely similar in their dietary habits to those that many of them had brought from England. A striking difference for the colonists in New England compared to other regions was seasonality. Wheat , however, the grain used to bake bread back in England was almost impossible to grow, and imports of wheat were far from cost productive. The Johnnycake was a poor substitute to some for wheaten bread, but acceptance by both the northern and southern colonies seems evident. Many of the northern colonists depended upon their ability to hunt, or upon others from whom they could purchase game. Hunting was the preferred method of protein consumption. This was opposed to animal husbandry, which required much more work to defend the kept animals against raids. Livestock and game[ edit ] Commonly hunted game included deer, bear, buffalo , and wild turkey. The larger muscles of the animals were roasted and served with currant sauce, while the other smaller portions went into soups , stews , sausages , pies , and

pastries. The Spanish in Florida originally introduced sheep to the New World, but this development never quite reached the North, and there they were introduced by the Dutch and English. The keeping of sheep was a result of the English non-practice of animal husbandry. Many homes had a sack made of deerskin filled with bear oil for cooking, while solidified bear fat resembled shortening. Rendered pork fat made the most popular cooking medium, especially from the cooking of bacon. Pork fat was used more often in the southern colonies than the northern colonies as the Spanish introduced pigs earlier to the South. The colonists enjoyed butter in cooking as well, but it was rare prior to the American Revolution, as cattle were not yet plentiful. Rum was the distilled spirit of choice, as the main ingredient, molasses, was readily available from trade with the West Indies. Further into the interior, however, one would often find colonists consuming whiskey, as they did not have similar access to sugar cane. They did have ready access to corn and rye, which they used to produce their whiskey. The uplands of the Piedmont and the coastal lowlands made up the two main parts of the southern colonies. The diet of the uplands often included wild game, cabbage, string beans, corn, squashes and white potatoes. People had biscuits as part of their breakfast, along with healthy portions of pork. Rice played a large part of the diet in Louisiana. In addition, unlike the uplands, the lowlands subsistence of protein came mostly from coastal seafood. Much of the diet involved the use of peppers, as it still does to this day. Some, such as Rocky Mountain oysters, stayed regional; some spread throughout the nation but with little international appeal, such as peanut butter a core ingredient of the peanut butter and jelly sandwich; and some spread throughout the world, such as popcorn, cola, fried chicken, cornbread, unleavened muffins such as the poppyseed muffin, and brownies. Another luxury was canned salmon, which was sometimes eaten for Sunday dinner. Items purchased at the general store would be paid for with eggs, butter or some other food from the farm. Women were responsible for much of the processing of food like straining fresh milk, churning butter, making molasses from sorghum, grinding corn into cornmeal or cleaning whole chickens. Fresh picked apples were pressed into cider, which could be fermented to make apple cider vinegar. Fruits and vegetables were preserved by various means like canning, drying or pickling. One contemporary writer from Michigan described October as cider season, when apple butter would be made. Her writings mention johnnycakes; and, as winter fare, buckwheat cakes. Pon haus, similar to the scrapple of the Pennsylvania Dutch, was a typical breakfast dish among the Germans who had settled Indiana in the 19th century. Pork scraps and corn meal were cooked into a thick porridge and molded in loaf pans. Once solidified, the mixture would be cut and fried. During the fall months pork might be replaced with fried apples or potatoes. It was served with buttered biscuits, jam, jelly, milk gravy or sorghum syrup. Fruit butter might be made from apples. Lard was used for baking, frying and even as a seasoning. The cookware of the period was made of cast iron and these were thoroughly seasoned with pork fat. Fried salt pork with gravy was an indulgent fat-laden dish often served with a side of boiled potatoes. In the Appalachian region a dish called "killed lettuce" was made with pokeweed, dandelion and assorted wild greens that were drizzled with hot bacon grease until wilted or "killed". During the spring months, pies would be made of rhubarb and strawberry; in summer peach, cherry, blackberry, blueberry, elderberry and grape; and in fall apple. Dinner might be tomato bisque from a can topped with cream or a salad made of canned string beans and mayonnaise. German delicatessens in cities like New York and Milwaukee sold imported cold cuts, potato salads, schmierkase, wienerwurst, North Sea herring, assorted pickles and other prepared foods. Jewish immigrants from Germany soon followed suit, replacing pork dishes with corned beef and pastrami. Ice cream soda was served at soda fountains, along with various other early "soda water" recipes like the Garden Sass Sundae rhubarb or the Oh-Oh-Cindy Sundae strawberry ice cream topped with chocolate syrup, chopped nuts, whipped cream and candied cherries. Also appropriation and fusion of the food traditions of various immigrant groups to the US created distinctly Ethnic-American food styles. Processed food[ edit ] During the Progressive Era's food production and presentation became more industrialized. Major railroads featured upscale cuisine in their dining cars. Large-scale foreign aid during and after the war brought American standards to Europe. Examples include powdered milk, powdered eggs, potato flakes, and frozen concentrated orange juice. After the war, low cost, highly processed foods became one of the foundational elements of an era of mass prosperity. Highly processed foods of the mid-twentieth century included novelty elements like multi-colored Jell-O using

