

DRAFT

H. Cuisine

Cuisine is used to describe the culinary derivation of a food.

H.1 Definition

Cuisine is characterized by dietary staples and foods typically consumed; specific ingredients in mixed dishes; types of fats, oils, seasonings, and sauces used; food preparation techniques and cooking methods; and dietary patterns. The culinary characteristics of population groups have developed and continue to develop over time. Cuisines have traditional names based primarily on geographic origin. A few cuisine names reflect ethnicity or other factors. Cuisines with several or multiple influences are listed in the hierarchy according to their major influence.

Descriptors from this factor should be used primarily for prepared food products (e.g., entrees, desserts, cheeses, breads, sausages, and wines). Descriptors for cuisine should only be used if the cuisine can be easily determined from external evidence such as: the food name; a cuisine indication on a food label; the culinary identification of a restaurant, recipe, or cookbook; or the country of origin of the food, unless another cuisine is indicated. The indexer is not required to make a judgement about cuisine, nor is the indexer required to examine a food to determine its cuisine. Note that some food names have geographic descriptors that do not always identify a cuisine (e.g., Swiss cheese, Brussels sprouts). If in doubt, refer to the foods already indexed to determine whether the food name indicates a specific cuisine.

The cuisine of foods may be important in establishing relationships of diet to health and disease. Cuisine provides information about a food from a cultural viewpoint and may assist in more clearly identifying a food. Foods in different countries may have the same name, but be prepared differently. Examples of this have been found for foods in some Latin American countries and for foods in Nordic countries. Conversely, some foods are prepared in the same way, but have different regional or country names. Cuisine, if known, may provide implicit information about how the food was prepared. Most countries have some food names that are nonsense names (e.g., headcheese, pepperpot, toad-in-the-hole, hush puppies, red flannel hash) and can lead to problems with literal translations from one language to another (especially if one does not have a food dictionary). Identification of such foods by a cuisine can assist in locating appropriate resources to identify the ingredients and preparation methods if such information is needed.

H.2 Structure

The traditional names given to cuisines have been retained, and are listed alphabetically within the hierarchy. Most of these cuisines have been identified based on established restaurants and culinary schools or they have been described in cookbooks, travel books, or other literature. Even though geographic terms are used, cuisine hierarchy is based on culinary practices, not geographical region or political boundaries. For example, African cuisine does not include all cuisines found in Africa because the cuisine of some North African countries is mid-eastern. A cuisine may exist in a country without being a subgroup of the national cuisine. For example, Hawaiian, Cajun, and Alaskan cuisines are not subgroups of American cuisine. Cuisines that have had multiple influences are placed in the hierarchy according to the major influence. For example, Quebec and Cajun cuisines are more similar to French cuisine than to Canadian or American cuisines, respectively; Egyptian cuisine is more similar to Mid-Eastern cuisine than to African cuisine. Cuisines that are not currently in the hierarchy may be added at the level that is most appropriate.

In general, food patterns brought to one location by migrating or immigrating populations are defined by the cuisine of origin and are not considered to be a subcuisine of the new location. For example, Chinese cuisine brought to San Francisco and Italian cuisine brought to Boston are not considered to be American cuisines. However, if the cuisine brought to an area has been incorporated and blended with local cuisines to the extent that it has been given a name, it is recognized as a new or derivative cuisine. For example, Cajun cuisine has several influences (Arcadian, Southern U.S., and French) and is recognized as a unique cuisine.

H.3 Use in indexing and searching

The factor cuisine is to be used when information about the cuisine of a food is known. The information may come from a food label, a restaurant, a food preparer, or other credible source. The purpose of the factor is to provide additional descriptive information about the food. If the cuisine is not known or is in doubt, the factor should not be used.

The most narrow term should be used. If the indexer cannot decide on a narrower term, the next broader term should be applied.

Multiple factor terms may be used (e.g., Jewish Italian; Polish vegetarian), but should not be necessary in most cases.

The use of a factor term for cuisine does not imply a country of origin for the food, but rather a cooking/preparation style that is derived from an identified cuisine. When used in conjunction with the Geographic Places and Regions factor (G), it will be possible to determine where a food of a particular cuisine is processed or marketed. When used in conjunction with Food Procurement (Z), additional information about the preparation and food service facility (e.g., fast food, bakery, restaurant, deli) will be available.

The factor cuisine is intended to be used primarily for mixed dishes (sauerkraut, teriyaki) and desserts (e.g., flan, pavlova) that have been prepared in a manner that is identified with a cuisine. It may also apply to some breads (e.g., tortilla, pita bread), sausages (mortadella), cheeses, sauces (e.g., bernaise sauce, soy sauce), and beverages (e.g., cafe au lait, tequila). The factor should (in most cases) not be used for fruit, vegetables, grains, meats or nuts unless they are prepared or cooked in a way that is unique to a specific cuisine. For example, cuisine should not be applied to papaya, cooked broccoli, baked chicken, or skim milk; however, it may be appropriate to identify cuisines for foods such as Southern fried chicken, pita bread, tortilla, and hamburgers. Cuisine may be used for some fruits, vegetables, cereal grains, or other foods that are unique to particular cuisines. For example, some fruits are unique to Australian Bush People and are not known to be consumed elsewhere in the world. Likewise, some of the animals consumed by Eskimos and some fruits and vegetables consumed by Native Americans are not generally consumed in other parts of the world.

Some foods have become so universally accepted (e.g., mayonnaise, pizza) that identification with a cuisine may not be useful. On the other hand, it may be important to know if a pizza or a stew is made according to "American" cuisine or according to "Finnish" cuisine. Pizza is an example of a universally-named food that may be prepared according to different cuisines.

A food that is identified with a specific cuisine need not contain all the specific ingredients or proportions of ingredients of the native dish. For example, lasagne may be made with different meats (or no meat), vegetables, and cheeses and still be considered a dish of Italian cuisine. Food items available in grocery stores or restaurants may be identified with a specific cuisine although they may not precisely match the dish in the native country. For example shelf-stable, packaged tostada dinners; canned chicken, chow mein; and frozen, low-calorie, packaged lasagna may have been adapted to suit local tastes or to use commonly available ingredients that differ from those used in the native dishes. Nonetheless, the cuisine identified on the food label or by a restaurant menu may be indexed.

Foods with geographic names (e.g., French fries, Danish roll, Brussels sprouts) should not be assumed to be identified with the cuisine implied in their name.

Certain geographic terms used for cuisine may not have the same definitions as terms used for the Geographic Region or Area factor. For example, American cuisine includes the cuisine of the continental United States, but does not include all cuisines of North and South America.

Cuisine, A LINGUAL Factor:
Hierarchy and Factor Term Descriptions
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DRAFT

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your
consent

F. Central African Cuisine
 Zaire, Congo, Gabon, Centrefrique,
 Tchad, Guinea Equatoriale

G. Indian Ocean Cuisine
 Madagascar, Réunion, Maurice,
 Comores

Cuisine Hierarchy

I. Cuisine of African Origin (p 6)

A. Angolan/Mozambiquan Cuisine (p 6)

- 1. Angolan Cuisine (p 7) 1246700 km²
- 2. Mozambiquan Cuisine (p 7) 783030 km²

B. East African Cuisine (p 8)

- 1. Masai Cuisine (p 8)
- 2. Ethiopian Cuisine (p 8) + Somalia (637657 km²)

121900 km²

C. South African Cuisine (p 9)

582000 km²

- 1. Bantu Cuisine (p 9)
- 2. West African Cuisine (p 10)

D. West African Cuisine (p 10)

- 1. Senegalese Cuisine (p 10)
- (Cameroon, Dahomey, Gambia, Ghana, Guinea, Ivory Coast, Liberia, Nigeria, Port Guinea, Senegal, Mali, Sierra Leone, Togo)
- Burkina Faso, Mauritania

II. Cuisine of Caribbean Origin (Cuisine of West Indies Origin) (p 11)

- A. Bahamian Cuisine (p 11) 13935 km²
- B. Bermudian Cuisine (p 11)
- C. Cuban Cuisine (p 12) 110922 km²
- D. Haitian Cuisine (p 12) 27750 km²
- E. Jamaican Cuisine (p 12) 10991 km²
- F. Puerto Rican Cuisine (p 12)

III. Cuisine of East Asian Origin (p 13)

A. Asian Cuisine (p 13)

- 1. Chinese Cuisine (p 13) 9596961 km²
 - a. Cantonese Cuisine (Southern Chinese Cuisine) (p 15)
 - b. Eastern Chinese Cuisine (p 16)
 - c. Northern Chinese Cuisine (p 17)
 - d. Szechuan Cuisine (Sichuan/Yunnan Cuisine) (p 17)

- 2. Japanese Cuisine (p 18) 372313 km²
- 3. Korean Cuisine (p 19) North = 120538 South = 98484 km²

- 4. Mongolian Cuisine (p 20)
- 5. Southeast Asian Cuisine (p 20)
 - a. Burmese Cuisine (p 21)
 - b. Kampuchean Cuisine (Cambodian Cuisine) (p 21)
 - c. Laotian Cuisine (p 21) 236800 km²
 - d. Thai Cuisine (p 22) 514610 km²
 - e. Vietnamese Cuisine (p 23) 329556 km²

B. Indian Cuisine (p 24) 3287590 km²

- 1. Northern Indian Cuisine (p 25)
- 2. Southern Indian Cuisine (p 26)
 - a. Goan Cuisine (p 27)

C. Pacific Ocean Island Cuisine (p 27)

- 1. Indonesian Cuisine (p 27) 2027087 km²
- 2. Malay Cuisine (p 28) 329749 km²

- a. Nonya Cuisine (p 29)
- 3. Philippine Cuisine (p 29) 300 000 km²
- 4. Polynesian Cuisine (p 30)
 - a. Hawaiian Cuisine (p 30)
 - b. Tahitian Cuisine (p 31)
- IV. Cuisine of European Origin (p 31)
 - A. American Cuisine (p 31) 9 363 123 km²
 - 1. New England Cuisine (p 35)
(Connecticut, Delaware, Maine, Massachusetts, New Hampshire, New York, Pennsylvania, Rhode Island, Vermont)
 - 2. Southern (U.S.) Cuisine (p 36)
(Alabama, Arkansas, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee, Virginia, West Virginia)
 - a. Soul Food Cuisine (p 37)
 - 3. Southwestern Cuisine (Southwest Cuisine) (p 37)
 - B. Australian/New Zealand Cuisine (p 38)
 - 1. Australian Cuisine (p 38) 7 686 848 km²
 - 2. New Zealand Cuisine (p 39) 268 676 km²
 - C. Canadian Cuisine (p 39) 9 976 139 km²
(British Columbia, Nova Scotia, Prince Edward's Island, New Brunswick, Ontario, Manitoba, Saskatchewan)
 - 1. British Columbian Cuisine (p 39)
 - 2. Nova Scotian/Prince Edward's Island/New Brunswickian Cuisine (p 39)
 - 3. Ontarian Cuisine (p 40)
 - 4. Prairie Cuisine (p 40)
 - D. European Cuisine (Continental Cuisine) (p 41)
 - 1. Austrian Cuisine (p 41) 83 849 km²
 - 2. Belgian Cuisine (p 42) 30 513 km²
 - 3. British Isle Cuisine (p 43) = 244 046 km² + 70 283 km² (Ireland)
 - a. British Cuisine (p 43)
 - b. Irish Cuisine (p 46) 70 283 km²
 - c. Scottish Cuisine (p 46)
 - d. Welsh Cuisine (p 47)
 - 4. Dutch Cuisine (p 48) 33 483 km²
 - 5. French Cuisine (p 49) France = 551 694 km²
 - a. Cajun Cuisine (Arcadian Cuisine) (p 53)
(Southern half of Louisiana)
 - b. Creole Cuisine (p 55)
(U.S. Gulf States - Alabama, Florida, Louisiana, Mississippi, Texas)
 - c. Nouvelle Cuisine (p 55)
 - d. Quebec Cuisine (p 55)
 - 6. German Cuisine (p 56) 248 000 + 108 000 = 356 000 km²
 - a. Pennsylvania Dutch Cuisine (p 59)
 - 7. Italian Cuisine (p 60) 301 230 km²
 - a. Northern Italian Cuisine (p 63)
 - b. Southern Italian Cuisine (p 64)
 - 8. Luxemburg Cuisine (p 64) 2 586 km²

9. Portuguese Cuisine (p 64) 91 560 km²
 10. Spanish Cuisine (p 65) 504 873 km²
 11. Swiss Cuisine (p 67) 41 288 km²
- E. Scandinavian/Nordic Cuisine (p 67)
1. Baltic Cuisine (p 68)
(Estonia, Latvia, Lithuania)
 2. Danish Cuisine (p 68) 43 081 km² (+ islands 1399 km²)
 3. Finnish Cuisine (p 70) 305 480 km² (includes 31 552 km² inland water)
 4. Greenlandic Cuisine (p 71) 2 175 600 km²
 5. Icelandic Cuisine (p 71) 103 023 km²
 6. Norwegian Cuisine (p 72) 324 219 km²
 7. Swedish Cuisine (p 73) 449 750 km²
- F. Slavic Cuisine (Eastern European Cuisine) (p 74)
1. Bulgarian Cuisine (p 75) 110 928 km²
 2. Czechoslovakian Cuisine (p 75) 127 869 km²
 3. Hungarian Cuisine (p 76) 93 130 km²
 4. Polish Cuisine (p 77) 312 677 km²
 5. Romanian Cuisine (p 78) 237 500 km²
 6. Russian Cuisine (p 78)
 - a. Central Asian Area Cuisine (p 79)
 - b. Georgian Cuisine (p 79)
 7. Ukrainian Cuisine (p 80) 601 000 km²
 8. Yugoslavian Cuisine (p 80) 255 804 km²
- V. Cuisine of Latin American Origin (p 81)
(Mexico, Central and South America)
- A. Argentine Cuisine (p 81) 2 766 889 km²
 - B. Belize Cuisine (British Honduras Cuisine) (p 82)
 - C. Bolivian Cuisine (p 82) 1098 581 km²
 - D. Brazilian Cuisine (p 83) 8 511 965 km²
 - E. Chilean Cuisine (p 83) 756 945 km²
 - F. Colombian/Venezuelan Cuisine (p 84) 912 050 km²
 1. Colombian Cuisine (p 85) 438 914 km²
 - G. Costa Rican Cuisine (p 85) 51 100 km²
 - H. Ecuadorian/Peruvian Cuisine (p 85)
 1. Ecuadorian Cuisine (p 86) 283 561 km²
 2. Peruvian Cuisine (p 86) 1 035 216 km²
 - I. Guatemalan Cuisine (p 87) 1 088 899 km²
 - J. Honduran Cuisine (p 87) 112 082 km²
 - K. Mexican Cuisine (p 88) 1 972 547 km²
 1. Tex-Mex Cuisine (p 89)
 - L. Nicaraguan Cuisine (p 90) 20 000 km²
 - M. Panamanian Cuisine (p 90) 77 082 km²
 - N. Salvadoran Cuisine (p 91) 21 041 km²
- VI. Cuisine of Mid-Eastern Origin (Cuisine of Middle Eastern Origin (p 91)
(Afghanistan, Algeria, Armenia, Azerbaijan, Bahrain, Egypt, Greece, Iran, Iraq, Israel, Jordan, Kuwait, Lebanon, Libya, Morocco, Oman, Pakistan, Qatar, Saudi Arabia, Sudan, Syria, Tunisia, Turkey, United Arab Emirates, Yemen)
- A. Afghan Cuisine (p 93) 647 497 km²
 - B. Algerian/Moroccan/Tunisian Cuisine (p 93)

2381740	712000	163610
km ²	km ²	km ²

- 1. Moroccan Cuisine (p 94)
- C. Armenian Cuisine (p 94)
- D. Azerbaijani Cuisine (p 95)
- E. Egyptian Cuisine (p 95) 1001 440 km²
- F. Greek Cuisine (p 95) 131 944 km²
- G. Lebanese Cuisine (p 98) 10 400 km²
- H. Pakistani Cuisine (p 99) 803 943 km²
- I. Persian Cuisine (p 99) Iran = 1 648 000 km²
 - 1. Parsi Cuisine (Farsi Cuisine) (p 979)
- J. Turkish Cuisine (p 100) 780 576 km²
- VII. Cuisine of Native American Origin (p 100)
 - A. American Indian Cuisine (p 101)
 - 1. Eastern American Indian Cuisine (p 101)
 - 2. Pacific Northwest American Indian Cuisine (p 101)
 - 3. Plains American Indian Cuisine (p 102)
 - a. Washoe Cuisine (p 102)
 - b. Northeast Oklahoma Indian Cuisine (p 103)
 - 4. Southern American Indian Cuisine (p 103)
 - 5. Southwest American Indian Cuisine (p 104)
 - a. Apache (San Carols and White Mountain) Cuisine (p 105)
 - b. Apache (Mescalero) Cuisine (p 105)
 - c. Hopi Cuisine (p 105)
 - d. Navajo Cuisine (p 106)
 - e. Tohono O'Odham Cuisine (p 106)
 - f. Pima Cuisine (p 106)
 - g. Pueblo (Tewas and Keresans) Cuisine (p 107)
 - B. Eskimo Cuisine (p 107)
 - (Alaska, Canada)
 - 1. Alaskan, Barrow Region Cuisine (p 108)
 - 2. Alaskan, Kotzebue Region Cuisine (p 108)
 - 3. Alaskan, Yukon Kuskohwim River Delta Region Cuisine (p 109)
 - 4. Alaskan Tlinget and Haida Indian Cuisine (p 109)
- VIII. Cuisine of Native Australian Origin (Aborigine Cuisine; Bush People Cuisine) (p 109)
- IX. Jewish Cuisine (p 110)
 - A. Kosher Cuisine (p 111)
- X. Vegetarian Cuisine (p 111)

Bibliography (p 112)

Consultants (p 117)

Cuisine Descriptions

These descriptions provide information about the historical influences on the cuisine and the geographical areas where the cuisine originated and/or is common; dietary staples and the commonly consumed foods within food groups (grains, legumes, nuts, vegetables, fruit, eggs, fish, poultry, meats); common cooking fats, seasonings, and sauces; characteristic food preparation techniques; and descriptions of typical foods (soups, entrees, desserts, and beverages), meals, and dietary patterns of the identified cuisines. Many of the descriptions are not yet complete. Information will be added as it is obtained to more completely describe the identified cuisines.

I. Cuisine of African Origin

Influences and area. African cuisine is influenced by the availability of local foods, the tribal cuisines of the original inhabitants, and foods and cooking styles brought to the area by settlers from various countries. This description includes most of Africa with the exception of the northern African countries which have a mid-east cuisine.

Foods used. Major cereal grains include millet, sorghum, pennisetum, maize, and rice. Coconuts and peanuts (groundnuts) are widely used. Roots and tubers (white sweet potatoes, white yams, cassava, taro), plantain, beans, and cowpeas) are common. Other vegetables include avocado, tomato, pepper, onion, okra, eggplant, and squash. Commonly eaten fruit include bananas, oranges, grapefruit, papaya, pineapple, wild berries, guavas, mangos, paw paws, and melon. Fish and birds are consumed. Species used for meat include beef, goat, lamb, mutton, pork, horse, camel, palm squirrels, lizards, hedgehogs, and burrowing squirrels.

Fats/oils, seasonings, and sauces. Cooking oils include palm nut, groundnut, and coconut.

Preparation techniques. Millet flour or crushed rice is steamed in the top of a two-part pot with meat (mutton or chicken) stewed in the bottom part. The two items are served together with hot sauce.

Dietary patterns. Use of meat depends on area and income. Meat is used in sauces and soupy stews.

Typical dishes.

~~cherba-bel frik (green corn soup)~~

I.A. Angolan/Mozambiquan Cuisine

Influences and area. Cuisines of Angola and Mozambique. There is considerable Portuguese influence due to the importation of Portuguese agriculture including chilies, peppers, maize, tomatoes, pineapple, sweet potato, manioc, banana, and pigs.

Foods used. The major dietary staples are roots and tubers. Commonly consumed are maize, cassava flour porridge, rice, Portuguese bread, beans, coconut, and cashews. Vegetables include chilies, peppers, tomatoes, sweet potato, manioc,

garlic, okra, pumpkin, sweet potato leaves, white potatoes, carrots, cabbage. Fruits include pineapple, banana, papaya, and pomegranate. Dairy products include cow and goat milk, curds, and whey. Fish, prawns, chicken, pork, mutton, bacon, blood sausage, and goat meat are consumed. Coffee is the usual beverage.

Fats/oils, seasonings, and sauces. Seasonings include olive oil and ginger. In Mozambique, a hot pepper sauce (piripiri) is consumed with rice and meat, fish, or poultry. The usual cooking oil is palm oil.

Preparation techniques.

Dietary patterns.

Typical dishes.

- coconut pudding
- dessert made of peanuts, egg yolk, sugar, and cinnamon
- fish and shrimp stew
- grilled chicken with coconut milk and olive oil
- mutton with sheep's blood sauce
- papaya and egg yolk pudding
- rice with tomatoes, chilies, and coconut milk
- shrimp fritters with red pepper

I.A.1. Angolan Cuisine

Influences and area. Angola (481,351 square miles) is located in southwest Africa and is bordered by Zaire, Zambia, Namibia, and the Atlantic Ocean. The Angolan cooking style has a Portuguese influence.

Foods used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

I.A.2. Mozambiquan Cuisine

Influences and area. Mozambique (303,075 square miles) is located on the southeast coast of Africa and is bordered by Tanzania, Zimbabwe, South Africa, and the Indian Ocean. The Mozambiquan cooking style has Portuguese and Eastern (Arab, Indian, and Chinese) influences.

Foods used. Common used are rice, sweet peppers, tomatoes, onions, coconuts, fish, and shellfish.

Fats/oils, seasonings, flavorings, sauces. Seasonings include curry, hot pepper, coriander, olive oil, and peanut oil.

Preparation techniques. Hotpots consumed with rice are common.

Dietary patterns.

Typical dishes.

- curries (Far East influence)
- hot pepper dishes (piripiri) using Mozambique pepper
- hotpot (sweet peppers, powdered chili, tomato, onion, coriander, fish, shrimp/prawns, coconut milk, olive oil, salt, peanut oil)

I.B. East African Cuisine

Influences and area. Includes cuisines of Kenya, Tanzania, and Uganda. There is British and Indian influence as Indians were employed by the British in this area. Foods (fruits, vegetables, animals, trout for rivers) were imported from Europe and Asia and then raised in this area.

Foods used. Dietary staples are maize in Kenya and Tanzania and sorghum and millet in Uganda. Major grains include millet meal, sorghum, maize, and rice. Major nuts are coconut and peanuts. Vegetables include asparagus, shallots, red peppers, chilies, spinach, plantain, and cassava leaves. Fruits include bananas, strawberries, avocados, oranges, and mangos. Dairy products include milk and cheese. Crab, oysters, prawns, shrimp, crayfish, sea bream, chicken, duck, and wild fowl are used. Mutton (term used for goat) is widely consumed. Small amounts of beef and pork are consumed. Some game meats may be consumed such as antelope, gazelle, impala, eland, kudu, buffalo, zebra, warthog, hippopotamus, and elephant.

Fats/oils, seasonings, and sauces. Seasonings include coriander, parsley and nutmeg. Peanut oil is used as cooking fat.

Dietary patterns.

Typical dishes.

- beef and cassava stew
- beef and banana stew

I.B.1. Masai Cuisine

Influences are area. Foods typically consumed by the Masai tribe of Eastern Africa. The Masai are nomadic pastoralists who live along the Great Rift Valley of Kenya and Tanzania. There are about 115,000 Masai including about 22,000 Samburu of Kenya and 6,800 Arusha and 20,000 Baruguyu of Tanzania.

Foods used. The Masai subsist on the produce of their cattle herds. They consume a mixture of blood and milk from cattle.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

I.C. Ethiopian Cuisine

Influences and area. Ethiopia (471,800 square miles) in northeast Africa is bordered by Sudan, Kenya, Somalia, and the Red Sea.

Foods used. Dietary staples are sorghum and millet. Many types of breads are made from sorghum, millet, and wheat. Vegetables include collard greens, potatoes, carrots, string beans, onions, green peppers, garlic, ginger, and scallions. Dairy products include curds and whey and buttermilk curds. Tripe is consumed.

Fats/oils, seasonings, and sauces. The seasoning berberi is made from hot red pepper and other spices and is eaten with meat, stews, bread, and other foods. Honey is obtained from

hives of wild and domesticated bees.

Preparation techniques. Meats (except chicken) may be consumed raw.

Dietary patterns. Bread is used in place of utensils.

Beverages include honey wine (tej); beer (talla) made from wheat, barley, or maize; and Ethiopian coffee (often drunk with honey under the tongue). The dietary pattern includes 1-2 cooked meals per day with snacks of bread and cured meat.

There are many fast days (about 200 per year). On these days, no animal foods are allowed, but vegetable foods (e.g., bean and pea dishes) are eaten after midday.

Typical dishes.

- alecha (less spicy stew of chicken/tripe)
- dried meat rubbed with berberi, salt, and pepper
- injera (slightly fermented thin bread used to scoop food)
- tibs (diced beef or lamb sauteed w/ onions)
- wat (hot (spicy) stew of meat/chicken/lentils, beans/chickpeas, and many spices)

I.D. South African Cuisine

Influences and area. Includes cuisines of Botswana, the Republic of South Africa, Zimbabwe, and Southwest Africa. The cuisine has Dutch, French, English, Indian, Malaysian, and tribal influences.

Foods used. Maize is the dietary staple. Grain products include rice, breads, and biscuits. Vegetables include chilies, pumpkin, cauliflower, green beans, turnips, kohlrabi, celery, carrots, peas, spinach, tomatoes, and cabbage. Fruits include apricots, plums, figs, peaches, grapes, quinces, pomegranates, berries, and tangerines. Fish, periwinkles, mussels, crayfish, roast fowl, roast chicken, lamb, mutton, beef, and pork are consumed.

Fats/oils, seasonings, and sauces. Condiments include pickled fish and vegetables.

Preparation techniques. Meats (e.g., mutton) are commonly marinated, skewered, and grilled.

Dietary patterns. Desserts include pastries, caramelized sugar candy, cakes, tarts, and cookies.

Typical dishes.

- minced meat pie (lamb or beef) eaten over rice
- sliced or shredded fruit or vegetables salads.
- stew of mutton, pumpkin, chili, and other vegetables

I.D.1. Bantu Cuisine

Influences and area. The Bantu people live north of the Cape.

Foods used. The primary foods of the Bantu are milk, cattle, millet porridge, and beer.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

Handwritten note: *Senegal*

I.E. West African Cuisine

Influences and area. West Africa is bordered by the Atlantic Ocean. Includes cuisines of Cameroon, Dahomey, Gambia, Ghana, Guinea, Ivory Coast, Liberia, Nigeria, Port Guinea, Senegal, Sierra Leone, and Togo. *Burkina Faso, Mali, Mauritania*

Foods used. The dietary mainstays are fish, seafood, yams, and cassava. Grains, legumes, and nuts include maize, ~~cornmeal~~, rice, red beans, coconut, groundnuts, ~~peanut butter~~, and seeds. Common vegetables include green leaves, peas, sweet potatoes, yams, cassava, eggplant, tomatoes, red peppers, onion, garlic, plantain, sweet potato leaves, okra, and avocado. Fruits include wild fruits, banana, pineapple, papaya, guava, and lemon. Dairy products include milk, curds, and whey. Fish from the sea and river are consumed. Prawns, shrimp, and fish barbecues are common. Eggs and meat are luxury food. Beef and mutton are scarce, but some chicken and goat are consumed. Banana wine is a common beverage.

Fats, oils, seasonings, and sauces. Lemon is used as seasoning. Groundnut sauces and soups are made. Palm nut oil is the primary cooking fat. Groundnut oil is also used.

Preparation techniques. Yams, plantain, and coconuts are used in many ways. Yams are fried in chips, mashed, ground into paste, baked, and sweetened. Coconut liquid is used to cook rice. Coconut liquid and pulp are used in soups, stews, roasts, fish, and bean purees. Meat and chicken are tough and prepared by stewing or in casseroles or marinated. Fish are often marinated.

Dietary patterns. Plantain is used in salads with lemon mayonnaise; mixed with peanuts for cakes, meringues, tarts, and syrup; used for sweets with chocolate or orange; and pureed. Coconut is used as a side dish and in main courses and desserts. Fish and meat are often cooked together. Fish or meat may be in a relish that is served with the main dish.

Typical dishes.

- cassava-millet porridge
- cassava-sorghum porridge
- chicken stew with tomatoes, onions, peppers, garlic, and peanut sauce
- fish and palm nut stew
- omelette with yam, green pepper, red chili, pineapple, banana plantain
- patate sautee (fried sweet potato)
- raw fish with lemon juice
- scrambled eggs with manioc meal, tomatoes, and onions
- stewed chicken with peanut and tomato sauce

I.E.1. Senegalese Cuisine

Influences and area. Senegal (78,684 square miles) is bounded by Mauritania, Mali, Guinea, Portuguese Guinea, and the Atlantic Ocean.

Foods used. Major food crops are peanuts, sorghum, pennisetum, rice, maize, cassava (manioc), beans, and sweet potatoes.

Livestock include cattle, sheep, goats, and pigs. Much fish, both river and ocean, are caught. Rice and sugar are major imports. Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- cheb jen (bluefish in spicy tomato sauce)
- chicken maffee (chicken and vegetable stew in peanut sauce)
- chicken yassa (marinated, grilled chicken w/ strong lemon sauce)

II. Cuisine of Caribbean Origin (Cuisine of West Indies Origin)

Influence and area. Includes the cuisines of the West Indies Islands (Bahamas, Bermuda, Cuba, Haiti, Jamaica, and Puerto Rico). These islands are located in the Atlantic Ocean south of the U.S. and north of South America. The availability of seafood is a major influence on the cuisines.

Foods used. Major foods include fish and tropical fruits.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- callaloo (stew of the leafy green tops of taro, cooked with okra, eggplant, tomatoes, onions, garlic, chilies, spices, herbs, meat, crab, and coconut milk)

II.A. Bahamian Cuisine

Influence and area. The Bahamas are a 760 mile island chain in the Atlantic Ocean off the southeast coast of Florida, parallel to the north coast of Cuba. It is a former British colony.

Only 30 of the hundreds of islands are inhabited.

Foods used. Fish are a major source of food.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

II.B. Bermudian Cuisine

Influence and area. Bermuda (20 square miles) is a British colong consisting of a group of islands in the western North Atlantic Ocean about 570 miles east-southeast of Cape Hatteras, North Carolina. The surrounding waters are abundant with fish and lobsters. Bananas are produced locally. Other foods are imported from the United States.

Foods used. Commonly consumed foods include fish, spiny lobster, milk, bananas, potatoes, carrots, tomatoes, citrus fruit, pork, beef, and veal.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

Martinique
Guadeloupe
+
Senegambia

II.C. Cuban Cuisine

Influence and area. Cuba (42,827 square miles) includes islands to the north of the Florida coast. Cuba is in the Caribbean Seas at the mouth of the Gulf of Mexico.

Foods used. Major crops include sugar, coffee, and rice. Fruit trees include citrus varieties (lemon, orange, grapefruit), soursop, sweetsop, avocado, papaya, and banana. Edible crustaceans (hair lobsters, spotted crabs, and shrimp) abound. There are more than 500 edible fish species. Rice is the main source of calories in the traditional diet. Other commonly eaten foods are pineapples, sweet potatoes, potatoes, and beans.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes/foods.

- baked papaya with butter and sugar
- black beans and rice
- chicharrones de pollo (fried chicken marinated in lime juice, rum, and soy sauce)
- sopa de frijol negro (black bean soup)

II.D. Haitian Cuisine

Influences and area. Haiti (10,714 square miles) is an island in the Atlantic Ocean nearest to Cuba bordered by the Dominican Republic, the Atlantic Ocean, and the Caribbean Sea. The cuisine has a strong French influence.

