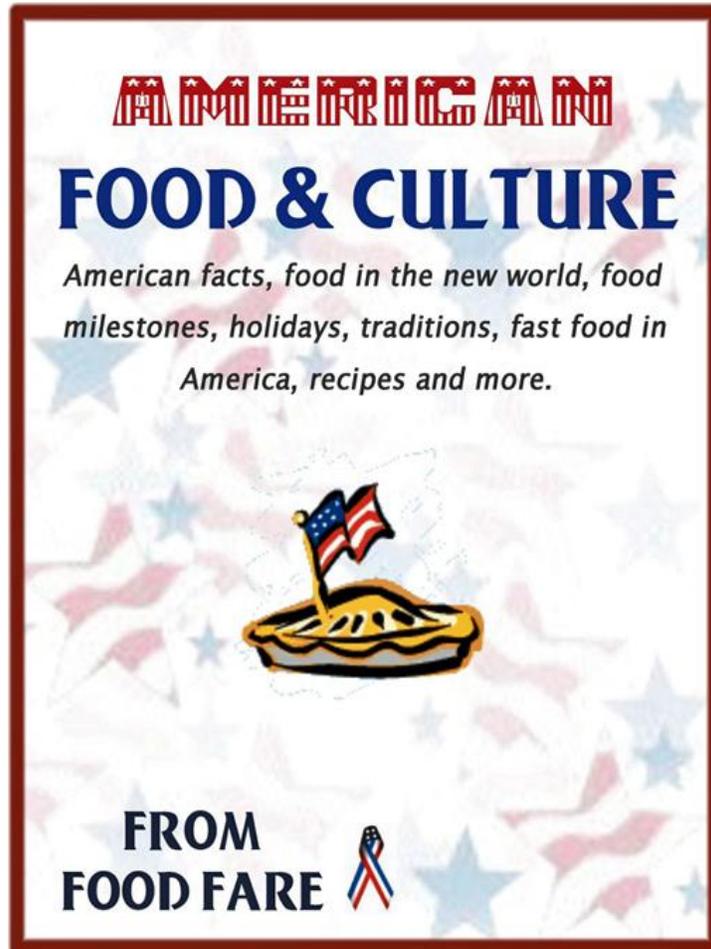


**\*Excerpts Only\***  
**AMERICAN FOOD & CULTURE**



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*"American Food & Culture" was written for entertainment purposes and expresses the sole opinions of the author. This e-book is not meant to be a professional chef's essay about American cuisine, but rather an observation about the generalities of American food and recipes from an amateur home kitchen.*

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## INTRODUCTION

America is a true melting pot of cultures, with one of the world's most versatile and bountiful variety of cuisines.

We "have it all" in the United States, even in smaller towns across the nation. The variety of restaurants and types of foods are enormous. Nearly every region has its own style of cooking and specialty dishes. For example, the South is famous for grits, fried green tomatoes and biscuits and gravy among others, while typical dishes found in California are heavily influenced by Mexican culture. In New England states, seafood figures prominently in the local cuisine with chowders and fish cakes. Cuban fare is common in Florida, while Illinois - Chicago in particular - contains a large Greek community but also features several famous pizza eateries.

This contrast makes for more diversity, flair and originality than one might find anywhere else. America can offer any visiting culture their own authentic food in a familiar ambience, just by rote of having specialty foods and restaurants.

What other country can boast the same?

*American Food & Culture* contains information about the food culture of the United States, including a brief history, food in the New World, early Native American food, facts about the flag and the White House, food milestones, fast food in America, facts about hot dogs, traditions & holidays, politics, Yankee slang, American recipes and resources for further study.

*American Food & Culture* was written for entertainment purposes and expresses the sole opinions of the author. This e-book is not meant to be a professional chef's essay about American cuisine, but rather an observation about the generalities of American food and recipes from an amateur home kitchen.

Enjoy *American Food & Culture*!