various chemical food colorings , prepared breakfast cereals marketed to children with large amounts of sugar and artificial colors e. Mid-twentieth century foods also added novelty packaging elements like spray cheese in an aerosol can , pimento stuffed olives, and drink pouches. The development of the microwave oven resulted in the creation of industrial food products and packaging that is intended take advantage of the unique opportunities and overcome the unique challenges of that technology. A cheeseburger served with fries and coleslaw One characteristic of American cooking is the fusion of multiple ethnic or regional approaches into completely new cooking styles. For example, spaghetti is Italian, while hot dogs are German; a popular meal, especially among young children, is spaghetti containing slices of hot dogs. American cooks and chefs have substantially altered these dishes over the years, to the degree that the dishes now enjoyed around the world are considered to be American. Hot dogs and hamburgers are both based on traditional German dishes, but in their modern popular form they can be reasonably considered American dishes. For example, "Chicago" style has focus on a thicker, taller crust, whereas a " New York Slice " is known to have a much thinner crust which can be folded. These different types of pizza can be advertised throughout the country and are generally recognizable and well-known, with some restaurants going so far as to import New York City tap water from a thousand or more miles away to recreate the signature style in other regions. By the beginning of the 21st century regional variations in consumption of meat began to reduce, as more meat was consumed overall. New American cuisine During the s, upscale restaurants introduced a mixing of cuisines that contain Americanized styles of cooking with foreign elements commonly referred as New American cuisine. List of American regional and fusion cuisines and List of regional dishes of the United States Generally speaking, in the present day 21st century, the modern cuisine of the United States is very much regional in nature.

*2 Chocolate Chocolate is a typically sweet, usually brown food preparation of Theobroma cacao seeds, roasted and ground, and often flavored with vanilla.. Chocolate is always a relaxing thing to eat whenever you are tired or whatever the case.*