Foods used. Commonly consumed local foods include coconuts, avocados, mangoes, limes, and oranges. About 270 species of fish are available (tarpon, kingfish, barracuda, and red snapper). Crops grown for local consumption include maize (the staple food), manioc, several kinds of peas and beans, and all tropical fruits but especially mangoes. Bananas are mostly of the plantain species and are eaten as a vegetable.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

II.E. Jamaican Cuisine

Influences and area. Jamaica (438 square miles) is in the Caribbean Sea south of Cuba.

Foods used. Major food commodities include sugar, rum, molasses, bananas, citrus fruit, coffee, pimentos, cocoa, and ginger. Fish are widely consumed.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

II.F. Puerto Rican Cuisine

Influences and area. Puerto Rico (3,435 square miles) is in

French British influence
British influence

the Caribbean Sea. The cuisine has a strongly Spanish influence.

Foods used. Animal products are dietary mainstays. Grain products include rice, wheat products, fried cornmeal mush, and oatmeal. Legumes include red kidney beans, navy beans, chickpeas, pigeon peas, and dried peas. Vegetables include viandas (white, yellow, or deep yellow sweet potatoes, yams, breadfruit, potatoes, plantain, taniar, cassava, and arracacha), tomatoes, yellow squash, onions, garlic, beets, eggplant, and green peppers. Fruits include acerola, pineapple, bananas, and tropical fruit. Eggs are consumed.

Fats/oils, seasonings, and sauces. Seasonings include vinegar, olive oil, and sugar. Sofrito sauce is made from tomato, onion, garlic, salt pork, green peppers, lard, thyme, herbs, vinegar, and coriander. Lard is the cooking fat.

Preparation techniques.

Dietary patterns. Beverages include cafe con leche and cocoa.

Typical dishes.

- fried banana with brown sugar and rum
- meat with rice, vegetables, or beans
- pelo de angel (candied squash)
- pionones (plantain rings with pork)
- red beans and rice
- sofrito (spicy tomato sauce)
- stews
- surullitos (corn sticks made of cornmeal and cheddar cheese)

III. Cuisine of East Asian Origin

III.A. Asian Cuisine

Influences and area. Includes the cuisines of China, Japan, Korea, Mongolia, Southeast Asia, and Taiwan.

Foods used. The dietary staple of Asian cuisine is rice. A wide variety of vegetables are used. Soy products (e.g., soy sauce and tofu) are often used. Tea is a common beverage. Dairy products are not commonly used.

Fats/oils, seasonings, and sauces.

Preparation techniques. Dishes often include small pieces of vegetables and small pieces of meat, fish, or poultry lightly sauteed in vegetable oil.

Dietary patterns.

Typical dishes.

III.A.1. Chinese Cuisine

Influences and area. China (3,691,500 square miles) is a large area bounded by Mongolia, Russia, India, Nepal, Burma, Southeast Asia, Korea, the South China Sea, the East China Sea, and the Yellow Sea.

Foods used. The dietary mainstays include rice (except in the north where wheat flour is the staple), soybean products, many vegetables, and small portions of meat and fish. A variety of vegetables are used including mung bean sprouts, snow peas,

mushrooms, bamboo shoots, waterchestnuts, baby corn, bitter melon, Chinese greens, winter melon, Chinese cabbage (bok choy), straw mushrooms, and Chinese white radish. Broccoli is not commonly used in China, but is used in Chinese dishes prepared in the U.S. Soybean products including soy sauce and soy bean curd are widely used. Fish, chicken, duck, pork, and Chinese sausage are common meats. Few dairy products are used. Tea (green, fermented, and jasmine) is the major beverage.

Fats/oils, seasonings, and sauces. Seasonings include monosodium glutamate, soy sauce, salted and fermented black beans, soybean paste (brown bean sauce), sweet soybean paste (red bean sauce), and hoisin sauce. Sauces include oyster sauce and chili bean sauce.

Preparation techniques. Meat or fish and vegetables are often cut into small portions and stir-fried in a wok with soy sauce.

Dietary patterns. Dim sum (morning/afternoon tea) may include barbecued meat buns, spring rolls, steamed dumplings, waterchestnut cakes, and walnut sweets. Several dishes are served at lunch and dinner, but portions are small.

Typical dishes.

- basu oingguo (hot candied apples)
- chao yulanpian donggu (black mushrooms sauteed with bamboo shoots)
- cha shao bao (steamed bun stuffed with roast pork)
- chun juan/spring roll (thin pastry wrapper stuffed variously, rolled up and deep fried)
- congbao yangrou (lamb quick-fried with scallions)
- dim sum (small dishes eaten as snacks or hors d'oeuvres, such as fried shrimp ball, hargow, spring rolls, and won ton)
- egg rolls/cai juan (pancakelike wrapper around a filling of finely chopped pork, shrimp, vegetables, bean sprouts, water chestnuts, grated fresh ginger, seasoned with soy sauce, then fried)
- foo young (omelet made with meat, poultry, seafood, vegetables, or just eggs)
- fried rice
- ganbian sijidou (sauteed string beans)
- gongbao rou ding (dish of diced pork with hot peppers)
- gongbao xiaren (baby shrimp with hot peppers)
- hahm dahn (salted duck eggs brine cured about 40 days; used hot with rice or cold as a relish)
- haoyou gailan (broccoli in oyster sauce)
- haoyou niurou (beef with oyster sauce)
- he tao zha jipian (deep-fried chicken with walnuts)
- hua juan (steamed rolls)
- ji tang (chicken soup)
- longzu niu rou (thinly sliced beef served with sauteed asparagus)
- luo han zhai (Buddha's vegetable dish; bamboo shoots, nuts, and mushrooms sauteed in soy sauce and sherry)
- mantau (steamed buns)
- mapo doufu (bean curd with minced pork in hot sauce)

- manggu kao rou (Mongolian barbecue; beef and fresh vegetables grilled in barbecue sauce)
- moo shu zoh (rolled pancake stuffed with shredded pork stir-fried with scallions, egg, and cloud ears)
- naiyou baicai (Chinese cabbage in cream sauce)
- nuo mi zongzi (dish of lotus leaves stuffed with sweet rice and meat)
- pi dan (thousand-year-old eggs; duck eggs preserved in a clay casing made of ashes, lime, salt, and strong tea, rolled in rice husks and buried for three months; the yolks turn greenish-brown, the whites black-purple. Also known as hundred-year-old eggs)
- qingcai doufu tang (vegetable soup with bean curd)
- qingjiao niurou (shredded beef with green peppers)
- red stew (meat cooked without browning in liquid that is half soy sauce and half water, seasoned with ginger, scallions, and curry; meat is colored during cooking)
- shao mai (steamed pork dumpling)
- shi zi tou (large minced pork meatballs)
- shuan yangrou/Mongolian hot pot (various pieces of seafood, poultry, and lamb cooked individually in a communal pot of simmering stock that is placed in the middle of the table; served with sauces; the stock is consumed afterward)
- shui jiao (boiled dumpling)
- soh mui jeong/duck sauce (canned plum sauce; spicy accompaniment to roast duck)
- songhua dan (duck eggs preserved for 100 days; also known as thousand-year-old eggs and hundred-year-old eggs)
- songzi huangyu (yellow croaker garnished with pine nuts)
- suan la tang (hot and sour soup)
- suan mei jiang (duck sauce; served with duck or goose; made of plums, apricots, vinegar, and sugar)
- sweet and sour dishes
- won ton/wonton (noodle wrapper with a savory stuffing, folded in a small triangular shape, then fried for use as entree, or simmered in broth for soup)
- xiao long bao (small steamed buns)
- yaoguo jiding (diced chicken garnished with cashew nuts)
- zhacai tang (spicy vegetable soup)
- zhangcha ua (duck smoked in camphor and tea)

III.A.1.a. Cantonese Cuisine (Southern Chinese Cuisine)

Influences and area. There is a western influence from Hong Kong. This cuisine is most familiar as "Chinese food" to the rest of the world.

Foods used. Rice is the dietary staple. Vegetables include mushrooms, spinach, cabbage, peppers, broccoli, dried mushrooms, winter melon, and bok choy. Fruits include tangerines (mandarin oranges), pomelos, and loquats. Animal flesh includes frog legs, turtles, shark fin, snail, eel, oysters, winkles, seal, prawns, shrimp, scallops, lobster, crab, abalone, sea cucumber, sparrows, wild duck, pork, dog,

snake, and leopard. Tea is the common beverage.

Fats/oils, seasonings, and sauces. Seasonings include ginger and onion. Sauces include oyster sauce, shrimp sauce, shrimp paste, light soy sauce, hoisin sauce, black bean sauce, lobster sauce, and plum sauce.

Preparation techniques. Stir-frying and steaming are common. Few raw foods are consumed. Pork may be barbecue roasted and marinated for a long time and then roasted quickly in a hot oven. Steaming is the favorite method for dumplings, meat patties, small fish, and chicken. Many local vegetables are stir-fried alone or with oyster sauce. Fruits are sometimes used with poultry and meat dishes and in sweet and sour sauces.

Dietary patterns. Over 2,000 varieties of dim sum are available.

Typical dishes.

- beef with oyster sauce
- bird's nest soup
- chow mein
- chop suey
- dim sum (pastries)
- egg foo young
- egg rolls
- lobster and crab with ginger and onion
- moo gia pan
- steamed scallops with black bean sauce
- steamed chicken with ginger and star anise
- sweet and sour dishes

III.A.1.b. Eastern Chinese Cuisine

Influences and area. Cuisine of Shanghai, Kiangche, and Fukien. Shanghai has a western influence (e.g., use of milk and butter).

Foods used. Rice is the dietary staple. Grains, legumes, and nuts include wheat, rice, barley, corn, noodles, dumplings, rice porridge, soybean products, bean curd, and peanuts. There is an abundance of vegetables including sweet potatoes, scallions, bamboo shoots, snow peas, mushrooms, and watercress. Animal flesh includes giant carp, shark's fin, shad, mullet, perch, prawns, frog, eel, shellfish, duck, spareribs, and ham. The 100-day old egg is a noted item. Beverages include rice wine and dragon well tea.

Fats/oils, seasonings, and sauces. Peanut oil is used for cooking. Lard is used to enhance the flavor of meat and vegetables. Seasonings include dark soy sauce and lavish use of sugar. Preserved vegetables are used as condiments.

Preparation techniques. Stir-frying is a common preparation method. In Kiangchi, common preparation methods are boiling, stewing, braising, and simmering. In Fukien, the red cooking technique is used which is a slow stewing or braising of soy-sauced dishes.

Dietary patterns. There are rich, sweet desserts. Tea houses are common. Foods are rich in flavor, sweet in taste, and

exquisite in appearance. Foods are usually more greasy, sugary, and strongly flavored than in other parts of China.

Typical dishes.

- braised turtle in brown sauce
- dumplings with meat and sauce
- fish liver broth
- pork meatballs with cabbage
- rice and fish
- quick-fried shredded eel
- yellow fish in soup

III.A.1.c. Northern Chinese Cuisine

Influences and area. Cuisine of Peking/Beijing and Shantung/Shundong.

Foods used. The dietary staple is wheat. Grains products include noodles, steamed breads/buns, dumplings, and pancakes. Sesame seeds, oil, and paste are used. Vegetables include bokchoy and raw spring onions. Fruits include grapes, peaches, and pears. Animal flesh includes red-scale fish, yellow river carp, conch, oysters, chicken, mutton, lamb, goat, and game. Beverages include wines and beer.

Fats/oils, seasonings, and sauces. The Cuisine of Peking is light, rather than rich, with strong flavors (leeks, onions, and garlic). Seasonings are more delicate. Around Peking there is a Mongolian and Manchurian influence with more strongly flavored foods and simple cooking methods (roasting, barbecuing, and boiling). Dishes may be sauted with wine/vinegar sauce or sizzled with coriander, bean paste, and scallions.

Preparation techniques.

Dietary patterns.

Typical dishes.

- Beijing kao ya (Peking roast duck and pancakes with duck skin; an elaborate and famous dish eaten with the fingers)
- bird's nest soup
- clay baked chicken wrapped in lotus leaves
- dim sum pastries
- Mongolian hot pot (meat with three hot sauces)
- sweet and sour dishes
- toffee apples or bananas

III.A.1.d. Szechuan Cuisine

Influences and area. Cuisine of Western China (Sichuan cuisine or Yunnan cuisine).

Foods used. The dietary staple is rice. Grains, legumes, and nuts include rice, maize, beans, bean curd, peanuts, cashews, walnuts, and pine nuts. Vegetables include mushrooms, bamboo shoots, and eggplant. Fish, duck, chicken, beef, and pork are consumed.

Fats/oils, seasonings, and sauces. Seasonings include chili, peppercorn, sesame seeds, ginger, garlic, and soy sauce. Common flavors are sweet and sour and hot and spicy. Szechuan

foods are commonly hot and spicy due to chili peppers, hot pepper oil, and the Szechuan peppercorn.

Preparation techniques. Salting, drying, smoking, pickling, and spicing with chili are common preparation methods. Stir-frying and steaming are common cooking methods.

Dietary patterns.

Typical dishes.

- braised fish with hot soybean paste
- chicken with peanuts and hot sauce
- eggplant with garlic sauce
- pork in garlic sauce
- stir-fried pork w/ szechuan hot pickle
- zha yu qiu (deep-fried fish squares, Sichuan style)

III.A.2. Japanese Cuisine

Influences and area. Japan (143,818 square miles) is an island surrounded by the Western Pacific Ocean, the Sea of Japan, the East China Sea, and the Sea of Okhotsk. Its closest neighbors are Korea, China, and Russia.

Foods used. Dietary mainstays include rice, fish, other seafood, seaweed, and soy products (miso, tofu, shoyu). In addition to rice, wheat noodles, buckwheat noodles, and fu (wheat gluten product in many shapes and sizes) are consumed. Vegetables include daikon, wasabi, bok choy, bamboo shoots, spring onions, udo, lotus root, pine mushrooms, mitsuba, pumpkin squash, eggplant, ginkgo, bean sprouts, and snow peas. Mandarin oranges are a preferred fruit. Seafood includes sea bass, halibut, squid, yellowtail, bonito/skipjack, tuna, mackerel, salmon, porgy, red snapper, eel, octopus, clams, abalone, and turbot. Chicken, eggs, and some beef are consumed. Green tea and rice wine are common beverages.

Fats/oils, seasonings, and sauces. Seasonings include ginger, sesame oil, fish paste, and shoyu (soy sauce). A seven-spice mixture (shichimi) contains red pepper, sansho pepper pods, dried mandarin orange peel, black kelp seeds, dark green nori seaweed, white sesame seeds, and white poppy seeds. Shoyu is a lightly salted and sweet soy sauce made from toasted wheat. Dashi is a clear, liquid stock containing kelp and dried bonito.

Preparation techniques. Most food preparation is stove top; foods are rarely baked or roasted. Ingredients are cut into small pieces and fried, boiled, steamed, or grilled. Seaweed is used as a wrapper for fish and other foods, as a garnish, and in some snack foods (e.g., rice crackers).

Dietary patterns. Foods are served in small, carefully arranged portions with emphasis on visual appearance (color, texture, shape, and overall design).

Typical dishes.

- arare (small, crispy wheat cracker that can be sweet or savory with soy sauce, sesame, or seaweed)
- chirashi zushi (sushi of rice filled/topped with bits/slices of various vegetables and seafood; arranged in a lacquer box)

- donburi (bowl of hot, boiled rice topped with meat, fish, egg, or vegetables, colorful garnishes, and spicy condiments)
- fugu ryori (meals featuring blowfish from which the poisonous organs have been removed by licensed chefs)
- genmai cha (green tea made of toasted glutinous rice. Some rice grains that have exploded and look like little popcorn are left in with the tea leaves and give the beverage a sweet and nutty flavor)
- gyudon (bowl of rice with stir-fried beef and onions topped with a sauce and served with green tea; fast food item in Japan)
- hottokeki (hotcakes)
- kaiseki ryori (succession of many small dishes served in formal style; ingredients change with the seasons and may include poultry or seafood, but no meat)
- kaitzuki nagareko (canned baby abalone in the half shell seasoned with soy sauce)
- kamaboko (steamed fish cake, served cold as a side dish)
- kaminari-jiru (thunder soup with bean curd and vegetables)
- kushikatsu (pork, chicken, seafood, and vegetables skewered on bamboo sticks, breaded, and deep-fried, then eaten with salt, hot mustard, and sauces)
- misoramen (white curled noodle containing miso bean paste)
- misoshiru (soup made with miso bean paste)
- mochi (sweet rice cakes)
- peanut maki (sesame-studded crisp cracker wrapped around a whole peanut)
- rumaki (appetizer of chicken livers and waterchestnuts wrapped in bacon then broiled)
- sashimi (sliced raw fish)
- sembei (small, crispy rice cracker)
- shabu-shabu (meat and vegetables cooked at the table in stock, served with seasoned sesame sauce; one-pot cooking; similar to sukiyaki)
- shoga sembei (small, crispy rice cracker coated with ginger-flavor sugar)
- sudako (octopus pickled in vinegar)
- sukiyaki (one-pot cooking method using thinly sliced beef and a variety of vegetables cooked in suet at the table)
- surimi (imitation crabmeat made from pollock and other fish, then colored to resemble crab legs)
- sushi (seasoned cold rice with other ingredients)
- tai tempura (fried fish cakes)
- tempura (batter fried foods)
- tonkatsu (spicy, marinated pork, dipped in egg and breadcrumbs, then fried)
- teriyaki (meat marinated in a sweet soy sauce mixture and grilled over charcoal so that a glaze is formed)
- zenzai (chunky, sweet soup used as a snack and a dessert soup)

III.A.3. Korean Cuisine

Influences and area. North and South Korea (46,800 square miles) are in contact with the Sea of Japan, the Yellow Sea, and China. Japan is a near neighbor.

Foods used. Rice is the dietary staple. Commonly used plant foods include sesame seeds, garlic, and spring onions. Animal flesh includes fish, chicken, beef, tongue, heart, liver, pork, and tripe.

Fats/oils, seasonings, and sauces. Seasonings include salt, soy sauce, bean paste, red chili peppers, hot mustard, vinegar, ginger, sugar, honey, garlic, cinnamon, and black pepper. Dips and sauces are used for meats and fish. Kimchee (fermented, pickled vegetables such as cabbage pickle) are served with most meals as well as cooked in many dishes.

Preparation techniques.

Dietary patterns. The morning meal is substantial with a light lunch (e.g., noodles or rice with red beans, nuts, and seeds). The evening meal consists of 3-7 dishes depending on family size.

Typical dishes.

- barbecued beef ribs and sauce
- beef and vegetable rolls
- chicken soup
- fish in sauce
- hot and sour soup
- mandoo (meat-filled dumplings, seasoned with soy sauce, toasted sesame seeds, garlic, pepper, and onions; steamed, fried, or boiled in a broth; similar to won ton)
- rice pudding
- roast pork and sauce
- stir-fried chicken with vegetables
- tripe soup

III.A.4. Mongolian Cuisine

Influences and area. Mongolia (1,050,000 square miles) is a plateau area in east Central Asia. It is the home of the Mongol peoples.

Foods used. Commonly consumed are cattle, sheep, goats, pork, milk, wheat, oats, and potatoes.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

III.A.5. Southeast Asian Cuisine

Influences and area. Includes the cuisines of Burma, Kampuchea, Laos, Thailand, and Vietnam.

Foods used. Rice and maize (corn) are the principal dietary staples. Major producing area for rice, coconut oil, sugar, tea, coffee, and pepper.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- grilled and stir-fried meats with ginger and lemongrass
- satays
- stuffed chicken wings

III.A.5.a. Burmese Cuisine

Influences and area. Burma (261,789 square miles) is an independent republic in southeast Asia bordered by Thailand, Laos, China, India, Bangladesh, the Bay of Bengal, the Gulf of Martaban, and the Andaman Sea. Burma is primarily tropical.

Foods used. The staple foods are rice and freshwater fish. Commonly used foods are wheat, corn, millet, peanuts, and sesame seeds. In addition to freshwater fish, goats, pigs, and fowl are consumed. The cuisine does not include much seafood. Salted freshwater fish is a common food.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

III.A.5.b. Kampuchean Cuisine (Cambodian Cuisine)

Influences and area. Kampuchea (69,898 square miles) is bordered by Thailand, Laos, Vietnam, and the Gulf of Thailand (on the southwest side).

Foods used. Rice is the principal food. Other food products include corn, beans, soybeans, and sweet potatoes. Fruits which are consumed locally include oranges, bananas, and pineapple. Fish (fresh, dried, smoked, and salted) constitute the single most important source of protein in the diet. Freshwater fish include perch, carp, lungfish, and smelts. Hogs are also raised for food.

Fats/oils, seasonings, and sauces.

Preparation Techniques.

Dietary patterns.

Typical dishes.

- chunks of chicken steamed with egg, coconut milk, and chopped peanuts
- cold meats and raw vegetables dressed with fish sauce and hot peppers, sprinkled with peanuts
- cooked fish topped with salty brown beans and shreds of ginger
- machu kroeung (beef broth with slivers of beef, Asian eggplants, curry, and tamarind)
- skewered, grilled meats wrapped in lettuce leaves or rice with cucumbers, carrots, bean sprouts and noodles to be dipped in fermented fish sauce with red pepper

III.A.5.c. Laotian Cuisine

Influences and area. Laos (91,400 square miles) is bordered primarily by Burma, Thailand, and Vietnam. It also touches China on the north and Kampuchea on the south.

Foods used. Traditional foods are rice and vegetables accented

with chicken, pork, fish, or beef.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns. Chicken soup and sticky rice are traditional postpartum foods.

Typical dishes.

III.A.5.d. Thai Cuisine

Influences and area. Thailand (198,455 square miles) is bordered by Burma, Laos, Kampuchea, and the Gulf of Thailand. The tip of Thailand contacts Malaysia. The cuisine has primarily Chinese and Indian influences.

Foods used. Dietary staples include rice (about 1 lb/person/day) and freshwater and sea fish. Tropical fruits and vegetables are consumed.

Fats/oils, seasonings, and sauces. Seasonings include garlic, coriander, hot chili peppers, coconut, black pepper, ginger, cumin, lemongrass, lime rind, and citrus leaves. Flavor mixtures include basil and pepper, ginger and onion, and garlic and pepper. Spicy peanut sauce is commonly used as are the fish sauces nam pla (a pungent salty sauce) and nam prik (a pungent salty fish sauce with chilies). Yellow and red curry sauces are flavored with basil or lime and coconut milk or peanuts.

Preparation techniques. Stir fries are made of chicken, pork, beef, shrimp, scallops, or squid. Fish is often fried crisp. Desserts, which include sweets and sweet cakes, often have sweet and salt tastes. The sweet and salt taste is also in fruit drinks. Foods are chopped into small pieces, cooked quickly by stir-frying or steaming, and are served at room temperature. Foods may be grilled over charcoal or cooked in a wok.

Dietary patterns. There is an emphasis on presentation (e.g., the carving of fruit and vegetables in salads and as garnishes). Typical dishes include sweet and hot soups, a soup-stew to be mixed with rice, and combinations of meat and vegetables, some of which are served hot and some cold. Hot and tangy soups are made of seafood (squid, sea scallops, or shrimp) or chicken with coriander. The morning meal is often rice soup. Little is eaten mid-day. Street vendors sell mango slices, chicken slices, and noodle soup. Appetizers include cold meat or seafood with lime juice and hot chilies. A typical evening meal might include a salad, spicy beef curry, stir-fried chicken, corn soup, steamed cucumbers stuffed with ground pork, crisp-fried catfish with sauce, and fresh fruit. Sweets and sweet cakes are eaten as snacks.

Typical dishes.

- beef curry with coconut milk, eggplant, potatoes, and peanuts
- chicken/seafood stir fry with cashews, onions, and hot peppers in a light sauce
- corn soup
- crab stuffed chicken wings

- crisp-fried catfish with sauce
- grilled beef salad with lime, coriander, and scallions
- larb (ground chicken salad)
- mee krob (honey sweet fried rice noodles with bits of pork and shrimp)
- noodles soup
- noodles tossed with vegetables and meat
- panang gai (chicken red rucy with coconut and basil)
- pork stir fry with garlic and white pepper
- rice soup
- satays with peanut sauce
- spring rolls
- squid salad
- steamed cucumbers stuffed with ground pork
- sticky rice dessert with coconut milk and sesame seeds
- sweet and hot soups
- vegetables topped with bean sauce
- yam woon sen (chili and lime flavored clear noodles with pork, shrimp, and tree ears)

III.A.5.e. Vietnamese Cuisine

Influences and area. North and South Vietnam (120,593 square miles) is bordered by China, Laos, Campuchea, and the South China Sea. Northern Vietnam has a cuisine similar to China with stir-frying and use of black pepper and ginger. Central Vietnam has a more refined cuisine with spicier dishes, chili peppers, a thick, fermented fish sauce, and game from the highlands. Southern Vietnam has a French influence and varied cuisine including curries, potatoes, asparagus, meat or fish pate, sweet-savory snacks, French bread, yogurt, and coffee.

Foods used. The dietary staple is rice.

Fats/oils, seasonings, and sauces. The main sauce is nuoc mam (a fish sauce).

Preparation techniques. The cooking techniques (e.g., stir-fried dishes) and eating methods are primarily Chinese.

Dietary patterns. Chop sticks are used.

Typical dishes.

- crab and asparagus soup
- curried frog legs
- fried bean curd with vegetables
- goi go (chicken salad)
- pho (beef soup)
- pineapple chile sauce
- pork with lemon grass
- spring rolls
- star anise beef stew with lemongrass
- steamed whole bass with tiger lilies

III.A.6. Taiwanese Cuisine

Influences and area. Taiwan (13,892 square miles) is an island bounded by the East China Sea, the Pacific Ocean, and the Bashi Channel. The closest countries are the Philippines and

mainland China.

Foods used. Major crops include sugar, pineapple, sweet potatoes, wheat, soybeans, peanuts, tea, bananas, citrus fruits, and fish. Major food imports include beans, peas, wheat, and cereals. Fruits and vegetables are abundant such as bananas, litchis, longans, peaches, watermelons, and oranges. Tuna is one of the deep sea fish commonly caught.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

III.B. Indian Cuisine

Influences and area. India (1,261,810 square miles) is bounded by Pakistan, China, Nepal, the Arabian Sea, and the Bay of Bengal.

Foods used. Rice is the dietary staple.

Fats/oils, seasonings, and sauces. Common seasonings include cardamon, coriander, fennel, mint, and curry.

Preparation techniques. Some foods are marinated in yogurt with spices, then roasted at high temperature in a tandoori oven.

Dietary patterns.

Typical dishes.

- appalam (lentil wafers)
- bade (small doughnut-shape fried bean dumpling)
- bharta (smoked eggplant fried with onions, tomatoes, and herbs)
- bhatoora (leavened dough made of yogurt, potatoes, and white flour, rolled into circles then deep fried)
- bhojia (highly spiced stir-fried vegetables)
- biryani (pilaf-type rice dish; the national dish of India)
- chapati (thin griddle-baked whole wheat bread)
- chat (cold dish made with vegetables, fruits, and spices; eaten as a snack or appetizer)
- dahi bhalle (fried bean dumplings in yogurt with spices and herbs)
- dhan-sak (chicken, lentil and vegetable stew made with the spice blend dhan-sak masala)
- firni (pudding made with rice flour, almonds, and milk)
- gajjak (sesame brittle)
- gujia (crescent-shaped sweet pastry filled with nuts and coconut)
- halwa (vegetables, lentils, nuts, fruits, cooked with sugar and ghee to the consistency of plum pudding)
- hussaini kabab (ground meat shaped into thin sausages, stuffed with nuts and raisins and panfried or broiled)
- kachauri (fried puffy bread stuffed with a spicy bean mixture)
- kachoomar (chopped or sliced onion, tomato, and green pepper, flavored with lemon juice)
- kadhi (dumplings made with chickpea flour and simmered in

- yogurt with spices and vegetables)
- kedgeree/kitcheri (breakfast dish of curried rice, lentils, spices, fish, and hard-boiled eggs)
 - khoya (very thick milk "fudge")
 - kofta (ground meatballs simmered in sauce with spices)
 - koosmali (relish made with raw grated carrots and fried black mustard seeds)
 - kulcha (leavened white flour dough shaped into rounds and baked)
 - kulfi (dessert similar to ice cream made with cooked-down milk, frozen in special conical molds)
 - malpoora (sweet whole wheat crepes flavored with crushed fennel)
 - namak (teardrop-shaped bread made with leavened dough and baked)
 - nargisi kofta (meatballs stuffed with whole eggs, fried, cut in half to expose the egg, and simmered in onion gravy)
 - pachadi (vegetables and yogurt flavored with mustard seeds)
 - pakoras (spicy fritter, served hot as an appetizer or snack)
 - payasam (pudding made of mung beans, coconut milk, and peas)
 - peda (milk fudge molded into small pillows and garnished with pistachio nuts)
 - poori (puffy deep-fried bread, made from various combinations of flours, semolina, and mashed potatoes)
 - puppadam (puffy lentil wafers)
 - rasam (spicy lentil broth with a tart, tamarind flavor; drunk at the beginning of a meal or eaten with rice)
 - rasedar (vegetables in thin gravy)
 - ras malai (dessert of cheese dumplings in pistachio-flecked cream sauce)
 - rogani gosht (rich meat dish made with cream, usli ghee, and spices)
 - rogan josh (lamb braised in yogurt and cream with Monghul spices)
 - sambaar (very chili-hot stew of large split peas (dals) and vegetables served with rice)
 - samosas (fried pastries filled with meat or vegetables)
 - shamme kabab (ground meat and yellow split peas, flavored with mint, ginger, and spices, shaped into small patties and fried)
 - srikhand (dessert made with drained yogurt, sugar, nuts, and saffron)
 - vindaloo (dish highly seasoned with vinegar, garlic, curry, and rich meat)
 - zarda (sweet rice pilaf with nuts, raisins, saffron, and spices)

III.A.1. Northern Indian Cuisine

Influences and area. Northern India is bordered by Pakistan, China, and Nepal. The cuisine of this area may also be found in parts of Pakistan.

Foods used. The dietary staple is rice. Other grains include

wheat and wheat products such as unleavened breads (chapatis). The most common meat is lamb which is roasted or used in kabobs, curries, and rice dishes. Game meat is also consumed such as deer, goats, wild boar, pig, wild duck, geese, pheasant, snipe, partridge, goose, quail, and pigeon. Also consumed are sheep, cattle, pork, chicken, and duck.

Fats/oils, seasonings, and sauces.

Preparation techniques. Foods are prepared by braising, steaming, sauteing, and deep-frying. Tandoori is a method of roasting or baking meats with marinade.

Dietary patterns. Snacks are consumed during the day. The evening meal typically consists of a meat dish, a gravied vegetable dish, another vegetable dish, and a lentil dish.

Typical dishes.

- barbecued chicken
- chapatis (unleavened bread)
- fresh vegetables or fruit with yogurt
- lamb curry with a thick sauce made from nuts and yogurt
- lamb kabobs
- rice dishes with meat or shrimp

III.B.2. Southern Indian Cuisine

Influences and area. Southern India is bordered by the Arabian Sea and the Bay of Bengal. The cuisine is influenced by the dietary restrictions of Hindus, Buddhists, and Mustins. The Hindus and Buddhists are vegetarian. The Mustins are similar to Jews in that they eat beef, but no pork or shellfish.

Foods used. The dietary staple is rice. In addition to rice, grain products include millet, a variety of unleavened breads (e.g., chapatis), thin pastries, and thick millet pancakes. Legumes include lentils, peas, beans, and chickpeas. Fresh fruits are commonly consumed. Dairy products include yogurt, buffalo milk, and clarified butter. Some coastal Hindus consume fish such as trout, salmon, catfish, carp, pomfret, and herring. Beef or cattle products are not generally eaten.