**Shenanchie O'Toole**  
Chief-Editor, Food Fare



## AMERICAN FACTS (\*Excerpt Only\*)

The United States of America was founded in 1776 after the Revolutionary War left the continent free of English rule. The country developed from a republic into the nation it is today. Commonly known as the U.S., USA, America or the United States, the country is a federal republic consisting of 48 contiguous states, the noncontiguous states of Alaska and Hawaii and a federal district (*Washington DC*).

The USA resides on the continent of North America and encompasses an area of 3,794,101 square miles. America is the third largest country in the world by population (after China and India), and the fourth largest country in the world by territory (after Russia, Canada and China).

In 2013, the population in America was estimated to be 316,915,000.



The capitol of the United States is Washington D.C., which is located on the shores of the Potomac River between the states of Maryland and Virginia. There are also outlying areas to the U.S., consisting of the Commonwealth of Puerto Rico and the Virgin Islands, as well as American Samoa and Guam.

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## **FOOD IN THE NEW WORLD** (\*Excerpt Only\*)

Early settlers in America may have lacked for many basic comforts, but food was not one of them. Seafood was plentiful from the ocean, rivers and streams. Forests thronged with deer, wild turkeys, pheasants and other game. The first settlers mainly grew traditional crops of wheat and barley for bread and beer. However, when the Pilgrims landed at Plymouth Rock in 1620 it was wintertime and nearly half of the settlers died. The following spring, Native Americans gave the gift of corn to the Pilgrims and it soon became a staple in the new American diet.

Corn had many uses. The stalks could feed cattle in winter, and husks were used to fill mattresses for beds. The corn cob was utilized as a stopper for jugs as well as a handle for tools. The cobs were also sometimes carved into pipe bowls for the colonists to smoke their tobacco. Indians taught the colonists how to farm corn: when to plant the kernels and when to harvest. Corn was used in several different foods such as corn-mush (*cornmeal boiled with milk*) and slapjack's (*cornmeal fried like a pancake*). It was also served in a dish called "Indian Pudding," which entailed corn husks being roasted over hot coals or steamed over hot stones.

Indians showed settlers how to plant squash, beans and pumpkin seeds around the corn stalks. The colonists also seeded peas, parsnips, turnips and carrots. The vegetable crops thrived. Hominy was popular in the Southern states, where it was boiled in water and seasoned with salt, black pepper and butter. Potatoes were known to the colonists, but they were a rarity and not well liked at the time. They were first dubbed "Virginia" potatoes, but when the Irish brought the roots to America they became known as "Irish" potatoes. The most common way of preparing potatoes was with butter, grape juice and sugar. They were also cooked with dates and lemons, and then seasoned with nutmeg and black pepper. In the Carolinas, there were "sweet" potatoes, which were cooked in several different ways: roasted in ashes, boiled and made into pudding, or fried as pancakes.

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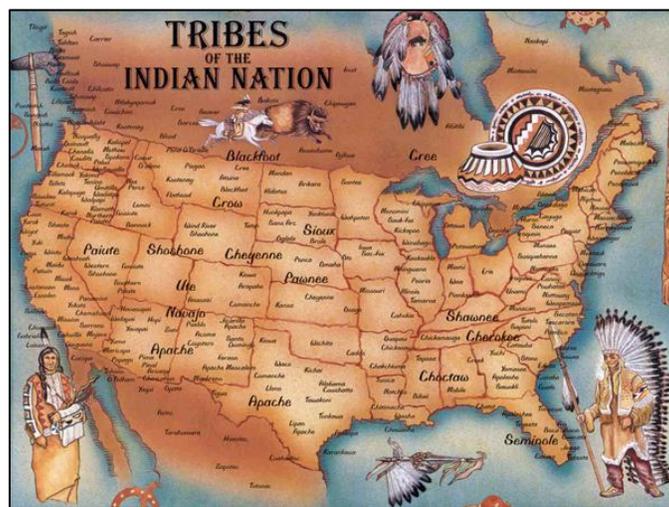
## NATIVE AMERICANS (\*Excerpt Only\*)

Native Americans are people indigenous to the Americas. It is said the term "Indian" was first applied by Christopher Columbus, who erroneously believed that the mainland of the New World was part of Asia and the Indies.