Tori Avey July 8, If you grew up in America, chances are you have a favorite type of cake. No one knew more on the subject of American cakes than my late friend, food historian Gil Marks. Gil spent several years uncovering the stories behind some of our favorite desserts, including many that are only recognizable in certain regions of the United States. The effort was a labor of love. For over a year he contributed to my website, [ToriAvey](#). He also compiled a cookbook manuscript featuring these and many other recipes. The American food history research Gil gathered is truly invaluable. Are any of your favorites on this list? She retained an intense devotion to Washington, even hanging his portrait in her shop. Strawberry Shortcake The short in shortcake does not refer to stature or scope. Adding a large amount of fat shortening to the flour coats the proteins, resulting in a crumbly and tender texture. Pineapple Upside Down Cake When Dole held a pineapple recipe contest in , among the 60, entries submitted were 2, for pineapple upside-down cake; at the time, it was still considered an exciting new dish. Kolache At the Kolache Festival in Burleson County Texas, around 25, guests consumed more than 60, kolache. In the following year, the festival went on despite the threat of Hurricane Ike. Cider Cake In the late 18th century, Americans began to substitute inexpensive locally-made hard cider in place of costly imported European brandy and wine for the liquid in their newfangled chemically-leavened butter cakes. Cider cakes were among the first truly American cakes. Kentucky Bourbon Cake Pecan cakes, using milk as the liquid, began showing up in American cookbooks in the s. King Cake During the late s, king cake in New Orleans marked the onset of Carnival and extended revelry. On every weekend from January 6th through Mardi Gras, groups, both small and massive, throughout the city held balls and parties, with king cake as the star. Whoever found a token, usually a pecan half or bean, in their slice became king or queen and was expected to throw the party or buy the cake for the following week. Sour Cream Coffeecake Following World War I, pasteurization in America became widespread and practically eliminated various old-fashioned homemade naturally-fermented dairy products. In cakes, instead of old-fashioned clabber and clabbered cream, Americans shifted to using commercial cultured sour cream. After supermarkets introduced refrigerated cases and innovation led to sour cream prepackaged in small plastic containers, this venerable Eastern European necessity became a standard of the mainstream American kitchen and an ingredient in various baked goods. Hummingbird Cake Though free of any actual hummingbirds, this Southern favorite earned its name from its ingredients, so sugary sweet that they may indeed attract the long-beaked birds. German Chocolate Cake 20th century treats bearing the name German chocolate cake, which actually contain melted chocolate in the batter, have nothing to do with the country of Germany or, for that matter, the continent of Europe. New York Cheesecake Did you know that there are four basic types of cheesecake? Among them are curd, such as farmer, pot, or cottage cheese; Italian ricotta cheesecake; German quark and our beloved New York cheesecake, made with cream cheese. Its mention in *To Kill a Mockingbird* helped to spread its popularity to other areas of the country. Unlike most other European tortes, Black Forest cake was widely adopted by Americans, who soon proffered it in bakeries and upscale restaurants and made versions at home. The recipe quickly moved from American cookbooks featuring German fare to generic works. Molten Chocolate Cakes Two differing accounts of the origin of this cake have been ascribed to chef Jean-Georges Vongerichten: Follow [Tori on Facebook](#): [Tori Avey](#) , [Twitter](#):

**Chapter 7 : America's 50 Favorite Foods - How many have you eaten?**

*An exclusive list of the foods that consume by the majority of Americans according to their particular sweet, sour and salty taste.*