Fats/oils, seasonings, and sauces. Seasonings include chutneys and hot chili peppers.

Preparation techniques. Common methods of preparing foods include braising, steaming, sauteing, and deep-frying.

Dietary patterns. Snacks are consumed during the day. The evening meal consists of vegetable dishes.

Typical dishes.

- banana and coconut salad
- chapatis (unleavened bread)
- deep-fried batter of wheat and chickpea flour soaked in sweet syrup
- fresh vegetables or fruit with yogurt
- highly seasoned vegetables
- lentil/split pea curry
- pakhoras (potato, lentil, or vegetable fritters)
- raisin rice with peas
- rice dishes

- sev (deep-fried peanuts, lentils, vermicelli of chickpea flour, puffed rice, and raisins with tumeric, and cayenne)
- steamed cakes of rice with lentils
- thick millet pancakes
- tomato chutney
- vadas (deep-fried crisp balls of lentils, onions, and spices)
- vegetables fried in chickpea butter
- yogurt with fruit or vegetables

III.B.2.a. Goan Cuisine

Influences and area. Goa is a Portuguese colong on the southwest coast of India. The cuisine is influenced by Portuguee and Indian styles.

Foods used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

III.C. Pacific Ocean Island Cuisine

Influences and area. Includes cuisines of Fiji, Hawaii, Indonesia, Malaysia and Singapore, New Guinea, the Philippines, Samoa, and Tahiti. The cuisine has a strong Chinese influence.

Foods used. Dietary staples include rice, coconut, ginger, and chili. Tropical fruits are abundant.

Fats/oils, seasonings, and sauces. Ginger and chili are the primary seasonings.

Preparation techniques.

Dietary patterns. Main meals are rice with small amounts of meat or fish.

Typical dishes.

III.C.1. Indonesian Cuisine

Influences and area. Indonesia (782,663 square miles), also known as The Spice Islands, consists of several thousand (13,700) islands such as Sumatra, Java, and Borneo and is the home of 135,000,000 inhabitants of 300 ethnic groups. The islands are south of Malaysia and the Philippines and north of Australia. The cuisine has Dutch, Chinese, and Portuguese influences. The cuisine varies from region to region and from island to island. Sumatra has a strong Indian and Arab influence with foods such as lamb curry, beef with gravy, and fiery chili peppers and spices of coriander, cumin, and lemongrass. Foods in Java have a combination of sweet, sour, and hot flavors. The people have a preference for sweets (sweetmeats, cakes, and candies). Coffee (java) is the common beverage. In West Java, foods are more simply cooked and less highly flavored. Meats and fish are wrapped in banana leaves and grilled or steamed. Raw vegetable salads are consumed. In Bali, where there is a Hindu influence, pork is used, but little beef. Foods are highly spiced. Some other islands have more primitive foods. A morning meal might consist of rice

with a fried egg or fried plantain. Mid-morning might include barbecued meat on thin bamboo sticks with sauce, sticky rice cakes, or snacks in banana leaves. The mid-day meal consists of 2-3 dishes of meat and vegetables often with coconut-peanut sauce. The evening meal consists of 4-5 cooked dishes such as a hot and spicy curry, 1-2 vegetable dishes, a fish dish, fritters, and fruit for dessert.

Foods used. The dietary staples are rice (used three times a day) and coconut. Common beverages include coconut milk and hot tea with sugar.

Fats/oils, seasonings, and sauces. A sauce of peanuts, coconuts, and spices is commonly used.

Preparation techniques. Stove top cooking is the most common food preparation method.

Dietary patterns. Coconut is used as a main course as well as an ingredient and side dish. Mixed dishes are made with rice and meat, vegetables, and garnishes.

Typical dishes include:

- bami (noodle dish made of pork, shrimp, eggs, onions, and vegetables such as green beans, peas, cabbage, cauliflower, leeks, and celery; various combinations are made)
- dadar-isi (stuffed omelet)
- gado gado (vegetable salad w/ spicy peanut dressing)
- kroepoek (crunchy chip made of pulverized shrimp)
- lamb/beef curry
- lumpia (spring rolls)
- meat/fish wrapped in banana leaves and grilled/steamed
- nasi goreng (fried rice cooked with various spices and ingredients, including chicken, shrimp, meat, onions, garlic, shrimp paste, and chilies)
- peanut/shrimp fritters
- pepperpot (highly seasoned stew or soup made with meat, seafood, vegetables, and cassava juice)
- pisang goreng (fried or baked bananas)
- rijsttafel (Javanese rice table; feast with rice as the focal point and dozens of side dishes including meat and seafood dishes, fried and steamed savory foods, vegetables, fruit, chili dishes, sauces and marinades; hot, cool, spicy, and bland flavors)
- sambols (spicy, hot condiments)
- seroendeng (fried coconut with peanuts)
- shomai (meat or vegetable-filled dumplings)
- spiced cabbage with coconut milk
- vegetables and bean cake with peanut-coconut sauce

III.C.2. Malay Cuisine

Influence and area. Malaysia (127,316 square miles) is north of Indonesia and south of the Philippines and Southeast Asia. The cuisine of Malaysia and Singapore (a British island off the tip of the Malay Peninsula) has Chinese and Indian influences.

Foods used. Rice is the dietary staple. Coconuts are commonly

consumed as are tropical fruits and vegetables. Fish including mullet, snapper, tuna, mackerel, pike, and perch are eaten.

Fats/oils, seasonings, and sauces. Malay cooking is characterized by liberal use of tumeric, ginger, chilies, and coconut milk. With the Indian influence, there is also use of cardamon, coriander, fennel, mint, and fiery curries.

Preparation techniques.

Dietary patterns. A large variety of breads and sweet dairy-based desserts are consumed.

Typical dishes.

- balachan/balchan (salty, pungent condiment of fermented shrimp or other seafood)
- barbecued fish basted with coconut milk, chili peppers, onion, and garlic
- barbecued spareribs
- chien dai (small, fried wonton pouches filled with shrimp and fish, tied up like a purse to signify prosperity for the New Year)
- Chinese noodles with pork, shrimp and vegetables
- Chinese omelets with oysters and sauce
- Indian whole wheat bread with curried meat/vegetables
- peanut dressed salad
- satay (barbecued skewers of meat with spicy peanut sauce)
- yee sang (Chinese raw fish salad)

III.C.2.a. Nonya Cuisine

Influences and area. Blend of Singapore and Malaysian cuisine.

Foods used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- rendang daging (beef curry)

III.C.3. Philippine Cuisine

Influences and area. The Philippines (115,830 square miles) consist of about 7,000 islands in the Pacific Ocean with China and Southeast Asia to the northeast and Malaysia and Indonesia to the south. The cuisine has Spanish and Chinese influences as well as American influences in the form of fast foods and soft drinks.

Foods used. The dietary staples are rice and fish. Noodles are consumed. Plant products include coconut milk, garlic, onion, tamarind, and tropical fruits. Buffalo milk cheese is consumed. Fish and shellfish, including raw fish are common. Other animal flesh includes chicken, beef, pork, and sausage. Eggs are also consumed.

Fats/oils, seasonings, and sauces. Sour-salty is the most characteristic flavoring. Lemon and vinegar are used as seasonings. Sauces include fish paste and fermented fish sauce (patis).

Preparation techniques.

Dietary patterns. Desserts include cakes, sweet pastries, and chocolate. The people have a preference for sweets and desserts. Typical entrees include rice and noodle dishes, stews of beef/chicken and vegetables, and roasted pork. Several meats and vegetables may be used together in dishes.

Typical dishes.

- adobo (stew with vinegar, soy sauce, peppers, garlic, and pork/other meat)
- adobong pusit (squid stew)
- balut (fertilized duck egg ready to hatch; a delicacy)
- binagoongan (pork cooked with shrimp paste)
- chicharong bulaklak (fried pork rinds with vinegar and garlic dipping sauce)
- egg rolls
- fermented fish sauce
- lumpianitas (tiny spring rolls)
- pancit palabok (noodle dish made with shrimp sauce and pork)
- sinigang (fried rice)
- ukoy (shrimp and squash fritters)

III.C.4 Polynesian Cuisine

Influences and area. Includes the areas of the Cook Islands, Hawaii, Samoa, Tahiti.

Foods used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

III.C.4.a. Hawaiian Cuisine

Influences and area. The Hawaiian Islands (6,425 square miles) are volcanic islands in the central Pacific Ocean about 2,000 miles west of San Francisco. The cuisine is influenced by Chinese, Japanese, Korean, Indian, and American cuisines.

Foods used. Grains and nuts include rice, poi (taro root), waterchestnuts, and macadamia nuts. Vegetables include sweet potatoes and peas. Fruits are commonly consumed and include pineapple, tropical fruits, breadfruit, and bananas. Animal flesh includes salmon, shrimp, clams, mahimahi, chicken, and pork.

Fats/oils, seasonings, and sauces. Soy sauce and curry are common seasonings.

Preparation techniques.

Dietary patterns. Haupia is a common dessert made from coconut, sugar, and cornstarch. Pineapple juice is a common beverage. The luau is a celebration feast which includes the Kalua pig baked underground, fish wrapped in ti leaves, baked yams, fruit, and haupia.

Typical dishes.

- fish wrapped in ti leaves and baked
- haupia (coconut dessert)
- lomi-lomi salmon (salted salmon cooked with chopped tomatoes,

- Maui onions, and scallions)
- Kalua baked pig
 - manapua (dough bun filled with pork, bean paste, or other stuffing, then steamed)
 - pipikaula (dish of beef jerky and soy sauce)
 - poi (paste made of breadfruit, banana, sweet potato, or taro; a staple of the native Hawaiian diet)
 - poke (dish of marinated fish in various sauces such as chopped seaweed, Maui onions, and chili)

III.C.4.b. Tahitian Cuisine

Influences and area. Tahiti (420 square miles) is an island in the South Pacific Ocean.

Foods used. Dietary staples are rice, taro root, and coconut. Vegetables include yams, sweet potatoes, taro leaves, string beans, cabbage, lettuce, leeks, and onions. Fruits are commonly consumed and include breadfruit, pamplemousse, star apples, purple plums, papaya, cherimoya, bananas, figs, oranges, limes, and tamarinds. Fish and poultry are consumed including bonita, tuna, lobster, crayfish, fresh water shrimp, chicken, and duck.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

IV. Cuisine of European Origin

IV.A. American Cuisine

Influences and area. American cuisine refers to the cuisine of the 48 continental states, excluding Hawaii and Alaska. The cuisine is a blend from many countries, but the major influence is European. Wide availability of foods year-round due to imports and favorable prices.

Foods used. Dietary mainstays include beef, pork, chicken, potatoes, milk, and cheese. Meat (beef, pork, or chicken) and potatoes (boiled, baked, mashed, or fried) are main dinner components. Salads of lettuce, tomato, and other ingredients are common. Wheat products (breads, rolls, cereals, cakes) are widely used. A wide variety of fruits (apples, bananas, oranges) and vegetables (potatoes, lettuce, peas, green beans, corn, broccoli) are used. Dairy products (milk, cheese, ice cream) are widely used.

Fats/oils, seasonings, and sauces. Salt and pepper are the main spices, but many other herbs and spices are used. Gravies may be used on meats and potatoes. Salad dressings are used on salads. Butter, margarine, and mayonnaise are used as bread spreads. Vegetable oils (corn, soy, cottonseed, etc.), hydrogenated vegetable fats, and margarine are the main cooking fats.

Preparation techniques.

Dietary patterns. Coffee and soft drinks are the major adult

French Possession

beverages. Children drink milk and soft drinks. Carbonated sodas and fast foods (hamburgers, hot dogs, shakes, french fries, pizza) are major fare for lunch and dinners, especially for teenagers and younger adults. Convenience foods (e.g., frozen meals and entrees) are very common. Eating out is common. Breakfast is typically cereal, toast with butter or margarine, and orange juice. Some consume a heavier breakfast with egg, sausage or bacon, and hash browns. Lunch may consist of a sandwich, with fruit, potato chips, and/or cookies, and a beverage. The evening meal is typically meat (beef, chicken, or pork), potatoes (or rice), a vegetable (e.g., green beans or broccoli), and/or a salad with dressing. Desserts of ice cream, cakes, and pies are common. Snacking is common and may include fruit, crackers, popcorn, chips, peanuts, candy, or cookies.

Typical dishes.

Distinctive American desserts include:

- apple brown betty (dessert of layered apples and buttered crumbs)
- baked Alaska - dessert of ice cream set on sponge cake, covered with meringue, and quickly browned in a very hot oven
- black-bottom pie (custard pie with a layer of heavy chocolate custard on the bottom)
- cheesecake (a cake made with a mixture of beaten eggs, cream cheese or cottage cheese, sugar, flavorings; baked in a mold lined with sweet crumbs)
- chocolate chip cookies (cookie made with brown sugar, nuts, and chocolate chips in the batter; sometimes called Toll House cookies because they originated at the Toll House Inn in Massachusetts)
- Danish pastry (yeast pastry filled with fruit, cheese, or custard and served at breakfast)
- floating island (clumps of meringue in custard)
- nesselrode (frozen custard pudding topped with whipped cream, flavored with chestnut puree mixed with candied fruits)
- Ohio pudding (mashed sweet potatoes, carrots, and squash mixed with brown sugar, breadcrumbs, and light cream, baked until firm; served with sauce of butter, confectioner's sugar, cream, and lemon juice)
- pandowdy (cobbler of sliced apples, cider, spices, brown sugar or molasses, and butter, covered with biscuit dough, then baked)
- peach melba (dessert of peaches poached in vanilla-flavored syrup, served over ice cream, and topped with raspberry puree)
- pop tart (commercially made pastry similar to a thin turnover with a fruit filling; usually heated in a toaster)
- pound cake (rich cake originally made using one pound each of sugar, butter, eggs, and flour)
- rocky road (candy, ice cream, cake or pie made of chocolate mixed with marshmallows and nuts)
- short cake (cake of biscuitlike dough, spread with sliced or

- crushed fruit and topped with whipped cream)
- slump (cooked fruit with a dumplinglike top and served with cream)
- snow cone (confection of scraped ice or freshly fallen snow; drizzled with flavored syrups; usually served in a cone-shaped paper cup)
- sticky buns (sweet roll flavored with cinnamon and brown sugar; allowed to rise in a pan lined with brown sugar and melted butter, then baked)
- upside-down cake (batter cake baked in a pan with the topping for the cake lining the bottom of the baking pan; the topping is usually brown sugar, butter, pineapple, and maraschino cherries)

Typical dishes include:

- buffalo wings (deep-fried chicken wings brushed with hot sauce)
- Caesar salad (tossed salad of romaine, garlic, anchovies, croutons; served with a dressing of olive oil, coddled egg, lemon juice, and grated Parmesan cheese)
- chef's salad (mixed green salad with hard-boiled egg and strips of meat and cheese)
- chicken Kiev (chicken breast spread with herb butter, rolled, dipped in egg batter, rolled in breadcrumbs, and deep-fried)
- chili con carne (ground beef, minced chilies, chili powder, with or without beans)
- cioppino (California fish stew made with fish, lobster, shrimp, crab, mussels, clams, mushrooms, and seasonings)
- coleslaw (shredded cabbage with a slaw dressing; may also contain grated carrots, finely chopped apples, chopped celery, or nuts)
- corn dog (frankfurter-on-a-stick, dipped in cornmeal batter and fried till crisp on the outside)
- eggs Benedict (one-half of an English muffin topped with a slice of Canadian bacon, poached egg, and hollandaise sauce)
- fish muddle (fish stew)
- fritter (meat, vegetables, or fruit dipped in batter and fried)
- fruitcake (cake with just enough batter to bind the candied fruits, dried fruits, and nuts together; flavored with brandy)
- fruit cocktail (mixture of diced fruits in a thick or thin sweet syrup)
- hamburgers/cheeseburgers - ground beef patty (with or without cheese) on a round bun with lettuce, tomato, pickle, mayonnaise, and catsup)
- Harvard beets (beets, sliced, diced, or julienne, cooked in vinegar, sugar, and cornstarch)
- hasty pudding/Indian pudding (cornmeal pudding with molasses and spices)
- hoagie/grinder/hero/Italian sandwich/sub/submarine/torpedo (sandwich on long, split roll generously filled with cold

- cuts, cheeses, onion, lettuce, tomatoes, and pickles)
- hot dog (long split bun with a frankfurter, mustard, catsup, chopped onions, and pickle relish)
- lumberjack pie (meat pie of vegetables and deer meat)
- macaroni and cheese (boiled macaroni mixed with grated cheddar cheese)
- meat loaf (ground beef or a mixture of ground beef and pork, bread crumbs, and seasonings, baked in a loaf pan)
- milk shake (drink of milk and ice cream, blended to a thick consistency)
- monkey bread (sweet bread made of separate pieces of bread dough randomly piled in a tube pan and baked; nuts, currants, cinnamon, and sugar may be added)
- mulligatawny (soup of chicken/lamb stock flavored with spices and curry; served with rice, diced meat, lemon, and cream)
- mystery meat (college cafeteria term for meat covered with a sauce or gravy, rendering it unidentifiable)
- pizza
- potatoes O'Brien (potatoes with sauteed bacon, onions, and red and green peppers)
- onion rings (slices of large onions, separated into rings, dipped in batter and deep fried)
- oysters Rockefeller (oysters on the half shell, resting on a bed of rock salt, each topped with pureed seasoned spinach, then quickly browned)
- Parker House rolls (yeast roll folded in two halves before baking; originated at the Parker House in Boston in the 19th century)
- pepperpot (highly seasoned stew or soup made from tripe)
- pig-in-a-blanket (sausage wrapped in dough and baked)
- reuben (sandwich of sliced corned beef and Swiss cheese on rye bread that has been spread with Russian dressing, then topped with sauerkraut and grilled)
- rocky mountain oyster/lamb fries/mountain oyster/prairie oyster (testicles of a bull, pig, or lamb; breaded and fried)
- shepherd's pie (pie of cubed or ground meat covered with mashed potatoes)
- sloppy joe (sandwich with a filling of ground beef, seasonings, and tomato sauce; served on a split bun)
- smoothie (thick beverage made of fruit pulp, juice, and ice; blended until smooth using a blender)
- sourdough bread/rolls (bread/rolls made from a dough leavened with a fermented starter culture)
- submarine sandwich (sandwich made of many slices of bread and a variety of meats, cheeses, lettuce, tomatoes, and pickles; also referred to as a hoagie sandwich or Dagwood sandwich)
- succotash (mixture of corn and lima beans)
- Swiss steak (rump or round steak baked with tomatoes, onions, peppers, and seasoned with herbs and spices)
- tamale pie (cornmeal mush with a filling of chopped meats and hot chili sauce)
- veal birds/meat birds (slices of meat filled with savory

stuffing, rolled, skewered or tied, browned in fat, and braised)

- Waldorf salad (chopped apples, celery, and walnuts mixed together with mayonnaise)
- western sandwich (white bread or toast filled with an omelet made of chopped ham, green pepper, and onions)

IV.A.1. New England Cuisine

Influences and area. Cuisine found in nine U.S. states (Connecticut, Delaware, Maine, Massachusetts, New Hampshire, New York, Pennsylvania, Rhode Island, and Vermont) that was influenced by immigrants from Europe.

Foods used. Dietary mainstays are animal products.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Typical dishes.

- Baptist cake (deep-fried doughnut-like confection made of yeast dough; also known as hustlers/holy pokes/huff juffs)
- Boston baked beans (navy beans flavored with molasses and salt pork, baked in an earthenware pot)
- Boston brown bread (sweet rye bread flavored with molasses)
- Boston cream pie (round cake, split and filled with a custard or cream filling, topped with chocolate icing)
- Brunswick stew (stew of chicken and various vegetables)
- clam and lobster entrees
- clambake/New England clambake (clams, lobsters, chicken, unhusked corn, and whole potatoes placed in a pit dug at the beach, layered with hot rocks, and covered with seaweed; cooked in steam of seaweed and hot rocks)
- clam chowder
- codfish cakes
- lobscouse (beef and potato stew)
- London broil (boneless cut of beef from the flank that is marinated and broiled and sliced on an angle)
- New Bedford pudding (pudding of cornmeal, flour, eggs, and molasses)
- New England boiled dinner/boiled dinner (corned beef, cabbage, potatoes, carrots, onions, parsnips, and turnips cooked together; served with horseradish or mustard)
- Philadelphia cheesesteak (crisp Italian-style roll covered with thin slices of beef, cheeses, and other condiments, including sauteed onions)
- Philadelphia eggs (two split muffins topped with cooked white chicken meat, poached eggs, and hollandaise sauce)
- popover (hollow quick bread shaped like a muffin and made from a light batter of eggs, flour, and milk; texture resembles Yorkshire pudding)
- quaking custard (shivering cream custard, garnished with egg whites)
- red flannel hash (made from leftovers of a New England boiled dinner by chopping corned beef, beets, potatoes, and onions and browning together in a skillet)

- sea pie (stew of pork, veal, or poultry mixed with sweet dried apples, molasses, and dumplings)
- snickerdoodle (cookie flavored with cinnamon and sugar; originally made with dried fruits and nuts)
- stifle (stew of salt pork and seafood or vegetables)

IV.A.2. Southern (U.S.) Cuisine

Influences and area. Cuisine of ten U.S. states (Alabama, Arkansas, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee, Virginia, and West Virginia) influenced by the foods available in this area and by West African cuisine brought to this area by Black slaves.

Foods used. Dietary staples are animal products and corn. Grain products include cornmeal, hominy grits, rice, biscuits, soda crackers, and white bread. Vegetables include greens (collards, mustard, turnip, kale, dandelion, and spinach), black-eyed peas, sweet potatoes, green peas, lima beans, snap beans, okra, rutabaga, cabbage, turnips, tomatoes, cucumbers, and radishes. Fruits include oranges and watermelon. Fish includes mullets, spots, trout, croaker, perch, butterfish, salt cod, salmon, salt herring, catfish, crab, shrimp, clams, and crayfish. Much chicken is consumed. Meats include pork, ham, bacon, sausage, spareribs, salt pork, hog jowls, organ meats, squirrel, rabbit, and other game.

Fats/oils, seasonings, and sauces. Salt pork is used for seasoning. Various gravies (white, brown, and red eye) are used. Sweeteners include molasses, sorghum syrup and sugar cane.

Preparation techniques. Greens (collards, mustard, turnip, kale, dandelion, and spinach) are cooked with pork fat and pot liquor (potlikker). Cornmeal is used in cornbread, spoonbread, hush puppies, hoecake, and cornpone. Fish and chicken are usually fried.

Dietary patterns. Desserts include pastries, cakes, sweet potato pie, and pecan pie. Beverages include lemonade and sweetened iced tea. Many foods are fried. Typical dishes include:

- batterbread (unsweetened bread made of white cornmeal and eggs; also called spoonbread)
- chicken fried steak (beef steak rolled in flour, dipped in egg batter, rolled in flour again, and fried crisp)
- chitlins/chitlings/chitterlings (small intestines of pigs)
- cornbread (quick bread of cornmeal and flour)
- cornpone (flat bread made of cornmeal dough, fried or baked)
- greens (e.g., collards) cooked with pork fat and pot liquor
- hoecake/johnny cake (pancake of cornmeal, originally cooked using a hoe as a griddle)
- home fries (fried potatoes)
- hoppin john (rice and black-eyed peas)
- hush puppies (deep-fried cornmeal bread, shaped like a dumpling, seasoned with finely chopped onion; eaten with fried fish)

- limpín'Suzan (red beans and rice)
- philpy (rice bread with origins in South Carolina)
- plantation shortcake (hot cornbread square served with a rich, creamy chicken or ham sauce on top)
- potato salad (cubed cooked potato, celery, hard-boiled egg, and other ingredients mixed with mayonnaise)
- redeye gravy (ham gravy made by deglazing the utensil in which the ham was cooked, using ice water or coffee with a little brown sugar as the liquid)
- she-crab soup (soup made with the roe and meat of the female blue crab; flavored with cream, Worcestershire sauce, and sherry; of South Carolina origin)
- shortnin'bread (quick bread made with butter or lard)
- Smithfield ham/Virginia ham (ham from hogs that have been fattened on peanuts; ham is cured, salted, smoked, and aged)
- southern fried chicken (breaded chicken pieces pan fried in shortening)
- spoonbread (cornbread baked in a casserole and served with a spoon)
- stew of beans, tomatoes, onions, and fish

IV.A.2.a. Soul Food Cuisine

Influences and area. Similar to Southern cuisine. Includes the foods originally prepared and consumed by low income, Southern Blacks.

Foods used. Includes the less expensive ingredients of typical Southern foods. Most parts of pigs are used including ears, snouts, tails, feet, maws (stomach lining), neck, and chitterlings (small intestines).

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

IV.A.3. Southwestern Cuisine (Southwest Cuisine)

Influences and area. Cuisine of the southwest U.S. states including Texas, New Mexico, Arizona, Nevada, Utah, and Colorado. The major influences are Mexican and Indian cuisines.

Foods used. Commonly used are cornmeal (blue and yellow), masa harina (blue and yellow), posole (blue and yellow, cactus leaves, tomatoes, tomatillos, pecans, pine nuts, pumpkin seeds, beef, pasta, and beans. A wide variety of beans are used including adzuki, anasazi, black, calypso, cranberry, horse, painted pony, saphish tolesanos, rattlesnake, snowcap, and tongues of fire.

Fats/oils, seasonings, and sauces. Hot chile peppers are frequently used to flavor dishes. Salsas, chutneys, hot sauces, and flavored oils are used. Pesto sauces are made from red chile, green chile, or cactus-jalapeno. A unique item of this area is cactus relish. Salsas usually contain chopped, fresh chile peppers, tomatoes, and onions.

Preparation techniques. Tomatoes are often sundried.

Dietary patterns. Sangria is a common wine.

Typical dishes.

- burritos
- chili (mixed dish of meat and hot sauce made from chile)
- fajitas
- jalapeno salsa
- pasta with a spicy tomato sauce
- red kidney bean picante

IV.B. Australian/New Zealand Cuisine

Influences and area. Cuisine of Australia and New Zealand in the South Pacific Ocean.

Foods used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

IV.B.1. Australian Cuisine

Influences and area. Australia (2,967,909 square miles) is an island continent south of Indonesia, surrounded by the Indian Ocean and Pacific Ocean. The original White settlers of this area were primarily from England. Australian cuisine has primarily British influences, but the American influence is seen in the form of fast foods and snack foods. Chain restaurants serving hamburgers, pizza, and fried chicken are common.

Foods used. The dietary mainstays are lamb, mutton, and potatoes. Grain products include wheat bread, crumpets, muffins, biscuits, crackers, ready-to-eat cereals, and pastas. Macadamia nuts are common. Vegetables include potatoes (french fried, chips, and mashed), tomatoes, green peas, beets, carrots, corn, and asparagus. Fruits include grapes, apples (granny smith), citrus fruit, peaches, pears, apricots, pineapples, bananas, cherries, mangos, avocados, and passion fruit. Orange, pineapple, and apple juice are common. Dairy products include milk, cheese, butter, ice cream, yogurt, and sour cream. Seafood includes frozen fish fillets, fish sticks, smoked fish, imported canned fish, rock lobsters, prawns, abalone, and rock oysters. Eggs are eaten. Meats include mutton, lamb, beef, veal, and pork. There is less pork, poultry, and fish.

Fats/oils, seasonings, and sauces. Tomato sauce and paste are commonly used. Margarine is replacing butter as a bread spread.

Preparation techniques.

Dietary patterns. Desserts include cakes, doughnuts, and pastry.

Typical dishes.

- fish and chips
- meat pies

- pavlova (notable dessert: soft meringue topped with cream and fruit)

IV.B.2. New Zealand Cuisine

Influences and area. New Zealand (103,736 square miles) consists of two islands in the south Pacific Ocean to the southeast of Australia.

Foods used. Lamb is the dietary mainstay of these two islands in the South Pacific Ocean. Vegetables include onions and potatoes. Fruits include kiwi, eight varieties of apples (including granny smith and red delicious), pears, cherries, apricots, and berries. Dairy products include milk, butter, and cheese (cheddar, cheshire, colby, egmont, gouda, edam, and parmesan). Seafood includes rock lobster, three varieties of oysters, and green mussels. Meat includes lamb, beef, and venison (deer).

Fats/oils, seasonings, and sauces. Honey is used as a sweetener.

Preparation techniques.

Dietary practices. Beverages include beer and wine.

Typical dishes.

IV.C. Canadian Cuisine

Influences and area. Canada (3,851,809 square miles) is to the north of the United States. Includes the Cuisines of British Columbia, Nova Scotia, Prince Edward's Island, New Brunswick, Ontario, Manitoba, and Saskatchewan.

Foods used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

IV.C.1. British Columbian Cuisine

Influences and area. British Columbia (366,255 square miles) is bordered by the U.S., Alberta, and the Pacific Ocean.

Foods used. Potatoes are a common vegetable. Fruits include peaches, apricots, and apples. Animal flesh includes Pacific salmon, shrimp, crab, black cod, halibut, roast lamb, and moose steaks (from forests of the Yukon). Beverages include beer (the national drink) and Canadian rye whisky.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

IV.C.2. Nova Scotian/Prince Edward Island/New Brunswickian Cuisine

Influences and area. This area is bordered by the U.S., Quebec, and the North Atlantic Ocean.

Foods used. Seafood including lobster, oysters, scallops, salmon, shad, cod, and cod roe, is frequently used. Cheeses

are commonly used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- apple berry pie
- blueberry rhubarb pie
- broiled salmon
- clam chowder with onions, potatoes, and milk
- fried scallops
- lobster with lemon butter
- oysters (fresh, stewed, or bisque)
- potato pancakes
- shad almandine

IV.C.3. Ontarian Cuisine

Influences and area. Ontario (412,582 square miles) is bordered by Manitoba, Quebec, the Hudson Bay, and the U.S. (Minnesota, Wisconsin, Michigan, and New York).

Foods used. Fresh water fish from lakes are commonly used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- pumpkin pie
- roast pheasant in maple syrup
- trout, whitefish, or pike baked in wine

IV.C.4. Prairie Cuisine

Influences and area. This area is bordered by British Columbia, Ontario, the Northwest Territories, the Hudson Bay, and the United States. Includes the cuisines of Manitoba, Saskatchewan, and Alberta.

Foods used. Corn-on-the cob is a common vegetable. Animal products include freshwater fish (trout, pickerel, goldeye, and whitefish), wild fowl (partridge, and duck), and corn-fed farm poultry (turkey). In Alberta, there is common use of beef, lamb, and pork.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns. A typical breakfast is hot biscuits with dauphin honey.

Typical dishes.

- baked partridge
- barbecued chicken and ribs
- beef stew
- caviar with sour cream
- roast turkey with red cabbage and cranberry sauce
- roast wild duck
- Saskatoon berry pie
- steak and lobster

IV.D. European Cuisine (Continental Cuisine; Western European Cuisine)

Influences and area. Includes the cuisines of Austria, Belgium, the British Isles, the Netherlands, France, Germany, Italy, Luxembourg, Portugal, Spain, Switzerland, the Scandinavian/Nordic countries, and the Slavic areas.

Foods used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

IV.D.1. Austrian Cuisine

Influences and area. Austria (32,375 square miles) is bordered by Germany, Czechoslovakia, Hungary, Yugoslavia, Italy and Switzerland.

Foods used. Dietary staples are meat, poultry, and potatoes.