The "New World" was in fact very old by the time settlers arrived in the 17th century. Water was a mass of glaciers during the Ice Age, when the sea level dropped hundreds of feet. This created a "land bridge" between Alaska and Siberia. Asian people walked across the bridge to become the first human inhabitants of North America. Historians and scientists disagree when the event actually took place, but it is estimated to have occurred about 30,000 years ago. When the glaciers receded, ancestors of Native Americans settled in the North. They lived virtually isolated from the rest of the world and "old world" diseases as well.

Native Americans formed various groups, speaking almost 350 distinctly different languages. Each group (or tribe) had its own social structure and way of living. However, much of them grew their own food, farming and gathering on the land and in the woods. Men hunted for meat and fished. The people planted corn and other vegetables (which were tended by women), and they practiced an array of rituals to mark the harvesting of crops and to mark the changing of the seasons. For example, some tribes (such as *Senecas*) depended mainly on agriculture, while others (*Ottawas*) relied more upon hunting and fishing.

According to a census undertaken in 2010, there are nearly three million American Indian and Alaska Natives residing in the United States. The *US Federal Register* recognizes 566 tribes. Some of them include Apache, Cherokee, Cheyenne, Chickasaw, Chippewa, Choctaw, Comanche, Cree, Creek, Crow, Houma, Iroquois, Kiowa, Menominee, Navajo, Paiute, Pima, Potawatomi, Pueblo, Seminole, Shoshone, Sioux, Ute, Yakama and Yuman.



Native American tribes have undergone many changes since the settlers arrived in the New World. However, most tribes have retained parts, if not all, of their cultural heritage. Each

tribe remains unique, their various heritages rich with traditions. Such diversity is reflected in their individual cultural history and way of life.

## NATIVE RECIPES

### **Eggs & Wild Onions** (*Cherokee*)

- 2 dozen wild onions, coarsely chopped\*
- Water
- 6 eggs, beaten
- Butter or bacon grease (*for frying*)
- Salt & black pepper to taste

Place chopped onions in a pan of steaming water; cover and cook for three to five minutes or until onions are soft and limp. Drain. Melt butter or bacon grease in a skillet; add onions and beaten eggs. Add salt and black pepper to taste; stir. Continue to stir until eggs reach desired scrambled consistency. Serve at once. **\*Note:** Wild onions can be substituted with thin green onions.

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## COMMON AMERICAN FOOD (*\*Excerpt Only\**)

Americans consume a wide variety of foods, which vary by region. Some of the dishes are similar with their own unique adaptations due to region and family traditions, and yet others are complete originals and remain constant throughout the States. Americans love to try different foods and experiment with established recipes, hence the special family "traditions." Although fast food and packaged dinners are more popular than ever, there are still many Americans who prefer to grow their own food, and make their own sauces, preserves and breads.

The list below provides a broad view of "Yankee" food.

- **Apple Pie:** Made from apples and cinnamon in a pastry crust; best served warm with vanilla ice cream.
- **BLT's:** Bacon, lettuce & tomato sandwiches made on toast with mayo, bacon strips, lettuce and sliced tomato.
- **Bagels:** Bagels & cream cheese is a typical starter breakfast or mid-morning snack for many Americans.
- **Baked Beans:** Quite a sweet side dish, these beans usually accompany picnics or buffets.
- **Barbeque Ribs:** Americans love to grill outdoors. Smothered in barbeque sauce, ribs are typically made from beef or pork.
- **Beef Stew:** A mix-mash of stew meat, vegetables and thickened stock.
- **Biscuits & Gravy:** Once only found in the South, this dish is now popular all over America. Biscuits are smothered with cream gravy made from bacon grease or sausage drippings, and then seasoned with salt and black pepper. Bits of sausage and bacon are often mixed in with the gravy.

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**FOOD MILESTONES** (*\*Excerpt Only\**)

The invention and branding of certain foods in America is of particular interest to many. The more well-known foods are listed below, along with the year they made their debut in America.