Legend has it that the first sale of Smithfield Ham occurred in 1639. Notice "ham" comes before history, which really says something considering this hamlet of 8, was first colonized in 1630. Epicenter of curing and production of a head-spinning number of hogs, Smithfield comes by the title Ham Capital of the World honestly: The original country-style American ham was dry cured for preservation; salty and hard, it could keep until soaked in water to remove the salt and reconstitute before cooking. The deliciously authentic cured Virginia country ham happens to have been the favorite of that famous Virginian, Thomas Jefferson. Chicken fried steak How do you make steak even tastier? Pan fry it in bread crumbs, of course. Lamesa, on the cattle-ranching South Texas plains, claims to be the birthplace of the dish, but John "White Gravy" Neutzling of Lone Star State cowboy town of Bandera insisted he invented it. Do you care, or do you just want to ladle on that peppery white gravy and dig in? Wild Alaska salmon Salmon is delicious and nutritious -- what more could you want? Unlike Atlantic salmon, which is Alaska salmon season coincides with their return to spawning streams guided by an amazing sense of smell to the exact spot where they were born. Use red cedar it has no preservatives, and cook slow, for that rich, smoky flavor. The avocado-crab-cucumber roll became a hit, and from that SoCal beachhead, sushi conquered the country. After leading the charge for the sushi invasion of the s, the California roll now occupies grocery stores everywhere. Meatloaf The most humble of comfort food. Fannie made hers with slices of salt pork laid over the top and served it with brown mushroom sauce. In her day, you had to cut the meat finely by hand; the advent of commercial grinders changed all that. A better threat might have been no meatloaf sandwich in your lunch tomorrow. Grits Grits can be pudding, breakfast or dinner. People who did grow up eating them and that would be just about everyone in the South wonder how anyone could live without them. Grits, beloved and misunderstood -- and American down to their Native roots. Grits are nothing if not versatile: They can go plain, savory, or sweet; pan-fried or porridge-like. Simple and cheap, grits are also profoundly satisfying. A man full of [grits] is a man of peace. Macaroni and cheese We have the third president of the U. Thomas Jefferson to thank for this cheesy treat. Nothing particularly American about pasta and cheese -- except for the fact that on a European trip, Thomas Jefferson liked a certain noodle dish so much he took notes and had it served back home at a state dinner as "macaroni pie. Maryland crabcakes An American classic, best served with a view across the Atlantic. Saratoga Springs, New York, A persnickety customer sends back his French fries then highfalutin fare eaten with a fork for being too thick. Crum makes a second, thinner, order. Still too thick for the picky diner. Portugal meets meets Italy meets France by way of San Francisco. Fortune cookies Wondering what your future holds? Perhaps its time for a Chinese. As the seminal symbol of all great American-born Chinese grub, however, we salute the mighty fortune cookie. Almost certainly invented in California in the early s origin stories vary between San Francisco, Los Angeles and even Japan, the buttery sweet crescents are now found in Chinese joints around the world To each his own, but everybody -- except those afflicted with the dreaded and dangerous peanut allergy and the moms who worry sick about them -- loves a good peanut butter sandwich. First served to clients at Dr. For a rocking alternative, try peanut butter sandwiches the way Elvis Presley liked them: Just ask the Pioneer Woman, who waxes rhapsodic about the baked-bean recipe on her site not a version with little weenies, but how fun are they? Yummy and plenty historical. Long before Bostonians were baking their navy beans for hours in molasses -- and earning the nickname Beantown in the process -- New England Native Americans were mixing beans with maple syrup and bear fat and putting them in a hole in the ground for slow cooking. Favored on the frontier for being cheap and portable, chuck wagon, or cowboy, beans will forever live hilariously in popular culture as the catalyst behind the "Blazing Saddles" campfire scene, which you can review in unabashed immaturity on YouTube. Popcorn When your love for popcorn goes that step too far Fried chicken and waffles The original and the best. Nuggets, fingers, popcorn, bites, patties -- one of our all-time favorite ways to eat fried chicken is with waffles. Immortalized in "Pulp Fiction" and "Swingers," the