Breads are widely consumed. Vegetables include potatoes (in large amounts and in many ways), peas, lentils, sauerkraut, carrots, cabbage, and mushrooms. Cream is the most commonly used dairy product. Animal flesh includes poultry, pork, beef, veal, mutton, sausages, game, and minced meat.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns. Peas and lentils are usually consumed with heavy cream. Salads are consumed with mid-day and evening meals. Desserts include pastries, coffeecake, pancakes, cakes, tortes, and strudels. Beverages include beer, espresso, and coffee plain, with milk, or with whipped cream. The early morning meal includes coffee and milk, rolls, bread with butter and jam. About 10 am there is goulash, calf's lung, or hot sausage. The mid-day meal consists of soup, meat with potato and other vegetables, salads, and pastry. The afternoon includes coffee and whipped cream, sandwiches, and cookies. The evening meal (about 7 pm) includes cold meat, sausage, vegetables, casseroles, eggs, salad, and cheese. After dinner invitations may include wine, sandwiches, black coffee, and pastries.

Typical dishes.

- bauernschmaus (dish of sauerkraut, pork, sausages, and dumplings)
- demeltorte (pastry filled with candied fruit)
- erdapfelnudeln (very small oblong potato dumplings rolled in fat-fried breadcrumbs)
- esterhazy rostbraten (filet of beef with a rich stuffing, roasted with a chopped-vegetable sauce and basted with madeira)
- fischbeuschlsuppe (thick soup made from the lungs of freshwater fish)
- fisch mit feinen krauten (fish seasoned with chopped herbs)
- fridatten (small pancakes cut in thin strips used as garnish on soups)

- fruhlingskase (cottage cheese mixed with cream, chives, parsley, and caraway seeds; served on black bread garnished with stuffed olives and cucumber slices)
- geflugelragout (stew of chicken and giblets)
- kastanienreis (pudding of pureed chestnuts and whipped cream)
- krautwursteln (cabbage stuffed with minced beef and onions)
- kummelsuppe (soup flavored with caraway seeds)
- linzertorte (tart of ground hazelnut pastry filled with raspberry jam and a latticework crust)
- mohr im hemd (chocolate pudding in whipped cream)
- noques/snow eggs (egg-shaped meringues poached in milk and served in a custard sauce)
- nudelschoberl (noodle pie usually served with meat)
- pilzschnitzel (nonmeat cutlet made with mushrooms, carrots, and peas)
- pischingertorte (torte of round wafers filled with chocolate hazelnut cream, covered with chocolate icing)
- polsterzipfel (jam-filled turnover)
- pressburger beugel (rich pastry filled with ground walnuts)
- sachertorte (famous chocolate cake layered with apricot jam and covered with chocolate icing)
- schweinsjungfernbrater (strip of pork roasted until the skin is crunchy)
- senfkartoffeln (escaloped potatoes in mustard sauce)
- tascherln (pockets of dough, like ravioli, filled with savory fillings or jam)
- tirolen eierspeise (casserole of hard-boiled eggs, potatoes, and anchovies)
- weiner backhendl (chicken breaded and deep-fried, Vienna-style)
- wienerschnitzel (breaded veal cutlet)
- zitronenschaum (lemon foam dessert)
- zwetschkenknodel (plum dumpling dessert)

IV.D.2. Belgian Cuisine

Influences and area. Belgium (11,781 square miles) is in western Europe on the North Sea. The cuisine is influenced by the Netherlands, France, Luxembourg, and West Germany.

Foods used. Animal products are the dietary mainstays.

Waffles are a common grain item. Fried potatoes and many small fresh vegetables are consumed. Animal flesh includes eels, shrimp, crabs, mussels, oysters, chicken, and lamb.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns. Fast Food dish = Fried Potatoes & mussels.

Typical dishes.

- bouquettes (buckwheat pancakes with raisins in the batter)
- eels in butter and wine sauce (served cold)
- hochepot (meats, vegetables, and herbs in broth)
- jambon d'ardennes (famous ham of the Ardennes served cut in very thin slices as an appetizer)
- kastlerribchen (smoked pork loin cooked with sauerkraut,

- Carbonade flamen de

- waterzoi & Polet (chicken with vegetables, sauce thickened with egg, cream)

- eels in sauer sauce

Fried potatoes (US: french fries, GB: chips) are often served with mayonaise.

- white wine, and juniper berries)
- kriek-lambric (cherry-flavored beer)
 - moules a l'escargot (mussels stuffed and prepared to look like snails)
 - noeuds de bruges ("Bruges knots" fragile pastry)
 - oie a l'instar de vise (roast goose in a rich cream and garlic sauce)
 - pain trouve (French toast topped with bechamel sauce, chopped ham, and Parmesan cheese)
 - poisson brun (fish seasoned with many herbs and wine)
 - tarte liegeoise (famous Belgian dessert; cross between the American fruit pie and an English trifle)

IV.D.3. British Isle Cuisine

Influences and area. Cuisine of England, Ireland, Scotland, and Wales.

Foods used. Commonly used are potatoes, cabbage, beef, fish, barley, oats, and dairy products.

Fats/oils, seasonings, and sauces. Jams, jellies, and marmalades are commonly used on bread and muffins.

Preparation techniques. Boiling of meats and vegetables is common.

Dietary patterns. Tea with cakes and/or sandwiches is commonly served in the late afternoon.

Typical dishes.

- London broil (boiled beef served with boiled cabbage, turnips, carrots, and other vegetables)

IV.D.3.a. British Cuisine (English Cuisine)

Influences and area. The cuisine of England (50,333 square miles), part of the British Isles. The Cuisine is similar to Welsh, Scottish, and Irish cuisines.

Foods used. Animal products are dietary mainstays. Vegetables include tomatoes, spring onions, cucumbers, cabbage, potatoes, and onions. Berries are common. A number of cheeses (e.g., stilton and cheshire) are used. Seafood includes eels, salmon, crab, haddock, mullet, shrimp, mussels, smoked kippers, and mackerel. Also used are poultry and game (rabbit, goose, grouse, and pheasant), beef, lamb, and pork. Beef broth is a common soup.

Fats/oils, seasonings, and sauces. Jellies, jams, and marmalades are commonly used.

Preparation techniques. Boiling of meats and vegetables is common.

Dietary patterns. Desserts include steamed puddings and pies. Beverages include ale, stout, hard apple cider, milky tea, and bitter (beer). Foods are uncomplicated and not noted for sauces. Breakfast tends to be heavy with bacon, ham, eggs, a cereal course and a fish course. Tea in the afternoon consists of cakes, biscuits, shortcake, coffeecake, scones and jam, and crumpets and butter.

Typical dishes.

- Banbury cake (oval flaky pastry filled with currants, lemon peel, and spices)
- banger (sausage made of ground pork and breadcrumbs)
- bap (small round loaf of soft, white bread eaten at breakfast in Scotland and England)
- beef ham - rump of beef salted and cured like hams
- beef pudding (meat pie that has been boiled or steamed)
- bramble pie (deep-dish pie of wild blackberries)
- broonie (oatmeal gingerbread cookies)
- bubble and squeak (boiled beef fried with cabbage and potatoes)
- caudle (hot spice drink of wine or ale with bread or gruel, eggs, and sugar added)
- clapshot (mashed potatoes and mashed turnips with chopped chives and butter or bacon drippings)
- crumpet (muffin similar to English muffins except the batter is more liquid and muffin rings must be used to define the shape)
- diplomat pudding (ladyfingers and candied fruit soaked in brandy or liqueur alternately layered in a mold with custard)
- Eccles cake (small cake of puff pastry filled with currants and sprinkled with sugar)
- Edinburgh fog (whipped cream flavored with sugar and vanilla and mixed with ratafia biscuits and chopped almonds)
- egg pie (pie crust filled with beaten eggs and crumbled bits of crisp bacon)
- fish and chips (haddock and fried potato strips seasoned with salt and vinegar)
- flummery (cold sweet dish mainly of oatmeal set in a mold, chilled and turned out to be eaten with wine, cider, milk, or a sauce)
- frumenty (porridge of wheat or oatmeal, boiled in milk and served with raisins, spices, and sugar)
- glamorgan sausages (fried rolls made of breadcrumbs and cheese and seasoned with onions and herbs)
- glister pudding (steamed pudding with marmalade, lemon juice, and ginger seasoning)
- grog (drink made of rum, lemon, sugar, and hot water; other spirits are also used)
- hot cross buns (round, sweet yeast roll with a white cross in icing marking the top)
- hot pot (thick stew of less desirable cuts of meats and winter vegetables)
- humble pie (pie once made from sundry parts of the deer and fed to the servants at hunting feasts while the wealthy ate the venison)
- junket (milk curds formed with rennet and made into a custardlike dessert)
- mealie crenchie/mealie greachie (oatmeal flakes fried in bacon fat; served with eggs and bacon at breakfast)
- Melton Mowbray pie (double-crust pork pie served cold)
- mincemeat (finely chopped mixture of fresh or dried fruits,

- mainly apples, and raisins, spices, nuts, rum, or brandy, and suet)
- mixed grill (various grilled meats such as beef steak, lamb chop, pork chop, and kidneys served with fried potatoes, grilled mushrooms, and tomatoes)
 - muffin (flat yeast bread baked on a griddle)
 - Oxford pudding (apricot tart masked with meringue)
 - Oxford sauce (red currant jelly dissolved with port, flavored with shallots, orange zest and mustard; an accompaniment for game)
 - pasty (cornish turnover with various fillings usually of meats or vegetables)
 - plum duff (less fancy version of plum pudding made with raisins or currants)
 - plum pudding (steamed dessert of various dried fruits, but no plums, and suet; often flamed with brandy; traditional at Christmas)
 - poor knights of Windsor (sliced bread soaked in sherry, dipped in egg batter, fried in butter, and served with cinnamon and sugar)
 - potted, pickled, and jellied meats and fish
 - queen of puddings (pudding of custard and breadcrumbs spread with strawberry jam, covered with meringue then lightly browned)
 - rarebit/Welsh rarebit (melted cheddar cheese mixed with milk, ale, or beer, and served over toast or crackers)
 - roly-poly pudding (suet pastry spread with jam, rolled in the shape of a sausage and steamed or baked)
 - Sally Lunn (kind of tea cake, slightly sweet and raised with yeast)
 - salmagundi (carefully arranged salad of greens, pickles, hard-boiled eggs, anchovies, chopped meats, and onions)
 - Scotch woodcock (creamy scrambled eggs on toast with anchovies)
 - shepherd's pie (ground lamb/beef with onion on mashed potatoes)
 - simnel (spice cake filled with dried fruits and candied fruit peel, spread with apricot jam and almond paste; lavishly decorated)
 - spotted dog/spotted dick (steamed suet pudding containing raisins)
 - steak and kidney pie (beef and lamb kidney with mushrooms and onion in a suet pastry crust)
 - summer pudding (fresh raspberries and red currants stewed, sweetened, then sieved into a bread-lined bowl, left to stand overnight, turned out and served with cream)
 - tipsy pudding (sponge cake soaked with liquor covered with custard or whipped cream; similar to trifle)
 - toad-in-the-hole (sausage cooked in batter)
 - toddy (punch of whisky, sugar, and hot water)
 - trifle (layered dessert of sponge cake soaked in fruit juice or liquor, covered with jam, custard, almonds, and whipped

- cream)
- veal and ham pie (meat with egg in pastry)
 - wassil (hot, spiced punch; usually served at Christmastime)
 - Yorkshire pudding (popover batter mixture baked in drippings of roast beef; traditional accompaniment for roast beef)

IV.D.3.b. Irish Cuisine

Influences and area. Ireland (26,600 square miles) is part of the British Isles located in the North Atlantic Sea. The cuisine is influenced by the cuisines of Scotland and England.

Foods used. Dietary mainstays are white potatoes and animal products. White potatoes are the most common vegetable. Fish are commonly consumed. Whisky is a common beverage.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

Grain products include:

- aran coirce (oat bread)
- baxty bread (potatoes, flour, and butter)
- soda bread with raisins and buttermilk
- stirabout (cereal with oatmeal; similar to Scotch porridge)
- treacle bread

Entrees include:

- anraith glasrai (vegetable soup)
- champ (mashed potatoes beaten to a light foam, combined with cooked cabbage or onions and served with a huge dollop of melting butter in the center)
- colcannon (dish of cabbage, leeks, potatoes, and milk; served with a hidden "treasure" within)
- Irish stew (lamb, potatoes, onions, and carrots)
- haslett (Irish version of the Scottish haggis)
- mock duck (pork tenderloin filled with poultry stuffing and chopped apple, cooked with a topping of chopped onion and rashers of bacon)
- Mulligan stew (meat and vegetables stew thickened with okra)
- potato pancakes

IV.D.3.c. Scottish Cuisine

Influences and area. Scotland (30,414 square miles) is part of the British Isles in the Atlantic Ocean. It is bordered by England.

Foods used. Animal products are the dietary mainstays.

Herring is a common fish, and barley broth a common soup.

Beverages include tea and scotch.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

Desserts include:

- black bun (fruit cake)
- clooty dumpling (a type of plum pudding)

- Dundee cake (fruit cake with almond topping)
- frushie (crumbly fruit tart eaten with rich cream)
- shortbread (rich pastry of butter, flour, and sugar; cut in round shapes and baked to a golden brown)

Grain products include:

- crowdie (breakfast dish of finely ground oatmeal with buttermilk)
- drop scones (pancakes)
- hodgels (chive flavored oatmeal dumplings boiled in meat broth)
- oat cakes
- scone (quick bread usually containing currants)
- soda scones
- skirlies (oatmeal slightly stirred with suet and onions)
- whole meal bread

Entrees include:

- arbroath smokies (small haddock that are gutted, salted, and smoked, but not split until broiling before serving)
- atholl brose (drink of heather honey, whisky, and the creamy liquor of strained oatmeal paste)
- bannock (large, round cake of barley, wheat, or oatmeal)
- cock-a-leekie (soup of chicken boiled with leeks)
- cullen skink (creamed haddock)
- drambuie (heather honey flavored liqueur made from Scotch malt whiskey)
- haggis (sheep stomach stuffed with minced chopped sheep liver, heart, onion, and oatmeal, then steamed; national dish of Scotland)
- hattit kit (drink made of buttermilk, very fresh new milk, double cream, and sugar, seasoned with nutmeg)
- hodge-podge/hotch-potch (thick stew of less desirable cuts of meats and winter vegetables)
- kailkenny (cabbage, potatoes, leeks, and milk; similar to the Irish colcannon)
- kingdom of fire pie (pickled pork, rabbit, and forcemeat balls spiced with nutmeg, served in a rich gravy topped with puff pastry)
- powsowdie (sheepshead broth)
- Scotch broth (soup of vegetables, barley, and lamb)
- Scotch egg (hard-cooked egg, encased in sausage, and fried)

IV.D.3.d. Welsh Cuisine

Influences and area. Wales (8,000 square miles) is part of the British Isles in the Atlantic Ocean. It is bordered by England. The cuisine is influenced by that of England.

Foods used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- golden buck (rarebit on toast, topped with a poached egg)
- Welsh cawl (boiled dinner with mutton with potatoes, cabbage, carrots)

and carrots)

IV.D.4. Dutch Cuisine

Influences and area. The Netherlands (14,718 square miles) is in western Europe on the North Sea. The cuisine is influenced by German and Belgian cuisines.

Foods used. Animal products are the dietary mainstays.

Cheeses including gouda, edam, leyden, and friesian are common. Animal flesh includes eels (fried, stewed, or smoked), herring, plaice, headcheese, steak tartar, sausage, pork and lamb.

Fats/oils, seasonings, and sauces. Sauces are not commonly used.

Preparation techniques.

Dietary patterns. Beer is a common beverage.

Typical dishes.

- ajam panggang (grilled chicken flavored with ginger, saffron, garlic, and chili peppers) **Is this Dutch or Indonesian?**
- appelbeignets (apple fritter)
- appeltaart (apple cake)
- babbelaars (buttercake)
- banket letter (French flake pastry with almond paste filling)
- bitterkoekjespudding (pudding with raisins, fruit, rum or wine, and macaroons)
- blinde vinken (stuffed veal or beef)
- bloedworst (sausage made with blood, oat bran, raisins, and pork fat; served boiled, broiled, or fried)
- boerenkool met roke worst (kale and potatoes served with smoked sausage)
- broodpap (bread pudding)
- cruller (doughnut in the form of a twisted strip fried in deep fat)
- curacao/Cointreau/triple sec/Grand Marnier (liqueur made from the dried peel of the green sour orange)
- eiergehak (eggs with ground meat added)
- ✓ erwtensoep (famous split pea ~~soup~~ ^{and pork})
- filosoop ("philosopher's dish" made of minced meat, mashed potato, and onions; similar to shepherd's pie)
- gehaktballetjes (meatballs)
- gevulde broodjes (rolls stuffed with salad, meats, and fish)
- gevulde kool (meat-stuffed cabbage leaves)
- hete bliksem ("hot lightning"; spicy mixture of potatoes, pork chops, and apples)
- hutspot (potatoes, carrots, and onion)
- hutspot met klapstuk (stewed lean beef with potatoes, onions, and carrots)
- huzarensla ("Hussars salad"; complete meal of bits of meat, pickles, diced apples, potatoes, and beets bound together with mayonnaise)
- jachtschotel (casserole of meat, potatoes, and onions; traditional hunting dish)
- jan in de zak (steamed pudding with currants and raisins)
- moorkoppen (filled tarts with cream)

- pannekoeken (pancakes)
- panvis (casserole of dried codfish, onion, and potatoes)
- pastei (creamed chicken or meat in a pastry shell)
- sneeuwballen (cream puff pastry often filled with raisins or currants)
- stamppot (mashed potatoes and meat mixed into vegetables)
- thee complet (tea served with cookies, biscuits, or tarts)
- uitsmijter (bread piled with cold meats and topped with two fried eggs)
- viskoekjes (fish cakes)

IV.D.5. French Cuisine

Influences and area. France (210,039 square miles) is bordered by Spain, Belgium, Germany, Switzerland, Italy, and the Mediterranean Sea. Luxembourg Monaco

Foods used. Animal products are the dietary mainstays. Grain products include macaroni, French bread, brioche, and croissant. Red beans are a common legume. Vegetables include artichokes, asparagus, string beans, cabbage, carrots, cauliflower, celery, eggplant, peas, mushrooms, spinach, (cult. wild, fruitless) and apples/pears. Tomatoes, potatoes, turnips, beets, and chard. Plums and grapes are common fruits. Cheeses including roquefort, camembert, and brie are widely used. Aquatic foods include salmon, shad, codfish, tuna, eels, snails, scallops, mussels, lobster, shrimp, and frog legs. Eggs are widely used. Poultry includes chicken, turkey, (squab), duckling, duck, guinea hen, rabbit, and pheasant. Meats include beef, veal, lamb, mutton, pork, horse, sausage, ham, and organs (liver, kidney, brains, sweetbreads), rabbit, tongue, and tripe.

and rice?
 & lentils/h. blue
 Over 300 varieties of
 veratibae
 Mollusca
 Crabs

Squab, Pheasant,
 Frog are
 uncommon

Fats/oils, seasonings, and sauces. French cooking is noted for its sauces including bechamel, bordelaise, bernaise, mornay, madeira, piquant, poulette, hollandaise, mayonnaise, and veloute. Vinaigrette dressing (vinegar, vegetable oil, salt, and pepper) is used on salads.

Bernaise
 Choron
 Soubise
 Paloise

Preparation techniques. Dietary patterns. Cafe au lait and wines are common beverages. Typical dishes.

~~aigroissade (cooked vegetables mixed with a garlicky mayonnaise)~~

- anguilles a l'escabeche (pickled eggs, first fried in oil, then cooled in sauce)
- baba au rhum (yeast cake with raisins baked in a cylindrical mold and soaked with rum syrup)

~~pan-bagna (crusty loaf of bread coated with olive oil and filled with hard-boiled eggs, anchovies, tomatoes, onions, sweet peppers, radishes, ripe olives; prepared by hotels and Fast Food restaurants along the Riviera to be eaten on the sands as a picnic lunch)~~

- baguette (long, thin loaf of French bread)
- barigoule (artichokes blanched and stuffed, wrapped in bacon, braised in white wine, and served with the reduced broth)
- bar-le-Duc (preserve made of gooseberries, strawberries, or
- aioli (garlic mayonnaise made of crushed garlic, egg yolk & olive oil; Southern France)

see over

Pan-

- other berries; often served with the cheese course of a meal)
- ~~Crème bavaroise (sweetened tea drink enriched with egg yolks, milk, citrus)~~ ^{Custard Pudding with gelatin & whipped cream incorporated, Served cold)}
- ~~- bijane (cold soup prepared by putting crumbled bread into sweetened red wine)~~
- ~~- Billy Bi (mussel soup with cream and white wine)~~
- bisque (thick soup made with cream, egg yolks, and fish or shellfish)
- blanquette (white stew, ^{usually} of veal, lamb, or chicken in an egg-yolk-thickened cream sauce)
- bouillabaisse (highly seasoned fish soup made especially at Marseilles; national soup of France; served with dry toast)
- ~~- beule-de-neige (round dessert pastry covered in whipped cream to resemble snowballs)~~
- ~~- boeuf Bourguignon (beef braised in red wine with onions and mushrooms)~~ ^{Estouffade B.}
- brioche (slightly sweetened bread baked in a fluted mold)
- cafe au lait (coffee with hot milk)
- ✓ ~~- carbonnade flamande (beef stew with bacon, onions and brown sugar, simmered in beer)~~ ^{actually a Belgian dish!} ^{→ Belgium}
- cassoulet (garlic flavored bean stew usually containing sausages, poultry, and ~~meat~~ ^{meat})
- ~~- castagnettes (batter fritters)~~
- ~~- catalane, a la (garnish of sauteed eggplants and rice pilaf served on large cuts of meats)~~
- charlotte ~~rose~~ (molded dessert made with ~~cake slices~~ lady fingers, filled with custard, ~~and whipped cream and/or fruit~~ ^{strawberries on top}) 3cm-
- chateaubriand (thick filet of steak ^{grilled RARE,} served with a ^{butter & Potatoes} brown sauce of fat, lemon, parsley, seasonings, and Spanish sauce)
- ~~Sauce chaud-froid (chicken fricassée served cold, covered with its gravy, glazed with aspic)~~ ^{Capin} Whip sauce with white wine, cream & gelatin; used to cover cold meat (e.g. chicken)
- civet de lievre (hare or rabbit stewed in wine and herbs)
- clafoutis (fruit pastry made of cherries baked in custard)
- compote (stew of fruits or vegetables, often flavored with ~~sweetened~~ spices and liqueur; served cold)
- coq au vin (cut up chicken braised in red wine with onions and mushrooms)
- coulbiac (hot fish pie filled with layers of salmon/other fish, rice, mushrooms, herbs, and onions; Russian origin)
- crepes suzette (crepes with an orange sauce, orange-flavored liqueur, heated and flambeed)
- ~~- croustis (finely ground poultry or shellfish rolled in thin bacon slices, dipped in batter and fried in deep fat)~~
- ~~- croque madame (chicken and cheese sandwich)~~
- ✓ ~~- croquembouche (pyramid of bite-size cream puffs, held together with sugar glaze and covered with caramel)~~ ^{traditional Wedding Cake)}
- croque monsieur (grilled ham and cheese sandwich)
- croquette (minced meat/poultry/fish with sauce to bind, shaped variously, then egged, crumbed, and fried)
- ✓ - epigramme (slices of breast of lamb, dipped in egg, rolled in breadcrumbs, and fried in butter or grilled)
- Croquembouche / Pièce montée

- fondue savoyarde (similar to Swiss fondue)
(Emmental + dry white wine from Savoy region)

Chou

- farci (cabbage stuffed with sausage meat or other forcemeat, wrapped in muslin, and cooked in stock)
- fricassee (white stew of chicken or veal for other)
- galantine (poultry/breast of veal, boned, stuffed with forcemeat, tongue, and truffle, covered in aspic and served cold) usually canned
- garbure (thick soup of meat, potatoes and vegetables served with toasted bread) = M.D.
- gateau (round flat buttersake, generally decorated) mushrooms

→ Processed meats

Lapin

- gibelotte (rabbit stew with butter, onions, and potatoes)
- haricot de mouton (mutton stew with potatoes and turnips) beans
- hochepot (thick stew of less desirable cuts of meats and winter vegetables) = M.D.
- lorraine a la (served with the garnish of red cabbage balls and small potatoes sauteed in butter)
- madeleine (classic tea cake made of flour, sugar, and butter, and egg baked in a shell mold)
- mignon (rich, rum-syrup-soaked yeast dough pastry with apricot glaze and filled with Chantilly creme)
- matelote/pocheuse (stew of freshwater fish and red/white wine)

Boeuf

- miroton (stew of meat and onions in brown gravy) re-created
- monegasque (salad of onions, tomatoes, and rice)
- mousse (sweet or savory dish lightened with beaten egg whites and frothy cream)

Millefeuille

napoleon (puff paste spread with pastry creme, stacked in layers; sometimes iced) [millefeuille]

napolitaine a la (scallops of veal dipped in beaten eggs, covered with breadcrumbs, mixed with grated Parmesan, fried) [escalope panée] à la milanaise

- navarin (stew of turnips with lamb/mutton, onions, and carrots and turnips.) potatoes

Salade

nicoise (chopped tomatoes, cucumber, bell pepper, served in olive oil with garlic, basil, capers, anchovies, black olives, and sliced lemon) + vinegar

- normande (classic sauce of fish veloute with oyster liquor, mushrooms, egg yolks, cream, and butter; with oysters, mussels, shrimp, mushroom caps, and truffles added, it becomes a classic garnish)
- nymphes a l'aurore (frog legs poached in white wine, covered with pink chaud froid sauce, garnished with chopped aspic)
- oeil d'anchois (hors d'oeuvre of raw egg yolk surrounded by anchovies and chopped onion)

Saint Honoré is. chère Chantilly

- Paris-Brest (creamy puff pastry ring filled with praline creme topped with sliced almonds) or Chantilly cream topped with fresh strawberries
- petit fours (small fancy cakes covered with icing and highly decorated)
- piperade (tomatoes, green bell peppers, and onions cooked in olive oil with beaten egg and ham/bacon added) = M.D.
- pissaladiere (pizzalike tart made with onions, black olives, anchovies, and tomatoes arranged decoratively; Southern France)
- pistou (rich, garlic-flavored vegetable soup made of green Puree & Basil + garlic crushed with olive oil)

- Soupe au Pistou (vegetable soup with Pistou)
- Fondue bourguignone (2cm cubes of rumpsteak dipped into boiling oil, then into sauce (spicy mayonnaise, horseradish, trouts))

- Quatre-Quarts (Pound cake made with equal weights flour, sugar, butter & egg)

52

~~Petits~~ ~~beans, potatoes, tomatoes, and vermicelli)~~
pois a la francaise (peas braised with lettuce, spring onions, ~~parsley~~, butter, a pinch of sugar) and a little ~~water~~

~~portugaise, a la (stuffed tomatoes with chateau potatoes and a sauce of chopped onions, chopped tomatoes, tomato sauce, meat glaze, chopped parsley, and garlic)~~

- potee (thick soup of pork, potatoes, and cabbage)

- poule-au-pot (stewed chicken served with reduced pot liquor and vegetables)

- quasi de veau bourgeoise (casserole of veal rump braised with pork, calf's feet, and vegetables)

- quenelles (light dumpling made of various forcemeats, bound with eggs, shaped variously, poached in broth, and served as an entree with a butter sauce or as a garnish to soup)

- quiche lorraine (quiche with bacon or ham)

- raclette (Swiss cheese fondue made by melting a big piece of cheese by the fire and scraping off the softened cheese onto a plate of potatoes cooked in their jackets) ~~accompanied by a glass of very heavy white wine~~

- ragout (highly seasoned stew of meats, poultry, or fish, browned or not browned, with ~~or without~~ vegetables)

- ratatouille (stew of diced eggplant, tomatoes, ^{bell} green peppers, zucchini, onions, and garlic, cooked in olive oil) ^{Southern France}

~~richelieu (cake layers spread with apricot jam and frangipane cream, then iced with white fondant flavored with maraschino and decorated with angelica)~~

- rigodon (custard tart served warm or cold, either savory with ham/bacon or sweet with fruit puree)

- rissole (mixture of minced fish/meat enclosed in pastry, half-moon shaped and fried) ^{or baked} puff pastry fritter/turnover

~~riz a l'imperatrice (vanilla flavored rice pudding with candied fruits and custard cream)~~

- sabayon/zabaglione (cream mousse made of egg yolks, flour, sugar, wine/other alcoholic flavorings, beaten over ~~heat~~ water bath while thickening) ^{Italian origin; Zabaglione}

~~salambo (small pastry filled with kirsch-flavored creme filling and iced with caramel)~~

~~salpicon (mince of poultry/game/vegetables bound with a sauce; used as a stuffing or filling)~~

- savarin (ring-shaped yeast cake soaked in flavored syrup with rum or kirsch added and variously filled)

- soufflé (light fluffy baked dish with beaten egg white; may be savory or sweet)

~~soupe (hearty, robust peasant vegetable soup, usually served with bread)~~

- tarte des demoiselles-Tatin (apple tart baked upside down; devised by the Tatin sisters of Orleans, France; a layer of sugar is placed on the tart pan, the apples sliced covering the sugar, butter is put on top of the apples, then covered with crust and baked until the sugar caramelizes to a hard crust; turned out upside down to serve)

ex - P. Lorraine
P. Bourg.

carrots, turnips

Emmentaler special French Alps; also Switzerland.

→ agarden!

- Rotzoo (300 calories : 1/2g)

- tourin (onion ^{and garlic} soup made with milk, cream, egg yolks) served with grated cheese)
- tournedos Rossini (sauteed slices of beef filet on croutons ^{foie gras} or artichoke bottoms, topped with (goose or duck liver) slices, truffle slices, and Madeira wine sauce)
- tripes a la mode de Caen (tripe baked with calf's feet, vegetables, apple brandy ^{or} cider)
- vacherin (coil ^{of} meringue filled with chantilly cream, decorated with large dots of meringue, then baked)
 (coiled disks of baked meringue, filled with ice cream or chantilly cream, decorated with confectionery sugar)

IV.D.5.a. Cajun Cuisine (Arcadian Cuisine)

Influences and area. Cuisine of the southern half of Louisiana (Arcadia). Influenced by French Canadian settlers from Nova Scotia and Creoles from New Orleans. Also influenced by Italian, African, and Southern cuisines.

Foods used. Dietary staples are animal products, especially seafood. Grain products include rice, hush puppies, corn grits, and French bread. Legumes include white and red beans. Pecans and roasted piquant pecans are used. Vegetables include okra, tomatoes, greens (spinach, collards, mustard greens, kale), watercress, parsley, and cabbage, sweet potatoes, eggplant, bell pepper, corn, mirliton squash, other squash, and onions. Dried figs are common. Seafood includes oysters, fried frog legs, redfish, boiled crawfish, crab, flounder, shrimp, pan-fried catfish, scallops, and fried soft shell crabs. Other animal products include chicken, duck, pork, rabbit, and tasso (spicy ham).

Fats/oils, seasonings, and sauces. Seasonings include heavy use of three pepper seasoning (red, black, and white pepper), file powder (ground, dried sassafras leaves), fry coating, and crab broil seasonings. Piquant sauce is made from tomato, red and black pepper, and fish stock. Cocktail sauce and tartar sauce are also common. Cane syrup is used as a sweetener.

Preparation techniques. Roux, a mixture of cooked oil and flour, provides color and flavor to many Cajun dishes. Foods with strong, spicy flavors are cooked in the same pot and served over white rice.

Dietary patterns. Beverages include cafe au lait and cafe brulot (coffee with spices and brandy).

Typical dishes.

Desserts include:

- ambrosia
- bananas cooked in brown sugar and liqueur
- beignets (French fritters on pillow doughnuts)
- blackberry pie
- bread pudding
- candied yams
- croquesignole (doughnut without a hole, sometimes square)
- doberge cake (six layers of white cake with lemon filling)
- fig bars
- pecan pie
- pig ear pastry

- pralines
 - praline yam casserole
 - sweet dough pies with fruit filling
 - sweet potato molasses pie
 - syrup cake
- Other dishes include:
- baked cheese grits
 - baked flounder with shrimp and crab stuffing
 - blackened redfish with red, white, and black pepper
 - boudin (sausage with rice, onion, and spices mixed with the casing stuffing; white boudin is made with pork; red boudin has pork blood added; other meats as well as seafood are also used)
 - bouilli (soup made with beef organs)
 - cafe au lait
 - cafe brulot (coffee with spices and brandy)
 - chicken and okra gumbo
 - chicken and tasso jambalaya (rice, onion, celery, green peppers, tomatoes, and hot pepper sauces)
 - chicken, oyster, sausage gumbo with file powder
 - corn with tomatoes, onion, and green pepper
 - couche-couche (fried corn dough served with milk and preserves or cane syrup)
 - crab broil with crayfish, corn, potatoes, onion, and lemon
 - crab chips
 - crawfish bisque
 - crawfish boulettes (meatballs)
 - crawfish et ouffee [etouffee?]
 - crawfish pies
 - crawfish stew
 - dirty rice (rice cooked with chicken livers and gizzards)
 - green gumbo (soup with spinach, collards, mustard greens, kale, watercress, parsley, and cabbage)
 - grillades (fried pork tenderloin with vegetables and spices)
 - gumbo (thick soup with okra and a variety of meats, seafood, and vegetables)
 - hush puppies
 - jambalaya (rice with ham, shellfish, chicken, sausage, and beans seasoned with vegetables and spices)
 - mirliton squash stuffed with onion, celery, shrimp, breadcrumbs, and spices
 - okra with tomatoes, onion, and green pepper
 - paunce bourre (stuffed pork stomach)
 - peppered pork chops
 - peppers stuffed with pork, onion, celery, oysters, garlic, breadcrumbs, and spices
 - po boys (fried oysters in French bread with dressing)
 - pot-roasted rabbit
 - red beans and rice
 - redfish court bouillon (tomatoes, red pepper, and rice)
 - sausage stuffed duck
 - seafood gumbo (shrimp, crab, and okra with red and black

- pepper)
- shrimp and ham jambalaya
- shrimp creole
- stuffed crab
- stuffed pork roast
- turtle soup
- white bean soup (ham, hot pepper, and tomato)

IV.D.5.b. Creole Cuisine

Influences and area. Cuisine found in the U.S. Gulf States (Alabama, Florida, Louisiana, Mississippi, and Texas).

Classical French cuisine with Spanish, American Indian, and African influences. Foods used. Animal products are the dietary mainstays.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- bouillabaisse (fish, oil, onion, garlic, carrots, tomatoes, lobster, shrimp, clam, mussels, and spices)
- calas (breakfast dish of rice mixed with flour, spices, and sugar dropped from a spoon and deep-fried; New Orleans specialty)
- gumbo
- shrimp jambalaya

IV.D.5.c. Nouvelle Cuisine

Influences and area. A movement toward fresher, lighter foods, served in smaller portions; prepared by classic French techniques. The cuisine began in France and has spread primarily to other parts of Europe and the United States.

Foods used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- fish cooked in beef broth

produits de qualité
coût élevé, goût, couleur
aucun déchet d'assiette
passages long à manger

- (cuisson soignée)
base de légumes
- recettes raffinées
à valeur nutritive
au goût classique
- cuisine soignée

IV.D.5.d. Quebec Cuisine

Influences and area. Quebec (594,860 square miles) is an area in Canada bordered by the Hudson Bay, the Labrador Sea, Ontario, Vermont, and Maine. The cuisine was influenced by the French, particularly ancestors from Normandy and Brittany.

Foods used. Cheese (e.g., blue) is commonly used. Animal products include game (partridge, grouse, and Canadian goose), pork, pork pate, pork tripe sausage, and Quebec hams.

Fats/oils, seasonings, and sauces. Maple sugar, a commonly used sweetener, is used to cure hams, to scramble eggs, and in sauces for wild game.

Preparation techniques.

Dietary patterns. Hearty, filling food

Typical dishes.

- bacon flavored pork and beans
- guediele (salad in a hot dog bun)
- maple syrup cured hams
- poutine (french fries with melted cheese and barbecue sauce)
- smoked corned beef on rye with pickle and coleslaw
- yellow pea soup with ham hock

IV.D.6. German Cuisine

Influences and area. Germany (96,094 square miles for FRG) is bordered by Poland, Czechoslovakia, Austria, Switzerland, France, Belgium, and the Netherlands.

Foods used. Animal products are the dietary mainstays. Grains include dumplings and pumpernickel and rye breads. Vegetables include sauerkraut and boiled potatoes. Animal flesh includes herring, roast meats (braten), and sausages.

Fats/oils, seasonings, and sauces. Cream sauces are common.

Preparation techniques.

Dietary patterns. Thick soups are made with potatoes, peas, and lentils. Desserts include marzipan (almond paste), gingercake, puddings, and cakes with fruit fillings. Beer is commonly consumed.

Typical dishes.

- apfelbroisi (bread pudding with apples and sultana raisins)
- apfel pfannkuchen (apple pancakes)
- apfelschnitzchen (apple fritters)
- apfelstrudel (apple strudel)
- apfeltorte (apple cake)
- avgolemono (soup made with egg yolks and lemon juice; also a sauce)
- backerei (pastries)
- backhuhn (chicken rolled in breadcrumbs and fried)
- backwerk (cakes, pastries)
- bauernbrot (peasant rye bread)
- bauernfruhstuck (lunch dish of fried potatoes topped with scrambled eggs, ham, and cucumber)
- bauernomelett (bacon and onion omelet)
- bauernsuppe (peasant soup of bacon, vegetables, and legumes)
- baumkuchen (Christmas cake traditionally baked tall in many layers to resemble the rings of a tree trunk and iced with chocolate to resemble bark)
- bierkaltschale (cold beer soup; favorite in summer)
- bierplinsen (cooked meats or sausages dipped in a beer batter and deep-fried)
- bierwurst (fat, reddish brown sausage of pork, pork fat, and beef)
- birnenbrot (sweet bread, rather like a fruitcake, full of dried fruits)
- bischofsbrot (bishop's bread; cake of dried fruit and chocolate drops)
- Bismark herring (herring marinated in vinegar, filleted and split, seasoned with onion, and eaten with sour cream)
- bragenwurst (long, thin smoked sausage made of pig's brains,

- onions, flour, and oats)
- brathering (grilled or fried herring that is pickled and served cold)
- braunschweiger (smooth consistency sausage made from pork, pork liver, and smoked bacon seasoned with coriander, ginger, mustard, onion, and peppèr)
- braunsweiger kuchen (cake rich in butter, eggs, raisins, currants, and almonds)
- bremer kukenragout (stewed chicken and vegetables in cream sauce)
- brennsuppe (brown soup made of flour browned in the oven or dry skillet; flavored with onions and wine)
- brottorte (torte of breadcrumbs, eggs, almonds, with hot wine poured slowly over entire cake while hot)
- dampfbraten (beef stew)
- dampfnudeln (sweetened yeast dumplings served with stewed fruit or jam)
- dobosch torte (10-layer cake with mocha cream filling)
- bunter hans (large bread dumpling cooked in a napkin to hold its shape then served with cooked vegetables or stewed fruits)
- eierkuchen (omelet)
- eierohrli (very thin Zurich carnival cakes that are fried in butter)
- fischcrouton (fishballs)
- fischhackbraten (baked fish loaf)
- fisch mit kummelkraut (fish with caraway-seasoned cabbage)
- fischschussel (bacon and fish pie)
- fleischkase (meat loaf)
- fleischklosse (meatballs)
- fleischkucken (meat pies)
- frikadellen (meatballs served cold)
- fruhlingsuppe (soup of meat stock with spring vegetables)
- gedampfte rinderbrust (wine-marinated beef slowly cooked with onions and carrots)
- gedunstete gurke (stewed cucumbers in sour cream sauce)
- grutzwurst (smoked sausage made of buckwheat, oats, and rye groats with minced bacon)
- gugelhopf/kugelhoph (sweet, yellow breadtype cake containing raisins or currants baked in a fluted tube pan; traditional Name Day cake)
- hase im topf (potted rabbit in wine)
- hering hausfrauenart (fillet of herring in sour cream with onions)
- heringskartoffeln (casserole of layers of herring alternating with potatoes)
- hering rollmop (raw, filleted herring rolled around an onion/pickle, fastened with pick/clove, and packed in vinegar, served with horseradish or tomato/mustard sauce; if fried before packing, known as bratrollmops)
- himmel und erde ("heaven and earth"; apples and potatoes with onions and sausage)

- holsteiner schnitzel (thin slices of breaded veal topped with fried egg; may be garnished with vegetables, bread, butter, anchovies, mussels, or smoked salmon)
- hoppel-poppel (scrambled eggs with bacon or sausages and potatoes)
- kaiserschmarren (shredded pancake with raisins served with syrup or jam)
- kasseler rippenspeer (favorite German meal of cured and smoked pork loin served on sauerkraut with mashed potatoes, apples/red cabbage, potato dumplings, and a gravy of sour cream and red wine)
- katzenjammer (slices of cold beef in mayonnaise with cucumbers)
- klopse (meatballs of two or three kinds of ground meat)
- klosse (meatballs; dumplings)
- kohlrouladen (stuffed cabbage)
- koniginpastete (pastry with savory fillings, usually meat and mushrooms)
- koniginsuppe (soup thickened with eggs and cream; very rich)
- kraut fleckerl (boiled cabbage and noodle combined in a dish)
- kraut mit eisbein und erbensuppe (German national dish of cabbage, pig knuckles, and pea soup)
- labskaus (stew of pickled pork/beef cooked with potatoes and onions; may include pickled fish, beet, or gherkins)
- leberklosse (liver dumplings)
- mandeltorte (almond torte with a custard filling and butter icing)
- maultaschen (ground pork, veal, and spinach wrapped in a noodle dough and served in gravy)
- mehlpud (dessert of stewed pears with dumplings)
- milzwurst (Bavarian veal sausage)
- mohrenkopfe (Moor's heads; genoise cake baked in a half-round mold, filled with chocolate pudding, then the halves are joined together and covered with whipped cream)
- montreuil (fish poached in white wine, served with large potato balls and shrimp sauce)
- panfisch (minced fish and onion in mashed potatoes)
- pichelsteiner (hearty meat and vegetable stew)
- pumpernickel (dark, slightly sour, coarse textured rye bread)
- quarkklosse (sweet cottage cheese dumplings)
- ragout fin (organ meats such as sweetbreads and brains, cooked with mushrooms in a wine cream sauce, often served in a puff pastry shell)
- rinderwurst (beef sausage pressed into a block, fried with apples and eaten with toast)
- rote grutze (fruit pudding made with farina/tapioca, heavy cream, fruit juice, and sugar)
- rotkraut (red cabbage with apples and vinegar)
- sauerbraten (beef marinated in spicy vinegar, potroasted and served with gingersnap gravy)
- sauerkraut (pickled cabbage made by chopping cabbage that is salted then fermented in its own juice)

- schobrunner lunch (ham and vegetable pie)
- schwartelbraten (roast leg of pork cooked with sauerkraut and dumplings, served with sour cream)
- schwartzwaldler kirschtorte (chocolate cake with cherry filling between layers and on top of icing; from the black Forest)
- schwarzsauer (stew of goose giblets and blood with dried apples, prunes, and pears)
- scrapple (pork scraps including heart, liver, and tongue boiled together, chopped, seasoned with pepper, sage, and salt, then thickened with cornmeal; served sliced and fried; called goetta if made with oats)
- serviettenklosse ("napkin dumpling"; bread dumpling cooked in a tied napkin to hold its shape; served surrounded with cooked pears, string beans, and bacon in a sweet-sour sauce)
- stoemp me spek (cabbage and potatoes mashed together and sprinkled with fried diced bacon)
- stollen (long-shaped yeast bread filled with dried fruits, sprinkled with confectioners' sugar; traditional at Christmas)
- streuselkuchen (yeast cake topped with cinnamon sugar crumbles)
- strudel (flaky, paper-thin pastry dough filled with fruit filling, rolled, and baked)
- tafelspitz (top round of beef boiled and served with root vegetables, horseradish, and sauces)
- vierfrucht marmalade ("four fruit jam"; made of cherries, currants, gooseberries, and raspberries)
- warmbier (hot beer soup)
- weinkraut (sauerkraut and apples simmered in white wine)
- weisswurst (white sausage customarily eaten between midnight and midday in Munich; made of white pork and veal, flavored with wine and parsley)
- westfalischer schinken (ham from acorn-fed pigs; lightly smoked, cured, uncooked, and served in paper thin slices with pumpernickel; rivals prosciutto, Bayonne, and Smithfield hams in quality)
- wiener schnitzel/wienerschnitzel (veal scallop dipped in flour, beaten egg, breadcrumbs, then fried in fat; served without a sauce)
- wildbrettpastete (venison pie)
- wurzfleisch (beef stew with sour cream sauce; served with dumplings or potatoes)

IV.D.6.a. Pennsylvania Dutch Cuisine

Influences and area. Cuisine of the Pennsylvania, USA area influenced primarily by immigrants from Germany.

Foods used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- boiled beef
- boova shenkel (stew and dumpling dish)
- cabbage soup
- dark pumpernickel bread
- fasnacht (diamond-shaped potato dough yeast pastry that is fried; traditionally eaten on Shrove Tuesday)
- funnel cake (deep-fried pastry made from batter dripped through a funnel, and swirled in spiral form in hot fat; served with powdered sugar or maple syrup)
- German hot potato salad
- headcheese
- ingwer kuche (ginger cake)
- lamb stew
- potato soup
- sauerbraten
- sausages
- sauerkraut
- semmel (breakfast yeast roll)
- shoofly pie (very sweet pie made of molasses and brown sugar)
- split pea-lentil soup

IV.D.7. Italian Cuisine

Influences and area. Italy (116,314 square miles) is bordered by France, Switzerland, Yugoslavia, Austria, the Mediterranean Sea, and the Adriatic Sea.

Foods used. Wheat is the dietary mainstay. Grain products include pasta (primarily noodles in the north and spaghetti and macaroni in the south), rice, and Italian bread. Pasta is made in many varieties including strings/ropes, tubes, flat ribbons, envelops/pillows, and fancy forms (e.g., wagon wheels, butterflies). Legumes include fava beans and chickpeas.

Vegetables include artichokes, asparagus, string beans, baby limas, Italian green beans, cardoni, broccoli, garlic, cabbage, cucumbers, cauliflower, celery, eggplant, fennel, peppers, brussels sprouts, spinach, escarole, endive, onions, zucchini and other squashes, mushrooms, tomatoes, peas, and salad greens. Cheese is a basic cooking ingredient. The major types include caciocavallo, gorgonzola, mozzarella, provolone, parmigiano, parmesan, ricotta, and secorino. Animal flesh includes bass, abalone, clams, crab, shrimp, lobster, octopus, scallops, squid, sole, chicken, goose, duck, turkey, rabbit, venison, wild duck, pheasant, beef, veal, lamb, pork, sausage, and organ meats (kidney, brains, liver, sweet breads, tripe, tongue, oxtail). Salami and mortadella are common processed meats. Egg dishes are common.

Fats/oils, seasonings, and sauces. Garlic is a favorite seasoning. Pasta sauces include tomato, marinara, pesto, clam, and red clam. Cooking fats include butter in the north and olive oil in the south.

Preparation techniques.

Dietary patterns. Salad greens are eaten several times a day with a dressing of oil, vinegar, salt, pepper, and garlic.

There is usually a late (7:30-8:00 pm) evening meal consisting of pasta or soup, fish or meat with vegetables, and cheese and fruit. Beverages include wines, mineral water, cafe espresso, and cappuccino.

Typical dishes.

Desserts include:

- attorta (pastry filled with toasted almonds, chocolate, and candied fruit)
- biscotti de prato (hard-textured sweet cookies with almond pieces; often eaten dipped in vin santo)
- brigidine (anise-flavored cookies)
- cannoli (deep-fried horn-shaped pastry stuffed with cheese, chocolate, pudding, or whipped cream)
- cassata (sponge cake, cut in layers, filled with a mixture of ricotta cheese, candied fruits, chopped chocolate, and a liqueur)
- castagnaccio (sweet cake made with chestnut flour, pine kernels, and currants)
- pan di natale ("Christmas bread"; soft sweet yeast dough with candied fruits, nuts, raisins, pine nuts made into varying shapes and textures)
- pan di Spagna (sponge cake filled with cream or jam and soaked with liqueur)
- pan pepato (cake with nuts, raisins, almonds, chocolate, and hazelnuts, flavored with nutmeg and pepper)
- panettone (tall yeast cake with raisins and candied lemon peel; eaten at breakfast; traditional at Christmas)
- silvano (chocolate meringue tart)
- spumoni (rich ice cream containing candied fruits)
- stuccoli (rolls of sweet pastry wrapped around fruit and cream cheese)
- zabaglione (frothy dessert custard flavored with Marsala)
- zuccoto (dome-shaped cake sprinkled with liqueur, filled with whipped cream, chocolate, and nuts)
- zuppa inglese (rum-soaked sponge cake layered with custard and cream)

Typical dishes include:

- aceto-dolce (sweet-sour mix of vegetables and fruits used as antipasto)
- acquacotta (soup made with stale bread into which an egg is added to each serving)
- antipasto (hot and cold appetizers such as prosciutto, other hams, salami, other sausages, stuffed eggs, pickled and fresh vegetables, fish, and seafood)
- bomba di riso (molded bombe or rice with a rich filling of ground meat, herbs, mushrooms, diced cheese, and/or ham)
- brodetto (fish stew or soup)
- bruschetta/fett'unta/fregolotta (coarse-textured bread, toasted over coals and liberally dressed with extra virgin olive oil; favorite Tuscany dish)
- burrida (fish stew with garlic, oil, tomatoes, dried mushrooms, onions, celery, and saffron)

- butirro (small ball of cheese formed around a lump of butter; served sliced)
- caciucco (highly seasoned fish soup served with rounds of garlic-flavored toast)
- calzone (savory stuffed turnover made of pizza dough)
- cannelloni (pasta tubes with a savory stuffing, baked in a sauce)
- caponate (vegetable salad of fried eggplant, onions, tomatoes, anchovies, capers, and olives)
- cappon magro (elaborate salad of cooked vegetables, anchovies, fish, lobster, and garlic-rubbed biscuits)
- cappuccino (espresso coffee with hot frothy milk, sprinkled with cinnamon and cocoa)
- castagnaci (fritters or waffles made of chestnut flour)
- cavroman (mutton/lamb stew with potatoes, pepper, and onions)
- ceche (tiny, young eels fried with garlic and sage or mixed with eggs and flour and served as little pancakes)
- cima ripiena (veal breast with a pocket cut and stuffed with various fillings)
- cinghiale (braised boar served with a sweet and sour sauce of vinegar and chocolate)
- crostini alla fiorentina (toasted/fried bread spread with chicken liver mixture)
- crostini alla napoletana (toasted/fried bread spread with tomatoes and anchovies)
- crostini alla Parmigiana (toasted/fried bread with cheese and anchovies)
- crostini di mare (toasted/fried bread spread with minced shellfish)
- finanziere (dish of cocks' combs and sweetbreads, served with vegetable timbales)
- fiori di zucca (batter dipped and fried squash blossoms)
- fonduta (melted Fontina cheese with eggs and sliced truffles)
- frittata (flat, open-faced omelet)
- fritto misto (meat and vegetables dipped in batter and fried and served together)
- garmugia (beef stew with artichokes)
- gnocchi (small dumpling made of wheat flour and filled with spinach, potato, or other ingredients, poached in water and served in sauce, in soup, or covered with grated Parmesan cheese)
- imbottini delizia (veal rolls stuffed with ham, cheese, and truffles)
- incasciata (noodles mixed with hard-boiled eggs and meat)
- insalata paesana (potato, egg, and vegetable salad)
- iota/jota (robust soup of beans, potatoes, bacon, and sauerkraut slowly cooked)
- lasagne (lasagna noodles layered with sauce, meat, cheese, and other fillings)
- minestrone (thick, hearty vegetable soup in a meat broth with pasta and beans)
- Monte Bianco (classic dessert of chantilly creme, chestnut

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- puree, chocolate, and rum)
- mortadella (sausage of ground pork with white cubes of fat, coriander, pistachio nuts, and wine)
 - osso bucco (veal shank/skin bones slowly braised with carrots, tomatoes, onions, celery, garlic, white wine, stock, and garnished with a mixture of chopped parsley, garlic, and grated lemon zest)
 - paglia e fieno ("straw and hay" fettucine; half green, made with spinach and half white, made with egg; served with melted butter and Parmesan cheese or with reduced cream and Parmesan)
 - pancotto (Milanese soup made of stale bread)
 - panzanella (vegetable and anchovy salad served with stale bread that has been soaked in water, squeezed dry, and fried in olive oil)
 - panzarotti (deep-fried cheese-stuffed noodle crescents)
 - pappa al pomodoro (Tuscan soup made of stale bread)
 - pasta e fagioli (soup of pasta, white beans, and salt pork)
 - peperonata (sweet peppers cooked in olive oil with tomatoes, garlic, and onions; served cold)
 - polenta (cornmeal mush that is cooled, sliced and fried/grilled/baked with other foods, especially cheese)
 - ribollita (famous bean soup made with black cabbage, a very dark-colored vegetable with elongated leaves)
 - risi e bisi/risi bisi (rice and peas cooked in broth with onion, parsley, and Parmesan)
 - risotto (rice cooked in butter with chopped onions to which stock is added until absorbed; various savory foods are added)
 - rustica, alla (anchovies, cheese, garlic, and oregano in a sauce served with spaghetti)
 - saltimbocca (veal scallop with prosciutto braised in butter and Marsala)
 - schiacciata (bread rolled out thin, seasoned with oil and salt; rosemary, sage, sliced onions, or small pieces of olives may be added)
 - sopa coada (famous soup made of bread and boned roast pigeon)
 - struffoli (fried pastry pocket containing sliced onion)
 - tetrazzini (rich pasta dish with a creamy cheese sauce and seafood or poultry)
 - vitello tonnato (cold veal marinated in tuna sauce)
 - zimo (fish stew)
 - suppa rustica (hearty, peasant style soup with potatoes, beans, and sausages)
 - spaghetti carbonara (spaghetti with bacon, egg yolk)
 - spaghetti vongole (spaghetti with cockles)

IV.D.7.a. Northern Italian Cuisine

Influences and area. Northern Italy is bordered by France, Switzerland, Austria, and Yugoslavia.

Foods used.

Fats/oils, seasonings, and sauces. Butter is used as the cooking fat.

Preparation techniques.

Dietary patterns. Pasta is flat, ribbon type, and made with egg. More rice is consumed than pasta.

Typical dishes.

- risottos (rice dishes)

IV.D.7.b. Southern Italian Cuisine

Influences and area. Southern Italy is bordered by the Mediterranean Sea and the Adriatic Sea.

Foods used.

Fats/oils, seasonings and sauces. Olive oil is used instead of butter. Foods are more highly seasoned. There is heavy use of garlic and tomato sauces.

Preparation techniques.

Dietary patterns. Tubular pasta (spaghetti and macaroni) are made without egg.

IV.D.8. Luxemburg Cuisine

Influences and area. Luxemburg (999 square miles) is a grand duchy in western Europe. The cuisine is influenced by Belgium, Germany, and France.

Foods used. Fried and boiled potatoes are common. River fish are common including trout, crawfish, and pike. Beverages include beer and pale gold wines.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- fruit tarts
- meat and suet dumplings
- soup made of pork, veal lungs, and plums

IV.D.9. Portuguese Cuisine

Influences and area. Portugal (35,383 square miles) is bordered by Spain and the Atlantic Ocean. Portuguese food is spicier and richer than Spanish food.

Foods used. Wheat is the dietary mainstay. Dates are common fruits. Marinated seafood and braised meats are common.

Fats/oils, seasonings, and sauces. Seasonings include cumin, coriander, and olive oil.

Preparation techniques.

Dietary patterns. Soups are hearty. Honey and almond paste are common sweets.

Typical dishes.

- bolinhos de bacalhau (codfish balls)
- cabidela (sauce made with chicken blood)
- caldeirada (fish soup with different kinds of fish, onions, potatoes, and olive oil)
- caldo verde (potato and kale soup)
- canja de galinha (chicken soup)
- carne de porco a algarvia (fried pork and clams)
- carne de vinha de alhos (pickled pork dish)
- casserole of cubed pork, clams, and cubes of fried

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- potato with sauce of garlic, paprika, and wine
- cozida de Portuguesa (traditional mixture of boiled beef, vegetable, potatoes, rice, and sausages)
- crepes do ceu (pancakes richly filled with whipped cream and candied fruit)
- croquetes de camarao (croquettes of shrimp, usually an appetizer)
- dobrada com feijao branco (stew of tripe, sausages, and white beans)
- empadinhas de camarao (little shrimp pies)
- ensopado (thick, hearty soup of bread and meat)
- esparregado (pureed greens)
- febras de porco (leg of pork cooked in red wine and brandy, seasoned with cloves, garlic, and cumin)
- feijoada (hearty soupy stew of pork, beef, black beans, rice, seasoned with peppers, garnished with oranges)
- fofas de bacalhau (codfish balls)
- folares (eggs baked in nests of bread)
- frango com ervilhas (chicken prepared with olive oil, butter, port wine, tiny peas, and onions)
- frango guisado (chicken stewed with onions and tomatoes)
- galinha recheada (chicken stuffed with eggs and olives)
- galinha salteada (sauteed chicken)
- malasado (puff pastry made from an egg batter, deep-fried, then rolled in sugar)
- papos de anjo (small egg cakes served with syrup)
- pastel (pie, tart, or pastry)
- pudim flan (caramel custard)
- queijadas de sintra (rich cakes made with cheese, almonds, and eggs)
- rabanadas (fried bread dessert)
- rojoes (pork with white wine, paprika, and potatoes)
- santola gratinada (deviled crab)
- sarapatel (liver and bacon)
- sopa de feijao (bean soup)
- tortilha de mariscos (omelet filled with chopped shellfish)
- vaca guisada (beef stew)

IV.D.10 Spanish Cuisine

Influences and area. Spain (194,885 square miles) is bordered by France, Portugal, the Mediterranean Sea, and the Atlantic Sea.

Foods used. Wheat is the dietary ^{squid} mainstay. Animal flesh includes cod, hake, red snapper, ham, and chorizo sausage.

Fats/oils, seasonings, and sauces. Olive oil is a primary seasoning.

Preparation techniques

Dietary patterns.

Typical dishes.

- albondigas (spicy meatballs of pork or beef; a dumpling)
- alfajores (sweet pastry made with corn and honey)
- arroz con leche (rice pudding)

- bizcochos borrachos (sugared sponge cake, splashed with wine and sprinkled with cinnamon)
- boniatos confitadas (candied sweet potatoes)
- brazo de gitano ("gypsy's arm" jelly roll)
- bullabesa (fish stew)
- bunuelo (fritter coated with sugar and cinnamon)
- bunuelos de chorizo (sausage fritters)
- calderata (thick fish stew)
- cebiche (raw fish or shellfish marinated in lime juice and cooked by the chemical action of the lime juice)
- chongos (custard seasoned with lemon and cinnamon)
- churros (deep-fried dough flavored with cinnamon and rolled in sugar while hot)
- chorizo (spicy sausage)
- cocada (coconut custard)
- empanada (turnover/tart with various fillings)
- empanadita (pastry turnover with various savory fillings)
- escalibada (mixture of vegetables grilled over charcoal)
- fabada asturiana (hearty stew of fava beans, meats, and onions)
- flan (baked caramel cream custard)
- flan de naranja (orange custard)
- gazpacho (cold vegetable soup of tomatoes, garlic, and olive oil)
- higados al jerez (chicken livers in sherry sauce)
- gambas al ajillo (shrimp in garlic sauce)
- huevos al trote (boiled eggs filled with tuna and dressed with mayonnaise)
- huevos flamenco (eggs baked with tomato, onion, and diced ham; garnished with asparagus tips, red peppers, and spicy pork sausage)
- huevos rancheros (eggs with a hot spicy sauce, served with tortillas)
- morcilla blanca (sausage of chicken, bacon, hard-boiled eggs, and parsley)
- morcilla negra (sausage of pork, pig blood, garlic, and spices)
- natillas (soft runny custard made from ewe milk, sweetened and flavored with cinnamon and lemon)
- olla podrida (stew of different meats, mainly pork, cabbage, chickpeas, and tomatoes)
- paella (rice dish with a variety of meats, sausage, shellfish, and game and assorted vegetables including peas, tomatoes and peppers, flavored with garlic, onion, and saffron; ingredients vary widely; meats often include chicken, pork, clams, mussels, and shrimp)
- picadillo (salad of oranges, onions, green peppers, and shredded salt codfish)
- pisto (vegetable dish of chopped tomatoes, zucchini, onion, red or green peppers stewed together)
- sangria (punch made of wine flavored with brandy, Cointreau, and fruits)

- seviche (raw fish "cooked" by chemical reaction when marinated in lime juice)
- tocino de cielo (thick caramel custard dessert)
- xato (winter salad of endive, red chili peppers, garlic, almonds, oil, and vinegar)
- zarzuela (seafood stew flavored with wine or liquor)

IV.D.11. Swiss Cuisine

Influences and area. Switzerland (15,418 square miles) is bordered by Italy, France, Germany, and Austria. Swiss cuisine has French, German, Austrian, and Italian influences.

Foods used. Animal products are the dietary mainstays. Breads are major grain products. Vegetables include potatoes, green beans, and white asparagus. Over 100 varieties of cheese are commonly consumed (e.g., emmentaler, gruyere). Meats include cured meats, sausages (knackwurst), smoked pork chops, brisket, and smoked bacon. *Freshwater fish*

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns. Soups are commonly consumed. Desserts include cakes, fruit tarts, and Swiss milk chocolate.

Typical dishes.

- * - berner platte (mound of sauerkraut or green beans topped with meats such as bacon, ham, pork chops, pig's feet, sausages, or ribs) = Plat Bernois
- bundnerfleisch (beef dried in mountain air)
- engadiner Nusstorte (rich, flat cake filled with nuts and honey) = ? Ours de Berne aux noisettes
- gonterser bok (batter-dipped hard-boiled eggs fried in butter)
- gries pudding (chilled farina pudding)
- fondue (melted cheese served with bread) *and white wine*
- krautkrapfli (spinach turnovers similar to ravioli)
- luzerner alleblei (vegetable and mushroom salad)
- pfnutli (apple fritters)
- rahmschnitzel (veal scallops in cream)
- * - rosti (shredded potatoes fried in a pancake)
- Wähen (large open-faced tarts filled with fruit, vegetables, or cheese)
- zuger kirschtorte (kirsch-soaked cake frosted with pink sugar)
- Raclette *Emince de veau à la Zurichoise (minced veal, mushrooms, wine sauce)*

IV.E. Scandinavian/Nordic Cuisine

Influences and area. Includes the cuisines of the European Scandinavian countries, the Baltic Republics, Greenland, and Iceland.

Foods used. Vegetables that keep through the winter are commonly consumed. There is heavy use of meat and dairy products.

Fats/oils, seasonings, and sauces. The cooking is pure and simple.

Preparation techniques.

Dietary patterns.Typical foods.**IV.E.1. Baltic Cuisine**

Influences and area. Cuisine from the Baltic Republics of Estonia, Latvia, and Lithuania.

Foods used. Dietary mainstays are wheat and potatoes. Grain products include buckwheat bread, sour pumpernickel bread, and oatmeal. Common vegetables include peas, radishes, beets, potatoes, carrots, and straw potatoes. Apples and cranberry juice are common. Milk is consumed. Fish are common and include herring, many varieties of smoked salmon, red caviar, fried lamprey, and sturgeon in jelly. Other animal products include eggs, ham, beef, veal, lamb, and pork.

Fats/oils, seasonings, and sauces. Dill is a common seasoning. Condiments include dill pickles, sour cream, and mustard sauce.