L. New England clam chowder New England creamy clam chowder -- accept no substitutes. There are time-honored versions of chowder from Maine to Florida, but the most famous and favorite has to be New England style: The variations on East Coast clam chowder are deliciously numerous. Even the West Coast has a version with salmon instead of pork. With your fistful of oyster crackers ready to dump in, you might stop to wonder: What were the Pilgrims thinking when they fed clams to their hogs? New Mexican flat enchiladas Mouth-watering enchiladas -- are you hungry yet? You have only to go to any Mexican or Tex-Mex place to see what those ancients wrought when someone dipped tortillas "en chile" hence, the name. Gooney, melty, warm and sweet -- nothing evokes family vacations and carefree camping under the stars quite like this classic American food. Whether they were first to roast marshmallows and squish them between graham crackers with a bar of chocolate no one seems to know, but the Girl Scouts were the first to get the recipe down in the "Tramping and Trailing with the Girl Scouts," transforming many a standard-issue campfire into a quintessential experience. Celebrate sweetly on August Get those marshmallow sticks sharpened. Lobster rolls The New England classic that never gets old. Melted butter on knuckle, claw, or tail meat -- we love it simple. But the perfect accompaniment to a salty sea air day in Vacationland would have to be the lobster roll. Chunks of sweet lobster meat lightly dressed with mayo or lemon or both, heaped in a buttered hot dog bun makes for some seriously satisfying finger food. Fabulous finger-licking lobster time in Maine is during shack season, May to October, and every August, when Rockland puts on its annual lobster festival. Suggested soundtrack for a weekend of shacking: Buffalo wings Buffalo wings are coated in cayenne pepper and hot sauce. According to Calvin Trillin, hot wings might have originated with John Young, and his "mambo sauce" -- also in Buffalo. If you think your kitchen table or couch-in-front-of-football represents the extreme in wing eating, think again: Indian frybread When Indian frybread meets tacos Who would think that a flat chunk of leavened dough fried or deep-fried could be so addictive? Tradition says it was the Navajo who created frybread with the flour, sugar, salt, and lard given to them by the government when they were relocated from Arizona to Bosque Redondo, New Mexico, years ago. Barbecue ribs Barbecue ribs -- the sticky fingered classic. There are cook-offs all over the country for your own judging pleasure. But why debate it when you can just eat it? Bread can be toasted or not, bacon crispy or limp, lettuce iceberg or other but iceberg is preferred for imparting crunch and not interfering with the flavor , and mayo -- good quality or just forget about it. Apple pie Apple pie is a stalwart of American culture. Food critic John Mariani dates the appearance of apple pies in the United States to , long after they were popular in England. Frito pie Frito Pie: Or the mysterious "La Dama de Azul," a Spanish nun named Sister Mary of Agreda, who reportedly never left her convent in Spain but came back from one of her astral projections preaching Christianity to Indians in the New World with their recipe for venison chili. We like it anytime -- so long as the Hatch chiles are roasted fresh. Better yet, make the trip to green chile stew country and order up a bowl. Whether you eat it in New Mexico at a table near a kiva fireplace or at your own kitchen table, the aroma and taste are to die for, and the comfort level remarkable on the resurrection scale. Chocolate-chip cookies The chocolate chip cookie was invented by American chef Ruth Graves Wakefield in Fields, but we actually have Ruth Wakefield, who owned the Toll House Inn, a popular spot for home cooking in s Whitman, Massachusetts, to thank for all spoon-licking love shared through chocolate chip cookies. Or did the vibrations of a Hobart mixer knock some chocolate bars off a shelf and into her sugar-cookie dough? However chocolate chips ended up in the batter, a new cookie was born. Andrew Nestle reputedly got the recipe from her -- it remains on the package to this day -- and Wakefield got a lifetime supply of chocolate chips. Can you feel the serotonin and endorphins releasing? Blueberry cobbler Cobblers emerged in the British American colonies and remain beloved today. They might have been lofting a mocking revolutionary middle finger at the mother country by making a sloppy American version of the refined British steamed fruit and dough pudding. Cobblers become doubly American when made with blueberries, which are native to North America Maine practically has a monopoly on them. We love blueberries for how they sex up practically any crust, dough, or batter, maybe most of all in cobblers and that other all-American favorite, the blueberry muffin. Among other firsts, the restaurant served the "Delmonico Steak. Chicago-style pizza Deep dish pizza is a Chicago speciality. Whether he or his original chef Rudy Malnati originated it, one of those patron saints of pizza made it deep and piled it high, filling a tall

buttery crust with lots of meat, cheese, tomato chunks, and authentic Italian spices. Thin-crust pizza made in a brick oven has its place, but if you lust for crust, nothing satisfies quite like Chicago-style.

#### Chapter 8 : Food History and Legends - What's Cooking America

*Merrill Shindler describes in American Dish (Angel City Press, ) how food descriptors such as Italian-American, Chinese-American and Jewish-American began popping up. Spaghetti and Meatballs, Chop Suey, Chow Mein, Swedish Meatballs and goulashes of every sort crowded specials boards in neighborhood restaurants.*

#### Chapter 9 : List of American foods - Wikipedia

*If you grew up in America, chances are you have a favorite type of cake. From Red Velvet Cake to Hummingbird Cake to Pineapple Upside Down Cake, America has a love affair with these sweet, crumbly.*