Preparation techniques.

Dietary patterns. Honey and rich pastries are favored. Vodka is a common beverage.

Typical dishes.

- buckwheat bread
- fried lamprey
- herring salad with meat, eggs, beets, potatoes, dill pickles, apples, and sour cream/mustard sauce
- herring with onion
- meatballs
- pancakes
- red caviar
- smoked salmon
- sour milk and barley soup with potatoes, salt pork, and sour cream
- sour pumpernickel bread
- sturgeon in jelly

IV.E.2. Danish Cuisine

Influences and area. Denmark (16,629 square miles) is bordered by Germany, the Baltic Sea, and the North Sea.

Foods used. Dietary mainstays are pork, other meats, and potatoes. Almonds are widely used. Vegetables include beets, potatoes, cucumbers, carrots, lettuce, leeks, kale, celery root, and cabbage. Fruits include apples, fruit salad, and strawberries. Dairy products include whipped and sweet cream, butter, and cheeses. Animal flesh includes plaice, oysters, herring, salmon, chicken, pork, beef, and liver paste (pork/calf). Chicken is usually stuffed and stewed. Eggs are commonly used.

Fats/oils, seasonings, and sauces. Dill and parsley are common seasonings. Horseradish is a condiment.

Preparation techniques.

Dietary patterns. Desserts include cakes, many types of pastry, and ice cream. Beer is a common beverage. Cooking is pure and simple. Food is consumed about 5-6 times per day.

The mid-day meal is usually a smorrebrod with meat, fish, cheese, and egg.

Typical dishes.

- aal og rorawg - eel with scrambled eggs
- aebleflaesk (fried salt pork/bacon with fried apples)
- aeblepidsvin (dessert of apples, lemon juice, and toasted almonds)
- aebleskiver (doughnuts)
- appelflask (dish of apples, onions, and Canadian-style bacon)
- bankekod (stewed beef)
- bornholmeraeggekage (omelet with Bornhol smoked herrings, radishes, and chives)
- brunkaalssupe (brown cabbage soup)
- chartreuse ragout (casserole of prettily arranged carrots, cabbage, and meat/chicken)
- dyrlaegens natmad ("veterinarian's midnight snack"; smorrebrod of dark rye bread, spread with spiced lard, liver paste, jellied consomme, and veal)
- fiskefrikadellar (fish balls)
- flaeskesteg med svaer (roast pork with red cabbage)
- flodekage (layer cream cake)
- forloren skildpadde ("mock turtle"; complicated dish made from calf head, tongue, and brains, meatballs, fish balls, and hard-boiled eggs)
- frikadeller (finely ground pork, veal, onions, breadcrumbs, egg, and milk, shaped into cakes and sauteed in butter; famous Danish dish)
- frugtcreme (fruit pudding)
- frugtsuppe (fruit soup of dried fruits, often prunes and apricots; served hot or cold)
- gratin (souffle often cooked with vegetables)
- grodaertesuppe (green pea soup)
- gronlangkaal (creamed cabbage)
- gronsagsfronmage (elegant vegetable souffle)
- gule aerter (yellow split pea soup served with salt pork)
- kaaldolmer (stuffed cabbage)
- kalkunragout (jugged turkey in a sweet-sour gravy; served with mashed potatoes or chestnut puree)
- kanin i flodepeberrod (jugged rabbit in a horseradish-cream dressing with mushrooms and onions)
- kodboller (meatballs)
- koldtbord (buffet assortment of salads, cold meats, and cheeses)
- kyllingesalat (chicken salad with chicken, macaroni, tomato slices, green peppers, olives, green peas, lettuce, and mushrooms, covered with tomato dressing)
- lagkage (towering layer cake filled with whipped cream)
- lobskovs (thick stew of beef, diced potatoes, sliced carrots and onions; served with rye bread)
- ollebrod (soup made with black bread and nonalcoholic malt beer)
- ris a l'amande (rice pudding with whipped cream and chopped

- almonds served with cherry sauce)
- risengrynsklatter (rice fritters)
- rodgrød med fløde ("red gruel" with cream; pudding of thickened raspberry and currant juices eaten with sweet cream)
- smorrebrød (open-faced sandwich with meat, fish, cheese, egg, or vegetable fillings and sauces)
- sød frugtsuppe (sweet fruit soup)
- tykmaelk (junketlike dessert made from clabbered milk)
- valnodkage (walnut cake)
- valnodromkager (walnut rum cookies)

IV.E.3. Finnish Cuisine

Influences and area. Finland (117,945 square miles) is bordered by Norway, Sweden, Russia, and the Baltic Sea. The cuisine is influenced primarily by Swedish and Russian cuisines.

Foods used. Dietary mainstays are animal products, mushrooms, and berries. Grain products include cereals, porridge, gruel, and black, sour, and rye breads. Vegetables include tomatoes, turnips, radishes, cabbage, lettuce, cucumbers, mushrooms, cauliflower, brussels sprouts, celery, rutabagas, and potatoes. Mushrooms are locally grown and are used in soups, gravies, stews, and salads. Mushrooms are also eaten pickled and fried. Fruits include lingonberries, cranberries, raspberries, strawberries, and blueberries. Berries are an important part of the diet and are used in jam, juice, preserves, and desserts. Milk is widely consumed, especially in a sour form. Fish are widely used salted, raw, and smoked. Crayfish are eaten in the summer. Meats include game (bear, deer), ham, lamb, mutton, beef, and sausages (pork and mutton).

Fats/oils, seasonings, and sauces. Dill is a common seasoning. Pickles are used as condiments. The cooking is hearty with an appreciation for basic flavors.

Preparation techniques. Most dishes are cooked in the oven. Dishes with mixtures of fish and meat are common.

Dietary patterns. Pastries are common desserts. Beverages include beer and cognac.

Typical dishes.

- black, sour, and rye breads
- hernekeitto (green pea soup; the national dish)
- kaalikaaryleet (stuffed cabbage leaves)
- kalakakot (fish cakes)
- kalakeitto (fish soup)
- kalakukko ("fish fowl"; hollowed loaf of bread filled with layers of fish and pork/bacon; famous dish)
- karjalanpaisti (mutton, pork, and veal slowly simmered together)
- karpalo kiisseli (cranberry pudding)
- kesakeitto (summer vegetable soup)
- lake fish soup with potato, dill, and bread
- lihamurekepiiras (meat pie with sour cream crust)

- lihapyorykat (meatball)
- lihapiirakka (meat pie)
- lohapiirakka (salmon pie)
- liver and rice casserole
- makaronilaatikko (macaroni stewed in milk and cream with egg yolks)
- mammi (rye pudding made with molasses, flavored with bitter orange and served with cream; traditional at Easter)
- mead (fermented drink of water, honey, malt, and yeast)
- meats with lingonberries or dill pickles
- mustikkakeitto (blueberry soup, a dessert)
- mustikkapiiras (blueberry tart/pie)
- pahkinakakku (very rich cake made with ground walnuts, served covered with whipped cream)
- patakukko (casserole of small freshwater fish and salt pork baked under a rye crust)
- piirakka (meat/fish and rice cooked in pastry)
- punajuurikeitto (beet soup)
- sinaattiohukaiset (spinach pancakes)
- suomalainen lammasmuhennos (stew of mutton, onions, potatoes, carrots, and turnips)
- valkokaalisalaatti (cabbage salad)
- viipurin rinkila (famous coffeecake ring)
- voileipapoyta (similar to Swedish smorgasbord)
- vorshmack (dish of ground mutton, beef, and salt herring cooked with garlic and onions)

IV.E.4. Greenlandic Cuisine

Influences and area. Greenland (131,900 square miles) is a large island with bodies of water. It is bounded by the Arctic Ocean, the Greenland Sea, and the North Atlantic Ocean.

Greenlanders are a mixture of Eskimos and Europeans (Danish).

Foods used. Sea mammals (seals and whales) were formerly the main sources of nourishment, with ring- and black-sides seals predominating. Fish are now the most common foods. Salmon and trout are found in the rivers; cod, salmon, flounders, halibuts, and capelins are important saltwater fish. Land animals used for food include the musk-ox and reindeer.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

IV.E.5. Icelandic Cuisine

Influences and area. Iceland (39,768 square miles) is a small island on the southeast coast of Greenland in the Norwegian Sea. The Icelandic economy is based heavily on fishing and a broad variety of fish products.

Foods used. Fish that are commonly consumed include Icelandic cod, caplein, haddock, and tiny shrimp. Sheep are raised and dairy farms abound. Iceland is self-sufficient in fresh foods and dairy items, but imports most other foods.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- Icelandic cod
- skyr (curdled milk)

IV.E.6. Norwegian Cuisine

Influences and area. Norway (118,914 square miles) is bordered by the Sweden and the Norwegian Sea.

Foods used. Dietary mainstays are animal products including fish, meat, and sour cream. Grain products include breads and hot and cold cereals. Almonds are widely used. Vegetables include beets, potatoes, cucumbers, and cabbage. Apples are a common fruit. Dairy products include cream, butter, cheese, milk, and sour cream. Sour cream is used in soups, sauces, meats, salads, fish, porridge, and batters. Animal flesh includes fish (herring, cod), poultry, lamb, pork, bacon, game (from the mountains), and mutton.

Fats/oils, seasonings, and sauces. Seasonings include dill and parsley. Horseradish is a common condiment.

Preparation techniques. Cooking methods are pure and simple.

Dietary patterns. More fish is eaten than in Denmark or Sweden. Herring are eaten as snacks. Aquavit is a common beverage.

Typical dishes.

- aquavit (strong, colorless liquor distilled from grain or potatoes, flavored with caraway, served very cold as an appetizer or with meals)
- bankebitt (beefsteak browned in lots of butter, then simmered in stock)
- brun fiskesuppe (fish soup darkened with browned flour and butter)
- cardinal suppe (creamy soup with bits of ham and noodles)
- dagmarsuppe (soup made with cream, sherry, and tiny green peas)
- dronningsuppe (chicken broth with sherry, egg yolks, cream, and forcemeat balls)
- dyreryg (venison that has been marinated and cooked in sour cream)
- eplesno (apple snow pudding)
- ertesuppe (hearty pea soup)
- farikal (lamb stewed with cabbage)
- fiskeboller (fish balls)
- fiskegrateng (fish souffle)
- fiskepudding (fish pudding)
- fish pa fat (fish fried then baked in a sauce)
- fish pudding (haddock/cod, cream, and cornstarch; shaped into a loaf and steamed)
- fleskepannekake (pancakes with pork)
- flotekaker (cream cakes)
- flotesuppe (cream soup)

- flotevafler (cream waffles)
- fyll kalhode (stuffed head of cabbage)
- hareragu (jugged hare; rabbit stewed in red wine, onion, various vegetables, and seasonings)
- himmelsk lapskaus ("heavenly potpourri"; fresh fruits and nuts with brandied egg sauce)
- kalrouletter (stuffed cabbage)
- kirsebaer koldskal (chilled cherry soup)
- kjottpudding (meat loaf; meat pudding)
- klipfisk (cod that is salted and spread out on cliffs to dry instead of rack-hung as stokkfisk)
- koldtbord (varieties of fish, meat, cheeses, and salads)
- krabbesalat (crab salad made with celery, lettuce, and dill in mustard dressing)
- kumler (potato dumplings)
- neslesuppe (nettle soup; tastes like spinach soup)
- puss pass (stew of mutton, carrots, potatoes, and cabbage)
- rakorret (trout that has been salted and cured; Norwegian speciality)
- risengrynslapper (pancakes)
- rommekolle (yogurtlike dessert of clabbered cream and zwieback crumbs)
- saltfiskballer (dumplings of potatoes and fish)
- solvkake (coconut and lemon flavored light cake)
- sotsuppe (sweet fruit soup)
- stokkfisk/torrfisk (unsalted, rack-dried cod)
- torret frugtsuppe (fruit soup made of dried fruits; served hot or cold)
- viltsuppe (game/venison soup)
- vinsuppe (wine soup)

IV.E.7. Swedish Cuisine

Influences and area. Sweden (173,649 square miles) is bordered by Norway, Finland, and the Baltic Sea.

Foods used. Dietary mainstays are animal products (fish, pork, dairy products) and potatoes. Crispbreads are common. Almonds are widely used. Vegetables include beets, potatoes (boiled or fried), and cucumbers. Apples are a common fruit. Cream, butter, and cheese are commonly consumed. Fish include marinated salmon, herring, and eels. Poultry, geese, game, and pork are consumed.

Fats/oils, seasonings, and sauces. Seasonings include dill and parsley. Horseradish is a common condiment.

Preparation techniques. Cooking is rather simple.

Dietary patterns. There are many rich, imaginative desserts.

Typical dishes.

- appelformar (apple muffins)
- appelkaka med vaniljsas (apple cake with vanilla custard)
- arter med flask (yellow pea soup)
- artsoppa (yellow pea soup with smoked salt pork, traditionally served on Thursday in winter)
- brylepudding (caramel cream)

- busecca (thick tripe and onion soup usually made with beans)
- fiskbuller (codfish balls)
- fiskkroetter (fish cakes; croquettes)
- fisksoppa (fish soup)
- fruktsoppa (soup made from dried fruits)
- fullda mandelkakor (filled almond buns)
- graddevafflor (sour cream waffles)
- grytstekt (pot roast with vegetables)
- herring marinated in dill
- herring salad with sour cream sauce
- janssons frestelse (casserole of potatoes, onions, and anchovies)
- kaldomber (stuffed cabbage)
- kottbullar (meatballs)
- kroppkaker (pork and potato dumplings)
- mannagrynspudding (semolina pudding)
- matjessill (marinated herring fillets, served with sour cream and chives)
- mylta med gradde (cloudberry compote with cream; northern Swedish dessert)
- ostkaka (puddinglike cheesecake that is baked in a mold)
- pancakes with lingonberries
- pitepalt (potato dumplings stuffed with pork)
- pytt i panna ("tidbits in a pan"; chunks of meat, sausages, and fried potatoes topped with a fried egg)
- rarakor (lacy potato pancakes)
- sillgratang (herring casserole with potatoes, onions, and cream)
- sillsalat (herring salad with fruit and vegetables)
- sjomansbiff (beef stew; beef baked with potatoes and onions)
- skinkbullar (ham and potato balls)
- skinkfars (ham mousse)
- skinklada (ham omelet)
- smalandsk ostkaka (curd cake from Smaland province)
- smorgasbord (arrangement of many hot and cold foods on a table traditionally accompanied by aquavit; includes herring and cold meats)
- spettekaka (towering cake of eggs and sugar specially baked on a spit; speciality of southern Sweden)
- svart-soppa (black soup; famous dish prepared from goose and pig blood, spices, and other seasonings)
- ugnspannkaka (thick pancake baked in the oven)
- vitkalsoppa med kroppkakor (cabbage soup with dumplings)

IV.F. Slavic Cuisine (Eastern European Cuisine)

Influences and area. Slavic cuisine includes the cuisines of Bulgaria, Czechoslovakia, Hungary, Poland, Romania, Russia, the Ukraine, and Yugoslavia.

Foods used. Dark bread is a staple food. Dairy products are prominent.

Fats/oils, seasonings, and sauces.

Preparation techniques. Because the climate is cold for the

greater part of the year, many foods are preserved by salting, fermenting, pickling, and smoking. This results in many sour and salty foods.

Dietary patterns.

Typical dishes.

- fruit dumplings
- mushroom soup
- paprikasalata (sweet pepper salad)
- varza cu porc (sauerkraut with pork)

IV.F.1. Bulgarian Cuisine

Influences and area. Bulgaria (48,823 square miles) borders Romania, Yugoslavia, Greece, Turkey, and the Black Sea. Cuisine influences are primarily Turkish, Greek, and Armenian.

Foods used. Dietary mainstays are wheat and yogurt. Grain products include small, round breads dipped in powdered spices and varieties of bread made with butter, cheese, and yogurt. Walnuts are used in many dishes such as soups, salads, stuffings, and desserts. There is an emphasis on fresh vegetables such as hot red peppers, other peppers, cabbage, tomatoes, and eggplant. Grapes are a common fruit. Many cheeses from cow, sheep, and water buffalo milk are consumed. Yogurt is eaten with most meals. Meats include grilled veal or pork sausages, grilled lamb, and game (quail, rabbit, deer, pheasant, partridge, and wild boar).

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns. There is more emphasis on milk than on meat. Meat stock soups are made with peppers and tomatoes. Many dishes are similar to those consumed in Romania.

Typical dishes.

- lamb with stuffing of rice and giblets
- salad of tomatoes, cucumbers, and goat cheese

IV.F.2. Czechoslovakian Cuisine

Influences and area. Czechoslovakia (49,373 square miles) is bordered by Poland, Germany, Austria, Hungary, and Russia.

Foods used. Dietary mainstays are sausages and dumplings. Grain products include sour rye bread, dark rolls, and cornmeal mush. Vegetables include beets, cabbage, carrots, cauliflower, celeriac, kale, and leeks. Green vegetables and salads are difficult to obtain. Fruits include apples, apricots, berries, and stewed fruit. Dairy products include liptaver cheese, cow milk, sheep milk cheese, and butter. Animal flesh includes freshwater fish, ham, steamed or boiled sausages, pork, beef, veal, and goose (on special occasions). Meats are usually consumed with much gravy.

Fats/oils, seasonings, and sauces. Condiments include pickled gherkins and onions. Cooking fats include lard and butter.

Preparation techniques.

Dietary patterns. A notable dish is dumplings of all shapes

and sizes. They are used as appetizers, main courses, and desserts (e.g., potato, bread, and fruit dumplings). The dumplings are made from breadcrumbs, potatoes, flour, semolina, meat, and yeast. Beer is a common beverages.

Typical dishes.

- bread dumpling with gravy
- cakes with jam
- pork roast with dumplings and sauerkraut
- potato, fruit, and bread dumplings
- potato soup
- sausage on dark rolls with sauerkraut, horseradish, mustard, pickles, and potato salad
- sour rye bread and rolls
- steak and potatoes
- turnovers with cottage cheese filling
- veal stew
- yeast dumpling with thick, plum jam

IV.F.3. Hungarian Cuisine

Influences and area. Hungary (35,919 square miles) is bordered by Czechslovakia, Austria, Yugoslavia, Romania, and Russia.

Foods used. Wheat is the dietary mainstay. Onions are a common vegetable and are fried in lard for many dishes. Sour cream is used in many dishes such as soups, vegetables, and pastries. Animal flesh includes pork and goose.

Fats/oils, seasonings, and sauces. Paprika is a commonly used spice. Pork fat and butter are used as cooking fats.

Preparation techniques. Many dishes are cooked with roux (a mixture of flour, lard, and spices).

Dietary patterns. Pastries are common desserts. Beverages include coffee and espresso.

Typical dishes.

- alföldi marharostelyos (steak with a rich sauce and stewed vegetables)
- alma palacsinta (apple pancake)
- aranygaluska (sweet dumpling)
- bajai halaszle (fish and potato soup)
- bakonyi betyarleves (richly spiced soup with chicken, beef chunks, thin noodles, mushrooms, and vegetables)
- bakonyi gombamartas (mushroom soup)
- becsi heringsalata (herring salad with vinegar)
- bekacomb gombaval es rakkal (frog legs with freshwater crabmeat and mushrooms)
- borjupaprikas (veal fricassee with onions, pepper rings, tomatoes, and a seasoning of paprika and garlic)
- burgonyakremleves (cream of potato soup)
- debrecziner (spicy, coarse textured sausage resembling frankfurters)
- dobostorta (caramel glazed dessert of stacked layers of sponge cake spread with chocolate cream)
- goulash (stew of beef, veal, or pork with onions, potatoes, tomatoes, peppers, and dumplings; heavily seasoned with
- gebratene saltkräuter mit sauerkraut (Salt Brewig, main dish in milk, Butterfried and sauerkraut)

- paprika, caraway seeds, and garlic)
- gundel palacsinta (flambeed pancake with nutcream and raisin filling)
- Jokai babbleves (butter bean soup with smoked pig's knuckles, and carrots, seasoned with pepper, garlic, paprika, and parsley)
- kalocsai halaszle (fish soup in red wine)
- kapros turos retes (curds strudel with dill)
- kapucineres felfujt (mocha souffle)
- kecskemeti barack-puding (apricot pudding with vanilla cream)
- kettle goulash (hot, spicy stew with paprika)
- libamaj pastertom (hot appetizer of goose liver pate mixed with butter and bechamel sauce, spices, and brandy; served in a flaky pastry shell)
- ✓ paprikas csirke (chicken braised with garlic, onions, sour cream, and paprika; also made with meat or fish)
- porkolt (goulash made with pork or lamb)

IV.F.4. Polish Cuisine

Influences and area. Poland (120,725 square miles) is bordered by Russia, the Baltic Sea, Germany, and Czechslovakia. Polish cuisine has Jewish, Italian, Hungarian, Austrian, Russian, German, Czechoslovakian, and Baltic influences.

Foods used. Dietary mainstays are animal products, especially pork. Grain products include dark Polish bread, pumpernickel and sour rye bread, white bread, oatmeal, rice, noodles, dumplings, cornmeal, porridge, and kasha. Vegetables include cucumbers, tomatoes, beets, cabbages, turnips, mushrooms (from the forest), potatoes, carrots, cauliflower, kohlrabi, broccoli, and sorrel. Turnips are brined in salt for the winter. Fruits are often dried or pickled. Dairy products include sour cream, milk, buttermilk, and cheese. Animal flesh includes herring (brined in salt for the winter), fish, chicken, goose, duck, pork, ham, many types of sausage, bacon, and beef. Pork is probably the most commonly consumed meat.

Fats/oils, seasonings, and sauces. Sour cream, dill, and caraway seeds are characteristic flavors. Pickled fruits and fruit jams and jellies are used as condiments. Honey, candy, and other sweets are common.

Preparation techniques.

Dietary patterns. Soups include fatty meat, barley, buckwheat groats, cabbage, and other vegetables. Soups are an important part of the cuisine. Summer soups are made from fruits or berries with sweet or sour cream. Beverages include mead (honey, water, and hops), vodka, and coffee with cream and sugar.

Typical dishes.

Desserts include:

- honey cakes
- sweet buns :
- pastries with egg yolks, butter, and fruit

Typical dishes include:

- acorda (garlic bread porridge)
- chlodnik (borsch made with beets, onions, cucumbers, seasonings; served cold with dollop of sour cream)
- cold beet soup with shrimp and vegetables
- fruit/berry summer soups with sweet/sour cream
- noodle dishes
- stews with beef/pork/sausage/hare/venison/partridge and cabbage/sauerkraut

IV.F.5. Romanian Cuisine

Influences and area. Romania (91,699 square miles) is bordered by Russia, Bulgaria, Yugoslavia, Hungary, and the Black Sea. Romanian cuisine has Hungarian, Russian, Yugoslavian, Greek, and Turkish influences.

Foods used. Dietary mainstays are wheat and mamaliga (solidified, sliced cornmeal mush). Rye bread is common. Nuts and fruits are consumed. Vegetables include green peppers in oil, radishes, lettuce, leeks, carrots, tomatoes, cabbage, various peppers, and sauerkraut. Dairy products include goat cheese and sour cream with dill. Eggs are consumed. Animal flesh includes fowl, heavily salted and smoked meats, spicy sausages with garlic, pork, mutton, and goat. Wine is a common beverage.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- beef and vegetable sour soup
- cabbage leaves filled with pork, bacon, and sauerkraut
- cornmeal porridge with butter or fatty meat juice and preserved meats
- custard with sweet wine
- fish soup with onion, red and green peppers, tomatoes, and vinegar
- potatoes, veal, and wine with egg and cream topping
- souffles
- rye bread
- veal and vegetable stew with many vegetables

IV.F.6. Russian Cuisine

Influences and area. Cuisine of Russia and some of the former republics of the USSR.

Foods used. Commonly consumed foods include potatoes, cabbage, sauerkraut, beets, wheat products (bread), and kasha (buckwheat groats). Small amounts of meat and dairy products are used. Bread is a sour, dark type. Other vegetables include mushrooms, turnips, carrots, and cucumbers. Dairy products include pot cheese, sour cream, clabber, and butter cheese. Fish include sturgeon, caviar, smoked sturgeon, and pickled herring. Small amounts of chicken, pork, sausage, and ham are consumed. Beverages include tea, vodka, and mild beer.

Fats/oils, seasonings, and sauces.

Preparation techniques.Dietary patterns.Typical dishes.

- biskvit (sponge cake)
- blinis (pancakes of a light batter, served with caviar and sour cream)
- buckwheat pancakes with sour cream
- borscht (soup made with beets, meat broth, and vegetables; served with sour cream)
- kefir (fermented camel's milk that is thick, frothy, and slightly alcoholic)
- kissel (berry pudding; used as a dessert sauce when thinned)
- kulibyaka (hot fish pie filled with layers of salmon or other fish, rice, mushrooms, herbs, and onions)
- kotlety pozharsky (chicken cutlets)
- penchene (tea cakes or cookies)
- pirog c limon (lemon tart)
- pirozhki/piroshki (small turnovers or dumplings filled with a savory or sweet stuffing)
- shchi (cabbage soup)
- stroganoff (sauteed beef strips served in sour cream sauce with mushrooms and onions)
- vegetables in sour cream dressing
- zakuski (hors d'oeuvres accompanied by vodka)

-beef Stroganoff (sliced beef, sauteed in butter, served with sour cream and cutlets)

IV.F.6.a. Central Asian Area Cuisine

Influences and area. Includes the area currently named Kazakhstan, Kyrgystan, Tajikistan, Turkemistan, and Uzbekistan.

Foods used. Wheat is the dietary mainstay. Bread is the major grain product. Vegetables include rhubarb (raw and in jellies and compotes) and red peppers. Fruits include pomegranates, grapes, apricots, pears, plums, and melon. Slabber (sour yogurt) is consumed. Skewered, grilled lamb is a common meat.

Fats/oils, seasonings, and sauces. Garlic is a common seasoning.

Preparation techniques.

Dietary patterns. Soups are common. Desserts include teacakes and pastries with vegetables, eggs, and walnuts. Preserves and candies are favored. Beverages include tea and green tea.

Typical dishes.

- fried noodles and meat
- lamb-filled dumplings
- meat pie
- rhubarb jelly/compote
- palov (rice dish with mutton and vegetables)
- skewered, grilled lamb
- steamed dumplings with ground meat

IV.F.6.b. Georgian Cuisine

Influences and area. Georgia (26,900 square miles) is in the Transcaucasus on the Black Sea. The cuisine of Georgia has a Mid-Eastern influence with grape leaves, sesame seeds, and

chickpeas.

Foods used. Wheat is the dietary mainstay. Grain products include bread, cheesebread, corn, cornbread, and popcorn. Nuts include filberts, chestnuts, and walnuts. Cheeses from cow milk and water buffalo milk are used. Animal flesh includes chicken, turkey, and skewered lamb.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns. Few sweets are consumed, but fruit in syrup is used as dessert. Wine is commonly consumed.

Typical dishes.

- cheesebread/cornbread
- green beans in sour cream

IV.F.7. Ukrainian Cuisine

Influences and area. The Ukraine (202,540 square miles) is in the southwest Europe on the Black Sea.

Foods used. Wheat is a dietary mainstay. Other grain products include millet, barley, buckwheat bread, porridge, spoonbread, kasha, and egg noodles. Vegetables include beets, carrots, cabbage, onions, potatoes, corn-on-the-cob, tomatoes, scallions, and radishes. Cheese is consumed. Animal fresh includes herring, pike, perch, carp, chicken, beef, pork, and sausage.

Fats/oils, seasonings, and sauces. Garlic and bay leaves are used as seasonings. Condiments include sour cream and pickled tomatoes. Pork fat is used for cooking.

Preparation techniques.

Dietary patterns. Sweet rolls are common desserts. Mineral water is a common beverage.

Typical dishes.

- beef roasted with a sauce of stock and sour cream
- borscht with beets, carrots, cabbage, onion, garlic, pork garlic, pork fat, bay leaves, and sour cream
- dumplings filled with sauerkraut, potato, cabbage, mushrooms, meat, fish, cottage cheese, egg, and sour cream

IV.F.8. Yugoslavian Cuisine

Influences and area. Yugoslavia (98,766 square miles) is bordered by Austria, Hungary, Romania, Bulgaria, Greece, and the Adriatic Sea.

Foods used. Wheat is the dietary mainstay. Farmer's bread is commonly consumed. Vegetables include cucumbers, string beans, and lettuce. Fruits include plums, apricots, and cherries. Dairy products include cow and sheep milk, fermented milk, and cheese. Eggs are consumed. Popular animal flesh includes prawns, sardines, mackerel, bonito, tunny, bluefish, veal, pork, ham (rubbed with salt, pepper, and garlic), and lamb.

Fats/oils, seasonings, and sauces. The foods are heavy, spicy, and full of strong flavors.

Preparation techniques. The cooking is sturdy and direct (i.e., peasant cooking).

Dietary patterns. Sweets are favored. Turkish and Serbian coffee are consumed.

Typical dishes.

- baklava
- cheese cured in olive oil
- fish stews
- grilled cheese with bread and warm milk
- grilled veal/pork with onion and green pepper
- kajmak (feta and creamed cheeses beaten with butter until fluffy; served as an appetizer with bread and toasted peppers)
- masaka (minced meat and vegetables roasted in the oven and covered with a sauce of egg and milk)
- meat and vegetable casseroles
- pumpkin pie
- ratluk (sweet with almonds and rose oil)
- slatko (plums cooked in a thick sugar syrup)
- sljivovica (national drink made from plums)
- strudel

V. Cuisine of Latin American Origin

Influences and area. Cuisine of Mexico, Central America, and South America (about 22 countries). Latin American cuisine has primarily Indian and Spanish heritage, but has also been affected by African and European cuisines.

Foods used. Various varieties of corn are the dietary mainstay. Manioc (tapioca) is also used. Beans are commonly consumed. Nuts and seeds include pumpkin seeds, peanuts, cashews, and coconuts. Vegetables include squash, potatoes, tomatoes, various chilies, plantains, yuca, chayote, coriander, pumpkin, lima beans, and sweet potatoes. Fruits are abundant and commonly used in many dishes. They include pineapples, bananas, melons, pineapples, citrus fruits, sapote, mango, papaya, granadilla (passion fruit), chirimoya, mamme (sapodilla), oranges, jaca (jackfruit), and guava. Cheese is used, but not much milk. Beverages include yerba mate (a tea made from leaves of the holly family plant and used in Uruguay, Paraguay, Argentina, and parts of Chili and Brazil), coffee with milk (cafe con leche), tequila, mescal, beer, and rum.

Fats/oils, seasonings, and sauces. Seasonings include vanilla, cacao, and cane sugar.

Preparation techniques.

Dietary patterns. There is a preference for candies and desserts.

Typical dishes.

- chicharron (crunchy, marinated deep-fried pork)
- churrasco (steak flavored with chimichurri)
- tamale (cornmeal dough wrapped around meat and vegetables and steamed inside a corn husk or banana leaf)

V.A. Argentine Cuisine

Influences and area. Argentina (1,072,162 square miles) covers

most of the southern part of South America. Argentina is bordered by the Andes (on the west), the Atlantic Ocean (on the east), Bolivia, Paraguay, Brazil, and Uruguay.

Foods used. Beef is the dietary mainstay. Meats includes roasted beef, goat, pork, sheep, and internal organs.

Vegetables include corn, yellow squash, and pumpkin. Peaches are a common fruit.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns. Gauchos seem to live on roasted beef alone.

Typical dishes.

- anticuchos (spicy grilled beef hearts)
- beef chunks with corn and peaches (classic Argentinean dish)
- beef rolls stuffed with vegetables and hard boiled eggs
- carbonado (stew of beef, apples, pears, potatoes, tomatoes, and onions)
- chimichurri (garlic, parsley, and vinegar dressing served with meat)
- corncakes
- meat-filled pastries
- parillada (mixed grill of sausages, short ribs, pork chops, and chicken)
- quince pastries
- stews with winter squash
- torrijas (fried patties of spinach and cheese)
- winter squash fritters
- winter squash pudding
- winter squash soup
- wheat bread

V.B. Belize Cuisine

Influences and area. Belize (8,866 square miles) was formerly known as British Honduras. It is on the Caribbean coast of Central American bounded by Mexico and Guatemala.

Foods used. Major foods include coconuts, maize (corn), beans, rice, hogs, cattle, and fish. Important food crops include sugar and citrus fruit (oranges and grapefruit).

Fat/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

V.C. Bolivian Cuisine

Influences and area. Bolivia (424,168 square miles) is a republic in central South America bordered by Brazil, Paraguay, Argentina, Chile, and Peru.

Foods used. Livestock includes cattle, sheep, pigs, and goats. Common used are potatoes, maize (corn), cassava, wheat, rice, barley, and coffee.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- anticuchos (marinated beef hearts)
- api (thick hot beverage made from tropical flowers and heavily seasoned with cinnamon)
- beef kidney soup
- chicharron de chanco con mote (crusty chunks of pork on a bed of hominy, garnished with tomatoes and onions)
- creamy peanut soup with macaroni and oxtail
- empanadas stuffed with beef, olives, and raisins
- lamb soup with blackened potatoes
- papas a la huancaína (potatoes in thick yellow peanut sauce, flavored with pepper)
- pasteles (thin-crustured fried turnovers filled with slightly salty cheese and dusted with confectioners' sugar)
- saltenas (chicken/beef, hard-cooked eggs, pimento-stuffed olives, potatoes, carrots, and peas in a sweet bread-dough wrapper with a tomato sauce)

V.D. Brazilian Cuisine

Influences and area. Brazil (3,286,486 square miles) is a republic in northern and eastern South America occupying nearly half the continent. It is bounded by Colombia, Venezuela, Guyana, Surinam, French Guiana, the Atlantic Ocean, Uruguay, Argentina, Paraguay, Bolivia, and Peru. Brazilian cuisine is influenced by the cuisines of Portugal, Black slaves, and Native Indians. Many dishes have an African influence because Blacks were often cooks.

Foods used. The dietary staples of Brazil are rice, manioc (cassava), and legumes. Cornmeal is also used. Nuts include coconut, cashews, and peanuts. Vegetables include boiled, fried, roasted, or toasted cassava (yuca), kale, pumpkin, tomatoes, squashes, corn, sweet potatoes, yams, okra, green peppers, malaguenta peppers (hot and spicy), and chilies. Fruits include bananas, pineapple, mangoes, and oranges. Animal flesh includes fish, shrimp, chicken, turkey, dried beef (jerky), and pork.

Fats/oils, seasonings, and sauces. Cooking fats include red palm oil, olive oil, and butter.

Preparation techniques.

Dietary patterns. Manioc is used in soups, stews, breads, cakes, candies, side dishes, and is on the table in shakers. Many recipes use coconut or coconut milk.

Typical dishes.

- bean dishes
- anticuchos (spicy grilled beef hearts)
- feijoada (black beans with cured and fresh meats, garlic, onions, and lard served with rice and hot pepper sauce; the national dish)
- meat/fish tamales with sauce
- rice dishes

V.E. Chilean Cuisine

Influences and area. Chile (292,257 square miles) is a republic on the southwest coast of South America. It occupies a long narrow strip for about 2,700 miles. It is bounded by Peru, Bolivia, and Argentina.

Foods used. The dietary mainstay is wheat. Beans are commonly consumed. Vegetables include corn, squash, garlic, onion, potatoes, and tomatoes. More seafood is consumed in Chile than other Latin American countries. The seafood includes crab, lobster, clam, sea urchins, mussels, haddock, abalone, scallops, and congrio. Meat, such as lamb, is consumed in moderate quantities.

Fats/oils, seasonings, and sauces. Color sauce is made of garlic and paprika in fat or oil. Pebre sauce is made of onions, vinegar, olive oil, garlic, chili, and coriander.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- beef/chicken empanadas topped with ground corn
- chicha (partly fermented grape juice)
- lamb soup
- porotos granados (beans, corn, squash, garlic, and onion)
- stew with congrio, potatoes, tomatoes, onions, herbs, and spices
- torta de hojas (cake made of thin cookie layers sandwiching thick, sweet caramelized milk)

V.F. Colombian/Venezuelan Cuisine

Influences and area. Cuisines of Colombia and Venezuela in northern South America, bounded by the Caribbean Sea.

Foods used. Rice is the dietary staple of Columbia, and maize is the staple of Venezuela. Coconut and plantain are widely used. Black beans are common as are coconut meat and milk. Vegetables include fried, boiled, or grilled plantains, salad greens, potatoes boiled with cream sauce and chili, and yuca (sweet cassava). Meats include tough beef steak, monkey, tapirs, birds (near the jungle), deer, peccary, turtles, fish, and curassow. Beverages include fruit juice drinks, cafe con leche with sugar, tequila or mescal (used in margaritas with lime juice and sugar), beer, and rum.

Fats/oils, seasonings, and sauces. Coconut oil is used for frying.

Preparation techniques.

Dietary patterns. Desserts include coconut ice cream, candy, pudding, and cakes.

Typical dishes.

- arepas (cornmeal cakes)
- cornbread (made only of corn flour and salt, toasted on the griddle)
- corn fritters
- corn dough with meat stuffing cooked in a banana leaf
- coconut soup

- fish stew (red snapper, pumpkin, root vegetables, lemon, and tomato)
- pancakes
- plantain soup

V.F.1. Colombian Cuisine

Influences and area. Colombia (439,737 square miles) is a republic of northwest South American bordered by the Caribbean Sea, Panama, the Pacific Ocean, Venezuela, Brazil, Peru, and Ecuador.

Foods used. Animal flesh includes chicken, pork, and fish. Vegetables include plantain, potato, yucca, carrots, and chickpeas. Guava is a common fruit. Some cheese is used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- chicken soup with plantain, potato, yucca, and cabbage
- fried plantain with guava and cheese
- fried yucca
- sancochos (thick soup of chicken, oxtail, fish, or tripe mixed w/ vegetables and served w/ rice)
- tamale with pork, carrots, chickpeas, pork fat, and chicken

V.G. Costa Rican Cuisine

Influences and area. Costa Rica (19,650 square miles) is a republic of Central American bordered by the Caribbean Sea, the Pacific Ocean, Nicaragua, and Panama.

Foods used. Major food crops are sugar, coffee, milk, cattle, and bananas. Corn, beans, and rice are the most important crops for local consumption. Wheat is imported from the United States.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- casado (fish/meat/chicken with rice, beans, and cabbage)
- olla de carne (meat stew with cassava and plantain)
- palm nut soup
- pozol (corn soup)
- chiles rellenos (stuffed peppers)

V.H. Ecuadorian/Peruvian Cuisine

Influences and area. Cuisines of Ecuador and Peru, republics on the northwest coast of South America. They are bordered by the South Pacific Ocean.

Foods used. Vegetables include potatoes and root crops. Chuno is a naturally freeze-dried potato. Banana chips are common. Nuts include boiled peanuts and almonds. Seafood items include frog legs, scallops, seabass, and shrimp. Guinea pig meat is used in stews. Beer is a common beverage.

Fats/oils, seasonings, and sauces. Aji (related to chili) is

used as a seasoning.

Preparation techniques. Breads and pastries are made from banana flour. A raw fish appetizer, made with salt, lemon and lime marinade, shrinks the fish like cooking does.

Dietary patterns. Skewered, grilled, marinated beef heart is obtained from vendors as snacks.

Typical dishes.

Desserts and sweets include:

- almond paste candy
- bananas fried in butter with brown sugar, brandy, and confectioner's sugar
- candied fruits
- candies and pastries made from ground squash seeds with sugar
- flan (caramel custard)
- fruit paste (fruit pulp and sugar, e.g., guava paste)

Main dishes include:

- casserole tamale (fried meat with onion and garlic and boiled with water and cornmeal)
- corncakes
- fried fish slices in lettuce
- mashed potatoes with seasonings and decorated with other food
- meat and vegetable soup
- meat with rice or vegetables
- potatoes with cheese sauce and aji
- shellfish chowder with milk
- soups/stews spiced with aji
- tamales (meat, egg, sausage, raisin, olive, or peanut)

V.H.1. Ecuadorian Cuisine

Influences and area. Ecuador (109,483 square miles) is a republic of northwest South America bounded by Colombia, Peru, and the Pacific Ocean.

Foods used. Maize is the dietary staple. Rice is commonly used. Vegetables include potatoes, tomatoes, onions, and black beans. Animal flesh includes chicken and pork. Cheese is commonly used.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- llapingachos (fried mashed potato patties with cheese)
- puerco hornado (marinated, baked pork that is crusty with diced tomatoes and onions)
- rotisserie chicken, highly seasoned, marinated, and cooked dark and crisp with rice and black beans

V.H.2. Peruvian Cuisine

Influences and area. Peru (496,224 square miles) is a republic of South America astride the Andes Mountains with a 1,450 mile Pacific coastline. It is bounded by Ecuador, Colombia, Brazil, Bolivia, and Chile.

Foods used. Wheat is the dietary staple. Common consumed are fish, potatoes, maize (corn), coffee, rice, fruits, milk, cattle, and sheep.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- mondongo (tripe soup)
- papa relleno (pan-fried mashed potato cake stuffed with corn, egg, and ground beef)
- papas a la huancaína (potatoes w/ a mildly spicy cheese and peanut sauce)
- pisco sour (alcoholic drink similar to a margarita)

V.I. Guatemalan Cuisine

Influences and area. Guatemala (45,452 square miles) is a republic in northern Central America bounded by Mexico, Belize (British Honduras), the Caribbean Sea, Honduras, El Salvador, and the Pacific Ocean.

Foods used. Commonly consumed foods include tortillas, cornmeal, black beans, chard, carrots, peppers, pineapple, papaya, cheese, and chicken.

Fats/oils, seasonings, and sauces. Seasonings are mild and bean dishes are favorites.

Preparation techniques.

Dietary patterns. Some unusual dishes eaten in this area are fried iguana, boiled iguana eggs, and baked parrot.

Typical dishes.

- chuchitos (chicken tamales)
- fiambre (traditional, festive salad with greens, hard-boiled eggs, olives, asparagus, beef, pork, chicken, sausages, salami, cheese, and pacaya buds)
- horchata (icy milk drink flavored with cinnamon and vanilla)
- rellenitos de platano (fried plantains stuffed with black bean paste)

V.J. Honduran Cuisine

Influences and area. Honduras (43,277 square miles) is a small republic of Central America between Guatemala, El Salvador, Nicaragua, and the Caribbean Sea. Honduran cooking is similar to that of Mexico.

Foods used. Commonly consumed foods include maize, sorghum, beans, rice, potatoes, cassava, oranges, bananas, plantains, pineapple, meat, and cheese. Seafood is a specialty, including conch and sea turtle. Common beverages are coffee and beer. Cereal products are imported.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- sopa de pesce (hearty seafood soup)

V.K. Mexican Cuisine

Influences and area. Mexico (760,290 square miles) is the northernmost republic of Latin America bordered by the United States, the Gulf of Mexico, the Caribbean Sea, the Pacific Ocean, Guatemala, and Belize (British Honduras). Mexican cuisine is a blend of Spanish and Indian cuisines.

Foods used. Maize is the dietary mainstay. Commonly consumed foods include tortillas, beans, chili peppers, and tomatoes. Some cheese is used, but not much milk except that consumed by younger children. Small amounts of meat, chicken, and eggs are used. Beef, pork, and chicken are liked, but expensive and used infrequently. Goat meat is consumed. Sweets (candies and desserts) are widely consumed. Grain products include tortillas, corn, corn pudding, wheat, rice, and macaroni. Tortillas are dipped into stews and soups. Beans (pinto, calico, and garbanzo) are used at most meals. Beans may be mashed and fried in lard. Vegetables include green and red chili peppers, tomatoes, pumpkin, beets, peas, fried potatoes, squash, wild greens, sweet potatoes, string beans, turnips, chayotes, napalita (prickly pear cactus), and prickly squashes. Fruits include avocado, bananas, apples, oranges, apricots, and peaches. Avocado is a favorite fruit.

Fats/oils, seasonings, and sauces. Lard is the primary cooking fat. Sauces include mild to hot chili sauces, mole sauce, and guacamole.

Preparation techniques. Foods tend to be highly seasoned. Many foods are fried, e.g., refried beans, tortillas, meats, and vegetables.

Dietary patterns. Beverages include sweetened black coffee, hot chocolate, and pulque (an alcoholic beverage made from the sap of maguey plants).

Typical dishes.

- arroz con pollo (dish of chicken with rice, tomatoes, peas or asparagus, cooked together)
- atole (thick beverage made with masa and flavored with sugar, fruit, chocolate, and sometimes chili)
- burrito (warm, soft flour tortilla filled with spicy meats, beans, cheese, tomatoes, and/or green onions, topped with guacamole and sour cream)
- capirotada (bread pudding)
- carne de cerdo (dish of pork and corn)
- chicharoon (crisp-fried pork rind)
- chimichanga (a deep-fried burrito)
- chorizo (spicy sausage)
- crispito (corn tortilla tightly rolled and fried; used with dipping sauces)
- enchiladas (tortillas filled with meat and/or cheese and chilies, then rolled and served with sauce)
- fajita (warm, soft tortilla rolled with grilled spicy meats, chopped lettuce, tomatoes, green onions, grated cheeses, and topped with sour cream)
- flan (caramel custard)

- garnacha/picada/sope (small round of tortilla dough filled with a savory stuffing and cooked; an appetizer or entree)
- gorda (thick cake of maize dough and lard)
- gordita (dough of cornmeal and potato, flavored with cheese, fried in lard and served with ground pork and guacamole)
- guacamole (mashed avocado seasoned with lime juice, finely chopped onions, chopped tomatoes, and chilies)
- mole poblano (turkey with chili-chocolate sauce)
- mochomos (meat that has been cooked, shredded, then crisply fried)
- nachos (tortilla chips with melted cheese, topped with green chilies, chopped or sliced)
- panocha/penuche (fudgelike candy made of brown sugar, cream, and nuts; poured into a pan to cool, then cut in squares)
- panucho (small tortilla fried until puffed-up, filled with savory filling, then fried until crisp)
- papatzul (egg-stuffed tortilla with pumpkin seed)
- pozole/pasole (thick soup with chunks of ham, hominy, red chilies, and red beans topped with shredded lettuce and fried tortilla strips; served with salsa)
- punchero (one-pot dish of meats, vegetables, and legumes; the broth is served first, then the meats and vegetables)
- quesadilla (turnovers made by stuffing a tortilla with a savory filling and frying or browning)
- rajas (strips of poblano chili pods fried with onions and potatoes or tomatoes)
- sopaipilla (puffy fried bread)
- taco (crisp or soft tortilla folded around a filling, usually beef/chicken, cheese, lettuce, and tomato)
- tamale/tamal (highly seasoned meat filling rolled in cornmeal mush, wrapped in corn husks and steamed)
- taquitos (small tortillas with filling that are fried)
- tortilla (thin, unleavened pancake of ground, dried maize, baked on a griddle)
- tostada (open crisp-fried tortilla with meat and/or cheese, lettuce, tomato, guacamole, and salsa)
- uchepos (special corn tamales made in Michoacan, Mexico)
- yemitas de mi bisabuela (egg yolks, sherry, and syrup formed into balls and rolled in cinnamon sugar)
- zik de venado (shredded cooked venison served with onions, hot chili peppers, cilantro, and Seville oranges)

V.K.1. Tex-Mex Cuisine

Influences and area. Mexican foods prepared primarily in the southern border states (California, Arizona, New Mexico, and Texas) of the United States. These foods are very similar to the Mexican counterparts, but are somewhat adapted to suit local tastes and local ingredients. This cuisine is most commonly found in restaurants.

Foods used. Foods used include tortillas, beans, chili peppers, tomatoes, cheese, beef, and chicken.

Fats/oils, seasonings, and sauces. Chile peppers are used to

flavor dishes and to make hot sauces and salsas. Tex-Mex foods tend to be less spicy than the Mexican counterparts.

Preparation techniques.

Dietary patterns. Chips with salsa dip is a common appetizer.

Typical dishes.

- burritos
- enchiladas
- fajitas
- refried beans
- tacos
- tamales
- tostados

V.L. Nicaraguan Cuisine

Influences and area. Nicaragua (49,759 square miles) is the largest republic of Central America. It is bounded by Honduras, the Caribbean Sea, Costa Rica, and the Pacific Ocean.

Foods used. Commonly consumed foods include maize, sorghum, rice, beans, bananas, yucca, cassava, wheat, soybeans, peanuts, beef, pork, shrimp, lobsters, fish, and dairy products.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- caballo bayo (grilled strips of marinated beef)
- empanadas of ripe plantains stuffed with pork
- mondongo (tripe soup)
- pork tamales seasoned with sour orange juice and spices
- pork turnovers sprinkled with sugar
- salmon croquettes
- shrimp with jalapeno cream sauce
- whole red snapper, crisply pan-fired topped with tomato sauce

V.M. Panamanian Cuisine

Influences and area. Panama (33,659 square miles) is a republic in Central America. Because of its canal, Panama has a stronger foreign influence. It is bounded by the Caribbean Sea, the Pacific Ocean, Colombia, and Costa Rica. The people include American Indian groups, Spaniards, Africans, and North Americans.

Foods used. Commonly consumed foods include rice, maize, beans, plantain, oranges, bananas, tropical fruits, potatoes, yucca, tomatoes, other vegetables, beef, pork, chicken, eggs, fish, shrimp, and lobster. Coffee is the common beverage.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- sancocho (stew with pork, beef, ham, tomato, potato, squash, sausage, and green bananas)

V.N. Salvadoran Cuisine

Influences and area. El Salvador (8,098 square miles) is the smallest republic in central America. It is bounded by Guatemala, Honduras, and the Pacific Ocean. The people are American Indians and Spanish.

Foods used. Commonly consumed foods include maize, rice, millet, sorghum, hogs, beef, fish, wheat, crustacea, and mollusks. Coffee and beer are common beverages.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- pupusas (corn dough filled with meat, black beans, or cheese; small, thick cornmeal tortillas with a pork and/or cheese filling)
- turkey sandwiches on French bread with pickled vegetables

VI. Cuisine of Mid-Eastern Origin (Cuisine of Middle Eastern Origin)

Influences and area. Includes cuisines of Afghanistan, Algeria, Armenia, Azerbaijan, Bahrain, Egypt, Greece, Iran, Iraq, Israel, Jordan, Kuwait, Lebanon, Libya, Morocco, Oman, Pakistan, Qatar, Saudi Arabia, Sudan, Syria, Tunisia, Turkey, United Arab Emirates, and Yemen.

Foods used. Wheat is the dietary staple. Grains, legumes, and nuts include rice, bulgur, noodles, pita bread, toasted or ground chickpeas, lentils, chestnuts, peanuts, and hazelnuts. Vegetables include potatoes, tomatoes, green peppers, onions, eggplant, radishes, leeks, squash, okra, broccoli, spinach, peas, green beans, dandelions, cucumbers, artichokes, and cabbage. Fruits include melons, dates, figs, grapes, cherries, onions, raisins, and apricots. Dairy products include fermented milk, yogurt, and sour cream from goat, sheep and camel milk. Fish, chicken, eggs, lamb, mutton, and goat are consumed. In some areas, camel is consumed.

Fats/oils, seasonings, and sauces. Seasonings include parsley, mint, cardamon, fenugreek, and garlic. Sesame paste is a common sauce. Condiments include black olives, pickled vegetables, and sheep butter. Sweets include sugar, honey, molasses, and halvah. Olive oil and meat fat are used as cooking fats.

Preparation techniques. Lamb and mutton are typically barbecued or used in shisk kabobs and stews.

Dietary patterns. Candied fruits are used in rich desserts. Sweetened tea is the common beverage.

Typical dishes.

- baba ghanoush (eggplant puree flavored with lemon, olive oil, garlic, and crushed sesame seeds)
- baba rannouj (roast eggplant with tahini)
- baclava/baklava (sweet pastry made with phyllo dough, honey, nuts, and butter; usually cut into diamond shapes)

- basbousa (semolina baked in the oven, often with nuts, and steeped in syrup)
- bascoutou (sweet crackers)
- baskoot (biscuit, cookie)
- bourma
- colma
- falafel (chickpea patties mixed with herbs and spices, then fried)
- fatir (pancakes served with jam or honey)
- fatta (mutton stewed in broth with bread and rice)
- grape leaves stuffed w/ rice, bulgur, seasonings, and meat
- halwah/halvah (candy made of crushed sesame seeds, cooked chickpeas, and honey)
- hummus (paste of mashed chickpeas with lemon juice, garlic, and seasonings)
- imam bayildi (cold vegetable dish of sauteed eggplant, garlic, onions, tomatoes, and parsley)
- kabab (small slices of meat, usually lamb, grilled or braised on skewers; may be served with sliced onions and parsley)
- katech/Persian-style rice (boiled rice cooked with a crust)
- kibbi (baked minced meat with cracked wheat and spices)
- kishk (yogurt and crushed wheat fermented together, dried, and ground)
- kmaj (round, flat bread with a pocket; used for sandwiches and dips)
- kunafa (fine-spun pastry stuffed with nuts)
- kushary (macaroni or rice with noodles, lentils, fried onion, and a hot tomato sauce)
- marquq (very thin, round, flat bread, rolled like Italian pizza dough)
- merga (stock of mutton and/or chicken, strongly spiced; drunk when the weather is very cold or when a person is sick)
- m'habia (cake made of milk, semolina, pistachio nuts, walnuts, and pine nuts)
- m'hamsa (soup with pasta and tomatoes)
- mihli (assorted sweets made with phyllo)
- mihshi (stuffed meats or vegetables)
- mnaqish (flat tarts)
- mnazli (dishes made with eggplant as the basic ingredients)
- mulukhiyya (vegetable soup with rice and meat)
- pita bread (round, flat bread slit open to form a pocket; used with varieties of fillings)
- qatayif (tiny pancakes layered with nuts, syrup, and cream)
- saj (paper-thin bread baked over a metal dome on an open fire)
- sambusik (nut cookie; nut moons)
- tabbuli/tabouleh/tabbouleh (dish of burghul (crushed wheat), chopped tomatoes, onion, mint, parsley, lemon juice, olive oil, cinnamon, pepper; served with grape leaves, romaine, or lettuce)
- tadjin helou (delicate stew of beef and mutton, vegetables, dried prunes or raisins, and quinces; covered with pie pastry)

- and baked in the oven)
- tahina (pureed chickpeas mixed with sesame paste)
 - tahini (heavy sesame oil made by crushing raw sesame seeds)
 - turnovers with meat or cheese
 - vegetables seasoned and fried in olive oil
 - yakhni (stews made with potatoes as the main ingredient)

VI.A. Afghan Cuisine

Influences and area. Afghanistan (251,823 square miles) is located in south central Asia and is bounded by the former Soviet Union, Iran, and Pakistan. It is the crossroads of trade and cultural exchange.

Foods used. Wheat is the staple food. Other commonly consumed foods are barley, rice, maize, millet, pulses, vegetables, sesame, many fruits, nuts, sheep, beef, and goat.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- bulanee kachulu (stuffed, fried pastry filled with ground beef and potato)
- firnee (chilled pudding with almonds and pistachios)
- kebaba with chicken, lamb, beef, onions, green peppers, and tomatoes
- quabili pallow (chunks of lamb with curry sauce with brown rice, raisins and carrot strips)
- sabsi (spinach, garlic, onions, and butter)

VI.B. Algerian/Moroccan/Tunisian Cuisine

Influences and area. The cuisine of Algeria (896,592 square miles), Morocco (177,117 square miles), and Tunisia (63,378 square miles) is influenced by Mid-Eastern and French cuisines and by the Mediterranean Sea. These three countries are located in the northwest corner of Africa. Algeria is bordered by Tunisia, Libya, Morocco, the Mediterranean Sea, Niger, Mali, and Mauritania. Tunisia is bordered by Algeria, Libya, and the Mediterranean Sea. Morocco is bordered by Algeria, Western Sahara, the North Atlantic Ocean, and the Mediterranean Sea. The northernmost tip of Morocco is separated from Spain by the Strait of Gibraltar. The cuisine of Algeria is especially influenced by the French.

Foods used. Wheat is the dietary staple. Grains, legumes, and nuts include wheat, semolina, pita bread, French Baguettes (in Algeria), pasta, chickpeas, and almonds. Vegetables include carrots, celery, turnips, zucchini, cauliflower, eggplant, green peppers, potatoes, pumpkin, and okra. Fruits include oranges, peaches, apricots, and grapes. Buttermilk and butter are consumed. Bass, other fish, chicken, eggs, lamb, sausage, and sheep are consumed.

Fats/oils, seasonings, and sauces. Hot red pepper is a common spice. Condiments include pickled and preserved lemons, olives, and hot red peppers.

Preparation techniques.

Dietary patterns. Desserts include baklava and sugared dates stuffed with pistachio paste. Beverages include lemonade, green tea with sugar and mint, and wine (for nonmuslims). Foods are highly spiced, even those given to infants. A typical dish is a grain (couscous, wheat, or semolina) in a serving dish topped with vegetables, stewed chicken or meat, green peppers, potatoes, hard-boiled eggs, pumpkin, carrots, chickpeas, okra, and hot sauce. The individuals sit in a circle around the platter and eat with their fingers.

Typical dishes.

- bastilla (rich, flaky pie filled with sweet and savory mixture of ground chicken, nuts, and eggs)
- chicken with lemons and olives
- deep-fried pastry turnovers stuffed with fish or meat and egg
- sausage with hot red pepper, cumin, and salt
- sugared dates stuffed with pistachio paste

VI.B.1. Moroccan Cuisine

Influences and area. Morocco (177,117 square miles) is a country in northwest Africa lying along the Mediterranean and Atlantic coasts and bordered by Algeria and the Spanish Sahara.

Foods used. Common used are barley, wheat, oranges, tangerines, olives, maize (corn), tomatoes, grapes, broad beans, chickpeas, potatoes, watermelon, milk, sheep, cattle, and fish.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- bastilla (chicken, nut, egg filling with sugar-dusted phyllo pastry)
- chicken/lamb flavored with hot sauce, onions, chickpeas, & chrittha djadj lemon, and olives
- couscous
- cucumber, eggplant, potato salad
- lamb with honey and almonds
- tomato lentil soup

- *Mefta* (highly spiced ground mutton balls, poached in water, reheated in tomato sauce in earthenware "tagine")

- *tagine* (braised mutton, or other meat, vegetables, spices in traditional earthenware "tagine" pot with conical cover)

- *harira* (soup of chicken, beans, tomatoes, eggs)

VI.C. Armenian Cuisine

Influences and area. Armenia (11,500 square miles) is on the southern flanks of the Caucasus Mountains where Europe and Asia meet. It is bounded by Georgia, Azerbaijan, Turkey, and Iran.

Foods used. Commonly consumed foods include beef, potatoes, peaches, apricots, apples, cherries, mazzards, pears, walnuts, hazelnuts, almonds, pomegranates, figs, sheep, pork, poultry, and milk.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

Algeria { *couscous*
chorba (soup of mutton, chickpeas, tomato; traditionally eaten after Ramadan fasting)

VI.D. Azerbaijani Cuisine

Influences and area. Azerbaijan (42,765 square miles) is bounded by the Aras River, Turkey, and Iraq

Foods used. Sheep are commonly consumed

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical Dishes.

- eggplant puree with yogurt
- grape leaves stuffed with beef, rice, and beans
- kebabs with saffron flavored basmati rice
- kufteh azari (ground beef, rice, split peas, herbs, walnuts, apricots, and hard-cooked eggs)
- legume soup with mint

VI.E. Egyptian Cuisine

Influences and area. Egypt (386,900 square miles) is a country in northeast Africa bounded by the Mediterranean Sea, Israel, the gulf of Aqabia, the Red Sea, the Sudan, and Libya. Egyptian cuisine is influenced by African cuisine and by the Mediterranean and Red Seas.

Foods used. Wheat is the dietary staple. Grains and legumes include bread, helba (a grain), beans, and chickpeas.

Vegetables include eggplant and grape leaves. Fruits include dates, figs, bananas, limes, oranges, and mangos. Cheese and yogurt are consumed. Fish, chicken, lamb, and goat are consumed.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Typical dishes.

Desserts include:

- baklava
- halva

A typical dish is:

- ful medames (cooked brown beans with a wide variety of seasonings; Egypt's national dish)

VI.F. Greek Cuisine

Influences and area. Greece (50,147 square miles) is a country of southeast Europe occupying the extremities of the Balkan Peninsula and the majority of the islands of the Aegean Sea. It is bounded by Albania, Yugoslavia, Bulgaria, and Turkey.

Foods used. Dietary mainstays include wheat, bread, fruit, and lamb. Bread is made of wheat, but may also contain barley, rye, and oats. Corn and rice are used as well. Legumes (white beans, peas, lentils, and chickpeas) are very much used by lower-income groups. Common vegetables include green beans, peas, cabbage, cauliflower, cucumbers, eggplant, spinach, okra, onions, peppers, summer squash, tomatoes, and carrots. Fruits include apricots, cherries, dates, figs, grapes, melons, pears, plums, and quinces. Cheese from cow, goat, and sheep milk are consumed. Fish are well liked including carborini and petalia.

Poultry and eggs are consumed. Lamb is the most popular meat. Pork is used in northern Greece. Organ meats are consumed. Fats/oils, seasonings, and sauces. The most common seasoning and cooking oil is olive oil. Condiments include black olives and pickled relishes. Yogurt with diced cucumber is a popular sauce. Commonly used sauces include crema (a bechamel or white sauce), avgolemono (egg-lemon sauce), skordalia (garlic sauce), horseradish sauce (served with seafood or meats), theosmos salsa (mint sauce), mustard sauce, wine mustard, honey mustard, saltsa tomata (tomato sauce), and tatziki (yogurt and cucumber sauce). Dressings include blue cheese, dill, feta, honey lemon, honey rum, latho lemono (oil and lemon), and lathoxitho (oil and vinegar). Preserves and jams made of cherries (veseeno), figs (seeko glyko), and rose petals (triantafillo glyko) are common.

Preparation techniques. Mixtures of vegetables may be baked (plaki), stewed (yiahne), or fried (teganetes).

Dietary patterns. Kota riganato (baked chicken oregano) is traditionally served on Sunday with potatoes, pilaf, or pasta and a salad. Desserts include custard (crema), caramel custard (crema caramela), kataifi custard (kataefee crema), custard pie (falatobourreko), baked halva (halva tou forno), baklava, grape juice pudding (moustalevia), rice pudding (rizogalo), and various pastries (cakes, cookies, nut strudels).

Typical dishes.

- ahlathakia amigthalota (almond pear dessert)
- angouria yemesta (cucumbers stuffed with feta cheese)
- angouro yaourto salata (cucumber yogurt salad)
- avgolemono soupa (egg-lemon soup)
- dolmathakia/yaprakia (grapevine leaves stuffed with rice, onions, parsley, and spices)
- dolmathes (cabbage leaves stuffed with onion, ground meat, spices, and sauce)
- domatorizo (tomato and rice dish)
- faki (lentil soup)
- fassoulatha (bean soup)
- fassolia salata (bean salad)
- fava (split pea puree)
- feta patosalata (feta potato salad)
- fetherizo (noodle and rice pilaf dish)
- finikia/melomacaroni (honey dipped cookies)
- gabrew halva (pastry made of cornstarch, masticha, sugar, and pignola nuts or almonds)
- garithes (shrimp dip)
- geouvetstee/kapama - braised meat with pasta and tomato sauce)
- glyko rolous (sweetened fruit peel rolls, usually orange or grapefruit peel)
- gogilion (turnip casserole with carrots, breadcrumbs, peas, and white sauce)
- gouvarlakia (meatball soup)
- horreatteke/salata exohico (country type Greek salad with

- cucumbers, green pepper, onions, tomatoes spices, and feta)
- imam baildi/bayeldi (suffed eggplant stewed in tomatoes)
- katemeyea (cheese fried pies)
- kavourosalata (crab dip)
- keftethakia (meatballs)
- keftethes (patties made of vegetables, egg, parmesan cheese, breadcrumbs, and spices)
- keftethes me kromethia (ground meat patties with chopped onion, red wine, and spices)
- kema saltsa (tomato and meat sauce used with pasta or rice)
- kokenorezes/pantazaria skordalia (beet salad)
- kota yemeste (chichen stuffed with artichokes)
- koulourakia (various types of cookies)
- kourabiedes (crescent shaped, crisp cookie flavored with almond and anisette)
- kreatopita (meat pie wrapped in phyllo dough)
- kromethopeta (onion pie)
- lahano dolmathes (cabbage stuffed with mushrooms)
- lahanopeta (cabbage pie with meat, vegetables, and rice)
- lahanorizo (dish of onion, cabbage, rice, parsley, and spices)
- legumes cooked with onions, tomatoes, celery, and carrots
- loukoumathes (honey puff candy/dessert)
- mayeritsa (Easter soup made of the inner parts of the Easter lamb, onions, parsley, dill, and rice)
- me keythonia (spaghetti with clam sauce)
- meltsanes salata (eggplant salad)
- meltsanosalata (eggplant dip)
- mousaka me macaronatha (eggplant with macaroni)
- moussaka/mousaka (dish of eggplant, lamb, tomatoes, and white sauce)
- pastichio (baked macaroni and meat pie)
- patates glekes psites (sweet potato casserole)
- peta moogeesthra (ricotta strudel pie)
- psaro soupa (fish soup)
- psare yemisto (fish stuffed with celery, green onion, onion, tomato sauce, rice, and spices)
- revethia (garbanzo dip; chick pea soup)
- salads with chopped vegetables with oil, lemon, and vinegar
- sfogato (eggplant souffle)
- solomosme tsatziki (salmon steak with cucumber dressing)
- soupa vothene (vegetable beef soup)
- souvlakia (meat marinated in olive oil, lemon juice, and herbs, then grilled)
- souzoukakia (meatballs with a tomato sauce)
- spanakopita (spinach cheese pie)
- spanakorizo (spinach and rice dish)
- taramosalata (pureed mixture of pink fish roe, bread, milk, olive oil, lemon juice, and garlic; served with crusty bread)
- tiropita (cheese peta)
- tiropetakia (cheese triangles made with phyllo dough)
- vegetables cooked in meat broth and seasoned with onions,

- tomato paste, olive oil, and parsley
- yaourte (yogurt dip)
- yemesta (stuffed vegetables; green peppers, tomatoes, yellow squash, acorn squash, zucchini, or eggplant are stuffed with a mixture of rice, raisins, pine nuts, tomato sauce, and spices)

VI.G. Lebanese Cuisine

Influences and area. Lebanon (3,950 square miles) is an Arab republic in southwest Asia on the eastern shore of the Mediterranean Sea. It is bounded by Syria and Israel.

Foods used. Commonly consumed grains are pita bread, wheat, and rice. Legumes (chickpeas, lentils, and fava beans) are common in all social classes. Fruits include bananas, citrus fruit (oranges, tangerines, clemintines, sweet oranges), grapes, figs, dates, peaches, apricots, plums, cherries, strawberries, blackberries, melons, persimmons, loquats, apples, and pears. Also common are olives, almonds, pignon nuts, and pistachio nuts. Vegetables include eggplant, okra, green beans, cabbage, cauliflower, peas, cucumbers, spinach, squash, tomatoes, and onions. Garlic is widely used. Dairy products include yogurt, drained yogurt (lasneh), and cheeses from cow and goat milk. Animal flesh includes lamb, beef, chicken, and fish. Organ meats are considered a delicacy.

Fats/oils, seasonings, and sauces. Olive oil is the main seasoning and cooking oil. It is used in salads and with dips. Condiments include black and green olives and pickled cucumbers, turnips, and eggplant. Many varieties of preserves are used such as strawberry, apricot, date, fig, and rose petal.

Preparation techniques.

Dietary patterns. The usual alcoholic beverage is arak and is made from anise.

Typical foods.

- baklava made with ground almonds, pistachios, pignons, or walnuts
- chawarma (pita filled with grilled beef or chicken, sesame sauce, parsley, and onion)
- eggplant dip (ground eggplant with tahini, garlic, and lemon juice)
- grape leaves stuffed with zucchini, eggplant, rice, and ground meat
- hummus (ground chickpeas with tahini, garlic, and lemon juice; usually eaten with pita bread)
- kibbeh (ground lamb with wheat, onions, and pignon nuts; eaten raw, fried in balls, or in 2 layers with the filling in between)
- manakich (thyme, sesmae, and olive oil mix baked on a pita dough)
- tabbouleh (cracked wheat with finely chopped parsley, mint, onion, tomato, lemon juice, and olive oil; served cold)
- vegetable dishes of onion, garlic, tomatoes, and meat served

with rice

VI.H. Pakistani Cuisine

Influences and area. West Pakistan in Southern Asia is bounded by Iran, Afghanistan, the former Soviet Union, China, India, and the Arabian Sea. East Pakistan is now Bangladesh. West Pakistan is a mixture of racial groups; it is the home of the Muslims who moved from India. The cuisine is mostly mid-eastern with a strong Persian influence.

Foods used. Common foods include wheat, rice, and buffalo milk. The fishing industry in Karachi produces lobster and shellfish.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

VI.I. Persian Cuisine

Influences and area. Iran (636,296 square miles) is in southwest Asia bounded by the former Soviet Union, the Caspian Sea, Turkey, Iraq, the Persian Gulf, the Gulf of Oman, Pakistan, and Afghanistan.

Foods used. The main grains and grain products are rice, flat breads (e.g., pita bread), and noodles. Meats such as beef, lamb, and chicken are typically roasted over coals or on kakobs. Salads are common. Fruits and vegetables are widely consumed including eggplant, onions, tomatoes, spinach, and cucumbers. Yogurt is a common dairy product.

Fats/oils, seasonings, and sauces. Flavorings include garlic, mint, and cinnamon.

Preparation techniques.

Dietary patterns.

Typical dishes.

- ash-e-reshteh (soup of legumes, noodles, yogurt, and mint)
- bean soup with noodles and spinach
- chopped cucumber, onion, tomatoes, and parsley
- kashk-e-bademjam (eggplant pureed w/ onions and sour cream and seasoned with mint)
- yogurt with chopped cucumber, onions, or shallots

VI.I.1. Parsi (Farsi) Cuisine

Influences and area. Cuisine of the Parsis who fled Persia during the 7th century to escape religious persecution and found refuge in the western Indian states of Gujarat and Bombay. The cooking is primarily Iranian with Indian influences and traces of Portuguese and English influence.

Foods used. Common used are rice, okra, tomatoes, green peppers, zucchini, potatoes, green beans, onions, spinach, lentils, peas, beans, chilies, eggs, chicken, shrimp, and fish (sole, salmon, flounder, haddock, cod, and sea bass).

Fats/oils, seasonings, and sauces. Chili dishes are balanced

with sugar to produce a sweetish-hot flavor. Two spice blends are used to create Parsi dishes. One is dhanshak masala which contains a highly aromatic blend of about 18 ground spices and is used to flavor lentil dishes. The other is a blend of garlic, ginger, cumin, and chilies that is used as the base for most Parsi sauces.

Preparation techniques.

Dietary patterns. Dhanshak is traditionally served at Sunday supper with brown rice prepared by cooking white rice with caramel-browned onions)

Typical dishes.

- akoori (okra, tomato, green peppers, zucchini, potatoes, green beans and spinach with beaten eggs and seasonings
- dhanshak (a stew of lentils, peas, beans, squash, tomatoes, eggplant, onions, ginger, mint, cilantro, cumin, fennel, chilies, and meat or chicken)
- fish-nu-sas (mild, creamy curry)
- patia (hot shrimp curry)
- patra-ni-machi (fillets of sole, salmon, flounder, haddock, cod or sea bass with herb salsa of cilantro, mint, green chilies, lemon juice and coconut, wrapped in banana leaves and steamed)
- polav or biriyani (meat folded into layers of differently seasoned rice, caramelized onion shreds, nuts, and dried fruits)

VI.J. Turkish Cuisine

Influences and area. Turkey (301,380 square miles) is partly in Europe and partly in the mid-east. It is bounded by Iran, the former Soviet Union, Iraq, Syria, Greece, Bulgaria, and Black Sea, and the Mediterranean Sea.

Foods used. Commonly consumed foods include wheat, barley, pulses, potatoes, grapes, citrus and other fruits, olives, hazelnuts, beef, sheep, goat, and fish. Tea is a common beverage.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- pilaf/pilau/pilaw (dish made of seasoned rice, served with meat, poultry, or shellfish)
- sanbusak (thin yeast dough turnover filled with minced meat, pine nuts, onions, and cinnamon)

VII. Cuisine of Native American Origin

Influences and area. Native American cuisines vary with geographical location and are based on the locally available plants, game, and fish.

Food used.

Fats/oils, seasonings, and sauces.

Preparation techniques. Native foods are not commercially processed or preserved; however, Native peoples may have access

to commercial products. Native foods may be cooked on open fires or in outdoor ovens.

Dietary patterns.

Typical dishes.

VII.A. American Indian Cuisine

Influences and area.

Foods used. The native and traditional foods of American Indians include foods that are typically gathered or hunted such as venison, whale, crawdads, pinon nuts, wild lettuce, and possum berries; foods that are tribally cultivated or locally grown such as corn, pumpkin, and melons; and foods with a long-established history of consumption such as fry bread, oven bread, and posole.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

VII.A.1. Eastern American Indian Cuisine

Influences and area. Cuisine of the Iroquois, Cayuga, Seneca, Onondaga, and Mohawk of New York and Pennsylvania. These people were originally woodsmen.

Foods used. Grain products include corn dumplings, Boston brown bread, and wild rice. Legumes and nuts include dried beans, Boston baked beans, and sunflower seeds. Vegetables include seaweed, green corn, corn, pumpkin, salad greens, squash, leeks, and potatoes. Fruits include wild cherries and applesauce. Animal flesh includes clam, lobster, smoked eel, wild duck, and game.

Fats/oils, seasonings, and sauces. Plum jam is used as a condiment.

Preparation techniques. Fish, shellfish, and seaweed are cooked in sand pits. Dinners are steamed in earthen pits.

Dietary patterns. The one full meal of the day is consumed at brunch. Gruel or hominy is eaten in the morning and/or evening.

Typical dishes.

- clambake
- clam chowder
- codfish balls
- corn soup with eels and fish
- cranberry pudding
- hazelnut cake
- pumpkin soup
- stews

VII.A.2. Pacific Northwest American Indian Cuisine

Influences and area. Cuisine of the Tlingit, Salish, Kwakiutl, Bella Coola, and [Susquehannas] which occupy the Neah Bay and Yakima reservations of Washington, the Hupa of Northern California, and the Saxman Indian Village of Alaska. These

people are fishermen, and seafood is the dietary mainstay. Nuts include acorns and hazelnuts. Vegetables include boiled camass root, wild carrots, potatoes, wild salad greens, beets, turnips, and spinach. Kelp and other types of seaweed are consumed. Fruits include huckleberries, blackberries, raspberries, wild strawberries, blackcaps, salmonberries, blueberries, and cranberries. Seafood includes whale, halibut, flounder, herring, sole, sturgeon, red caviar, smelt, cod, olachen, seal, otter, clams, crabs, mussels, barnacles, five species of salmon, and octopus. Also consumed are duck, geese, gulls, eggs of seafoal, pheasant, plover, lark, deer, elk, bear, and wild goats.

Fats/oils, seasonings, and sauces.

Preparation techniques. Fish are steamed, broiled, simmered, or smoked.

Dietary patterns.

Typical dishes.

- salmon cakes
- blueberry/cranberry fritters

VII.A.3. Plains American Indian Cuisine

Influences and area. Cuisine of the Blackfoot, Sioux, Dakota, Cheyenne, Comanche, Osage, Mandan, Kiowa, and Wichita Indians from west of the Mississippi. These people are primarily wandering hunters and foragers; some are farmers.

Foods used. Grain products include wild rice, dumplings, cornmeal, squawbread (round, flat loaves), popcorn, and johnny cakes. Vegetables include roasted corn, tomatoes, squash, roots, wild greens, cabbage, potatoes, mushrooms, cucumbers, carrots, mustard greens, beets, onions, and nasturtium leaves. Buffaloberries (similar to cranberries) are consumed. Animal products include trout, turtle, turtle eggs, fowl eggs, game birds and eggs, buffalo, venison, rabbit, and jerky.

Fats/oils, seasonings, and sauces.

Preparation techniques. Meats are roasted or broiled over the campfire. Roots are stone-boiled or hot ashed.

Dietary patterns.

Typical dishes.

- corn chowder
- dumplings
- jerky
- pemmican (dried meat product made of lean meat pounded fine, mixed with melted fat and buffaloberries, flour, molasses, and suet; pressed into cakes)
- soups of ribs and joints
- squawbread (round, flat loaves)
- stews of shanks and briskets
- wajapi

VII.A.3.a. Washoe Cuisine

Influences and area. The Washoe are located in Northern Nevada.

Foods used. The Washoe consume deer, rabbit, ground hog, lake trout, mountain trout, and antelope. Pine nuts and acorns are commonly used. Fruits and vegetables include chokeberries, yahmpa, wild asparagus, tule, buckberry, elderberry, Indian potato, sand dock, and wild onion. Fry bread is also consumed.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

VII.A.3.b. Northeast Oklahoma Indian Cuisine

Influences and area. The area is Northeast Oklahoma.

Foods used. The Indians who live here consume wild duck, wild geese, venison, elk, squirrel, antelope, grouse, pheasant, wild turkey, crawdads, organ meats, soft shell turtles, eels, snapping turtles, gar, bullfrogs, catfish, sunfish, and sand bass. Fruits and vegetables include wild chokeberries, wild plums, wild cherries, wild berries, huckleberries, blackberries, rosehips, fresh fruit, hominy, corn, cochani, wild onions, fried poke weed stalks, poke weed, lamb's quarters, wild lettuce, persimmons, bean vine, dandelion greens, and mushrooms (morales and hen of the woods). Grain products include fry bread, cornbread, bean bread, and crackling cornbread.

Fats/oils, seasonings, and sauces. Spicewood and sassafras teas are common beverages. Elderberry jelly is a common sweet.

Preparation techniques.

Dietary patterns.

Typical dishes.

- canutchie
- chitterlings
- dog heads (a grain product)
- Indian tacos
- lye dumplings
- possum grape dumplings
- sheep shower dumplings

VII.A.4. Southern American Indian Cuisine

Influences and area. Cuisine of the Powhatan, Creek, Cherokee, Seminole, and Choctaw Indians from Florida, Georgia, North Carolina, and Virginia. These people are typically planters.

Foods used. Grain products include cornbread, corn pudding, cornpone, hominy, and hominy grits. Nuts include hickory nuts, pecans, and roasted peanuts. Vegetables include pumpkin, squash, corn, green beans, yams, succotash, fried green tomatoes, jerusalem artichokes, and turnip greens. Fruits include blackberries, wild strawberries, and persimmons. Animal flesh includes oysters, shrimp, crabs, flounder, whitefish, drum, trout, game birds, turkey, beef, pork, and venison.

Fats/oils, seasonings, and sauces. Sassafras and wild mint are used as seasonings.

Preparation techniques.Dietary patterns.Typical dishes.

- Brunswick stew (chicken or squirrel, celery, potatoes, onions, corn, and lima beans)
- peanut soup
- roasted corn
- shrimp and okra stew
- spit-roasted game birds
- stews of venison, squirrel, and rabbit
- yams baked in ashes

VII.A.5. Southwest American Indian Cuisine

Influences and area. Cuisine of the Pueblo, Hopi, Zuni, Navajo, Papago, and Jemez Indians from Arizona and New Mexico. These people are primarily gardeners, gatherers, and shepherders.

Foods used. Grain products include cornmeal, cornmeal mush, hominy, adobe bread made with potato, corn, and tortillas. White corn is used for gruel and breads. Yellow sweet corn is roasted and eaten. Blue and red corn is used for pastel colored pastry. About 12 varieties of beans are consumed including black, white, and pinto. Vegetables include chili peppers, corn, gourds, garlic, squash, onion, baked carrots, toasted green peppers, squash, lima beans, wild roots, grasses and seeds, cactus, pumpkin, potatoes, fried squash blossoms, marinated cucumbers, and tomatoes. Fruits include melons, peaches, apricots, and avocados. Meats include braised lamb shanks, tripe, and roast pork.

Fats/oils, seasonings, and sauces. Sauces are made from tomatoes. Condiments include barbecue sauce, pollen, and sugar.

Preparation techniques. Frying and boiling are the most common cooking methods. Some breads are baked hornos (beehive-shaped, outdoor ovens) and some foods such as meats are roasted over or in hot coals. Stew cooking is a specialty of this cuisine. Recipe cooking is relatively rare.

Dietary patterns. Pinon soup and black bean soup are common.

Typical dishes.

- black bean soup
- breads baked in hornos
- chili
- fry bread (sweetened or unsweetened deep-fried dough)
- goat/lamb stew with green peppers and hominy
- green chili stew
- guacamole
- isleta bread (bread shaped like a bear's claw; a Pueblo Indian product)
- pinon soup
- stew (chunks of goat or lamb with green peppers and hominy)
- tamales

VII.A.5.a. Apache (San Carlos and White Mountain) Cuisine
Influences and area.

Foods used. Animal products include dried meat jerky, organ meats (hearts, livers, marrow, and intestines), venison, and fish such as trout. Nuts and seeds include acorns, pinons, and sunflower seeds. Fruits and vegetables include dried beans, corn, melons, squash, pumpkin, Indian spinach, chokeberries, and wild fruit. Grain products include flour tortillas, ash baked flour bread, fry bread, and fried blue cornmeal.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns. Sweets include Indian pie and Indian pudding.

Typical dishes.

- tamales

VII.A.5.b. Apache (Mescalero) Cuisine
Influences and area.

Foods used. Animal foods include fresh and dried venison and elk, bone marrow, and chorizo. Fruits and vegetables include onions, tomatoes, chili peppers (fresh and dried), squash, asparagus, melons, Indian bananas, mesquite beans, mescal fruit, elder berries, chokeberries, sumac berries, and pinto beans. Pinon nuts and wild walnuts are consumed. Grain products include fry bread, tortillas, and oven bread.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- chili
 - enchiladas
 - soups
 - stews
 - tacos
 - tamales

VII.A.5.c. Hopi Cuisine

Influences and area. The Hopi are the westernmost group of Pueblo Indians in northeast Arizona in the midst of the Navajo reservation and on the edge of the Painted Desert. The support themselves by farming and shepherding. Some have settlements on high mesas.

Foods used. Commonly consumed foods are dried beans, organ meats (liver, heart, and kidney), pinon nuts, corn, parched hominy, wild spinach, chili peppers (fresh and dried), squash, and pumpkin. Grain products include thick biscuits, tortillas, fry bread, piki rolls, and blue cornmeal balls.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- blue cornmeal pudding

- danuvike (cornbread)
- Hopi omelet
- soomvike (blue cornmeal dumplings)
- tamales

VII.A.5.d. Navajo Cuisine

Influences and area. The Navajos are found in northwest New Mexico, northeast Arizona, and southeast Utah. Their reservations cover about 24,000 square miles.

Foods used. Meat products include mutton, blood sausage, and organ meats (liver, intestines, and heart). Fruits and vegetables include corn, hominy, green chili, squash, sumac berries, wild bananas, wolf berries, wild onions, and dried beans. Pinon nuts are common. Grain products include fry bread, tortillas, kneel-down bread, and blue cornmeal bread, dumplings, and mush.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns. Blue cornmeal is considered a "strong" food and is consumed to help regain strength. Religious beliefs or ceremonial instruction may result in refusal of fish, eggs, and chicken. Culinary ash and gray clay are consumed. Beverages include Navajo tea and Mormon tea. Two desserts are Navajo cake and sumac pudding.

Typical dishes.

VII.A.5.e. Tohono O'Odham Cuisine

Influences and area.

Foods used. Fruits and vegetables include dried beans, corn, melons, cholla buds, chili peppers (fresh and dried), squash, and pumpkin. Grain products include flour tortillas, fry bread, pinole, and cornbread. Chorizo is commonly consumed.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- chili
- enchiladas
- garbanzo beans with meat
- Indian pie
- menudo
- tamales

VII.A.5.f. Pima Cuisine

Influences and area. The Pima Indians live along the Gila and Salt Rivers in Arizona. They are primarily farmers and hunters.

Foods used. Meats include chorizo and liver. Jackrabbits may be consumed. Fruits and vegetables include corn, melon, Indian spinach, chili peppers (fresh and dried), squash, mesquite beans, lemons with salt, and dried beans (pinto, lima, and black-eyed peas). Sunflower seeds are common. Grain products

include flour tortillas, fry bread, and pinole.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

- enchiladas
- menudo
- tacos
- tamales

VII.A.5.g. Pueblo (Tewas and Keresans) Cuisine

Influences and area. The eastern Pueblo Indians live in New Mexico along the Rio Grande. The western Pueblo include the Hopi in Arizona and the Zuni, Acoma, and Laguna in western New Mexico. They are primarily farmers. Some hunting is done.

Foods used. Animal products include dried meat (jerky), venison, elk, organ meats, rabbit, fish, wild fowl (robins, ducks, turkeys), prairie dogs, tortoises, squirrels, and antelope. Fruits and vegetables include melons, corn, squash, pumpkin, red and green chili peppers (fresh and dried), mushrooms, toadstools, wild onions, wild plums, cilantro, celery, spinach, dried fruits, dried beans, and wild asparagus. Nuts and seeds include pinon nuts, pumpkin seeds, and sunflower seeds. Grain products include oven-baked bread, flour and corn tortillas (white and blue corn), cornbread, cornmeal mush, fry bread, posole, parched corn, atole, blue and white cornmeal, piki, sweet wheat bread, and sweetened rice.

Fats/oils, seasonings, and sauces. Various herbs are used.

Sugar cane is used.

Preparation techniques.

Dietary patterns. Beverages include Indian tea and berry juice.

Typical dishes.

- blue corn dumpling stew
- burritos
- enchiladas
- fried peas
- pork rinds in cooked pinto beans
- sprouted wheat pudding
- stewed dried fruit
- tamales

VII.B. Eskimo Cuisine

Influences and area. Eskimos are found in Alaska, Canada, and Greenland.

Foods used. Animal products are the dietary mainstays. Some foods are brought in during the summer including oatmeal, cornmeal, macaroni, cookies, crackers, coffee, canned milk, and other canned foods. Vegetables include greens (sourdock, willow leaves, wild rhubarb, marsh, marigold, and sea purslane), and mashee (Eskimo potato). Roots are gathered in the summer and stored for winter use. Wild berries

(cloudbberries, low bush cranberries, and blueberries) are consumed. Animal products include fish (cooked or raw), duck, goose, northern grouse, bird eggs, moose, caribou, rabbit, mink, marten, otter, lynx, fox, beaver, muskrat, porcupine, and black bear.

Fats/oils, seasonings, and sauces.

Preparation techniques. Some meat and fish are preserved by drying.

Dietary patterns.

Typical dishes.

VII.B.1. Alaskan, Barrow Region Cuisine

Influences and area.

Foods used. Alaskan Natives of the Barrow Region consume primarily animal products such as caribou, whale, seal, duck, goose, wild bird eggs, fish, and walrus. Pilot bread is one common grain product.

Fats/oils, seasonings, and sauces. Fats include seal oil, whale oil, and muktuk (whale blubber).

Preparation techniques.

Dietary patterns.

Typical dishes.

- agutak (Eskimo ice cream) with fruit or meat
- caribou roasted or fried
- caribou soup with rice and onion
- eider duck
- goose soup or roasted meal
- oogruk (bearded seal) boiled or dried
- salmon fried or baked
- salmon soup
- seal meat boiled
- walrus boiled or dried
- whale flipper frozen and raw
- whale meat boiled or fried
- whitefish, frozen and eaten raw or salted and dried
- wild bird eggs, cooked

VII.B.2. Alaskan, Kotzebue Region Cuisine

Influences and area.

Foods used. Alaskan Natives of the Kotzebue Region consume primarily animal foods (caribou, moose, reindeer, seal, fish, bear, ptarmigan, wild duck, and seagull eggs). The organ meats and marrow of reindeers are consumed as are the organ meats, blubber, and flippers of oogruk (seal). Fish include salmon, sheefish, trout, whitefish, pike, tom cod, and herring. Fish may be half-dried and cooked or frozen. Fruits and vegetables include blueberries, blackberries, cranberries, salmon berries, melons, sourdock, sura (young willow leaves), masru (Eskimo potato), and onions. Grain products include sailor boy crackers, pilot bread, and doughnuts similar to fry bread.

Fats/oils, seasonings, and sauces. Fats include seal oil and muktuk (whale blubber).

Preparation techniques.Dietary patterns.Typical dishes.

- agutak (Eskimo ice cream) with berries or fish
- berry flour pudding
- dried meat and fish

VII.B.3. Alaskan, Yukon Kuskokwim River Delta Region Cuisine Influences and area. The people of the Yukon Kuskokwim River delta rely heavily on the subsistence foods used traditionally by their ancestors.

Foods used. Fish, birds, and game meats are the basis of the diet. Meats include moose, beaver, seal, ptarmigan, duck, goose, swan, loon, wild rabbit, mink, muskrat, crane, beluga (large white dolphin), walrus, clams, and sausage. Chicken and duck eggs are used. Fish include salmon (king, chum, silver, pink, and red), salmon roe, whitefish and roe, pike, tomcod, needlefish (stickleback), herring and roe, fermented fish, fish liver (tomcod and whitefish), smelts, and blackfish. Fruits and vegetables include blueberries, blackberries, salmon berries, and cranberries, seaweed, wild rhubarb, sourdock, fiddlehead fern, wild mushrooms, lichen (fungus), wild roots, willow leaves, and sweet potato. Grain products include pilot bread and assaling. Walrus skin and beaver tail are also consumed. Muktuk is commonly consumed.

Fats/oils, seasonings, and sauces.

Preparation techniques. Traditional forms of food preservation such as drying, smoking, and fermenting are commonly used. Foods are commonly prepared as soups or stews. Berries are used to make agutak (Eskimo ice cream), a mixture of fat, berries, sugar, and fish or mashed potatoes.

Dietary patterns. Hunting, gathering, preserving, and sharing foods are important activities in the culture of the people.

VII.B.4. Alaskan Tlinget and Haida Indian Cuisine Influences and area.

Foods used. Animal products consumed include fresh fish (salmon and halibut), herring eggs, canned salmon, dried fish, eulachon, gumboots, clams, cockles, venison, seal, and octopus. Fruits and vegetables include blueberries, huckleberries, salmon berries, dried seaweed, fiddlehead fern, asparagus, and dried beans.

Fats/oils, seasonings, and sauces.Preparation techniques.Dietary patterns.Typical dishes.

- fish chowder

VIII. Cuisine of Native Australian Origin (Aborigine Cuisine; Bush People Cuisine)

Influences and area. The Aborigines of Australia are hunters and gatherers.

Foods used. They hunt local animals, spear fish, and gather local fruits and vegetables.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

IX. Jewish Cuisine

Influences and area.

Foods used. Vegetables include potatoes, tomatoes, green peppers, cucumbers, lettuce, kale, beets, red cabbage, eggplant, carrots, sauerkraut, and squash. Stewed and canned fruits and prunes are used. Dairy products include cottage cheese, farmer cheese, cream cheese, sour cream, and sweet butter. Fish with fins and scales are eaten. Favorites include lox (smoked salmon), smoked whitefish, and pickled herring. Poultry includes chicken, turkey, goose, pheasant, and duck.

Fats/oils, seasonings, and sauces. Condiments include preserves and relishes.

Preparation techniques.

Dietary patterns.

Typical dishes.

Desserts include:

- Haman's ears (ear-shaped pastries that are deep-fried and served with honey)
- lekach (honey-spice cake for Rosh Hashanah)
- pletzlach (pastry squares with apricot or plum filling; traditional for Passover)

Grain products include:

- bagel (doughnut-shape roll that is boiled then baked giving it a hard crust and soft interior)
- buckwheat pancakes
- challah (braided egg bread, traditional on the Sabbath)
- matzo/matzo (flat, unleavened bread eaten during Passover)
- noodles
- pancakes
- potato muffins
- rice

- rye and pumpernickel bread

- white seed rolls

Typical dishes are:

- blintzes (crepes filled with vegetables, cheese, apple, or other fruit)
- borscht
- chicken soup
- cholent (slowly cooked dish of beef brisket, potatoes, barley and lima beans)
- chopped chicken liver
- essigfleisch' (sweet and sour meat)
- gefilte fish (a mixture of ground fish (whitefish, pike, and carp), eggs, and matzo meal, shaped into balls or flat

- loaves, and cooked in fish broth, served hot or cold)
- kishka (Jewish-American sausage made by baking meat, flour, and spices)
 - knadlach (matzo dumplings cooked in chicken broth)
 - knishes (pastries with ground meat, potatoes, and cheese; chopped chicken livers wrapped in mashed potatoes thickened with flour)
 - kreplach (small dough turnovers with savory fillings)
 - kugel (baked casserole or pudding)
 - latkes (potatoes grated and fried in pancakes)
 - lox (salt-cured, smoked salmon) and bagels
 - meat dishes with potatoes, tomatoes, and green peppers
 - noddles stuffed with meat, kasha, cheese, and potato
 - stuffed peppers or cabbage
 - sweet and sour red cabbage
 - tzimmes (brisket casserole with carrots, dried fruits, syrup, and topped with dumplings and potatoes; traditional for Rosh Hashannah)

IX.A. Kosher Cuisine

Influences and area. Conservative and Reform Jews are less ardent than Orthodox Jews in observance of the Jewish dietary laws. Meat and dairy products are not eaten together. Specific time periods must elapse between the consumption of meat and dairy products.

Foods used. Quadraped animals with cloven hooves that chew cud (beef, sheep, goats, deer) may be eaten, but no pork, camel, or rabbit are consumed. Only fish with fins and scales are consumed; shellfish and eels are not consumed. Chicken, turkey, goose, pheasant, and duck are allowed. Neutral foods (no meat or milk) are referred to as "parve" and include fruits, vegetables, and grains.

Fats/oils, seasonings, and sauces.

Preparation techniques. Kosher meats selected, slaughtered, and prepared under Jewish laws with minimum pain to the animal, maximum drainage of blood, and soaking of the meat. Thus, properly slaughtered, drained, and soaked beef, veal, lamb, goat, and deer may be consumed.

Dietary patterns. No foods are cooked or heated on the Sabbath. Only unleavened bread is consumed during Passover. There is a 24-hour fast on Yom Kippur.

Typical dishes.

- properly slaughtered, drained, and soaked beef, veal, lamb, goat, and deer

X. Vegetarian Cuisine

Influences and area. Cuisine of people with ethical concerns for animals and of some religious groups (Seventh-Day Adventists, Trappist Monks, Hindus (India), Buddhists (China), and Jainists (Indian variant)).

Foods used. Dietary mainstays are grains, legumes, vegetables, and fruits. The diet excludes the flesh or organs of meat,

fish, and poultry. Also excluded are any foods made from ingredients which require the slaughter of animals (e.g., gelatin dessert, pork and beans, foods fried in lard). Dairy products (milk, cheese, yogurt, butter) and eggs may be consumed. Vegans do not consume dairy products or eggs.

Fats/oils, seasonings, and sauces.

Preparation techniques.

Dietary patterns.

Typical dishes.

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