- **A & W Root Beer** (1922)
- **Alka-Seltzer** (1931)
- **Animal Crackers** (1902)
- **Banana Split** (1904)
- **Betty Crocker** (1921)
- **Bird's Eye Frosted Foods** (1930)
- **Bisquick** (1930)
- **Bugles** (1964)
- **Campbell's Cream of Mushroom Soup** (1934)
- **Campbell's Tomato Soup** (1897)
- **Canned Tuna** (1903)
- **Coca-Cola** (1886)
- **Coffee Mate Non-Dairy Creamer** (1961)
- **Cracker Jack** (1896)



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**FAST FOOD IN AMERICA** (*\*Excerpt Only\**)

Fast food in America is quite a phenomenon, albeit with a dreadful reputation which includes poor nutritional values. However, most Americans have become more health-conscious these days and the majority of fast food restaurants have adjusted their menus accordingly.

Listed below are some of the most popular fast food restaurants in America, along with the year they were established.

- **A&W Restaurant** (1923)
- **Arby's** (1964)
- **Arctic Circle** (1950)
- **Burger King** (1954)
- **Carl's Junior** (1941)
- **Chipotle Mexican Grill** (1993)
- **Chuck E. Cheese's** (1977)
- **Dairy Queen** (1940)
- **Del Taco** (1964)
- **Dominoes Pizza** (1960)
- **Dunkin' Donuts** (1950)
- **Fatburger** (1947)
- **Hardee's** (1960)

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## HOT DOGS (\*Excerpt Only\*)

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July is *National Hot Dog Month*. Americans will consume an estimated seven billion hot dogs between Memorial Day and Labor Day. However, the biggest hot dog day of the year is the fourth of July, when a reported 150 million of the franks are eaten. On average, one person alone devours up to sixty hot dogs per year. In 2012, Americans spent more than \$1.7 billion on hot dogs in grocery stores. Los Angeles rates number one in consumption, its residents taking in 95 million frankfurters in 2012 alone.

The United States Chamber of Commerce officially designated July as *National Hot Dog Month* in 1957. The tradition has been going strong ever since.

Hot dogs are vastly underrated. There are many ways in which to prepare dogs. Nowadays they are also made with different variations of meat: beef, and mixes of pork, chicken and turkey. Depending on your degree of hot-dog-expertise, this universal bite is also known as wieners, dogs, red hots, franks or frankfurters.

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## THE AMERICAN FLAG *(\*Excerpt Only\*)*

The Continental Congress passed the first "Flag Act" in June 1777 in order to establish an official flag for the New World. The first flag was made from thirteen stripes (*alternately red and white*). The union became thirteen stars (*white with a blue background*) which represented the new "Constellation." Historians aren't certain who designed the first flag, although they suspect Congressman Francis Hopkinson was likely responsible.



According to flag etiquette, the American flag displayed on private homes should hang from a staff angled out from the front wall (perhaps a window sill or balcony). Do not allow the flag to touch the ground, the floor, water, or anything else which might be underneath it. Hanging the flag from a horizontal staff is also appropriate. Make sure the rectangle with the stars (also sometimes referred to as the "union" or the "canton") is at the peak. When the flag is displayed either vertically or horizontally against a wall, the union should be positioned at the top left. **Note:** *Hanging the flag with the union downward signals distress.*

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## THE WHITE HOUSE (\*Excerpt Only\*)

The White House is not just the home of the President. The house also stands as a symbol of the Presidency, the American government and the people of the United States. In an act of Congress in 1790, George Washington declared that the federal government should keep residence in "a district not exceeding ten miles square, on the River Potomac." President Washington (with city planner L'Enfant), chose what is now 1600 Pennsylvania Avenue for the new Presidential residence. Proposals for the design were submitted as part of a competition, and the winner was Irish-born James Hoban.



In 1951 the "White House Mess" was established to prepare food for the President. It also served gourmet meals for support functions and social aide dinners at the White House, along with providing coordination for kitchen personnel and valet services for Presidential trips and events. The "White House Mess" is located on the ground floor of the West Wing of the White House.

## PRESIDENTIAL RECIPES

### Martha Washington's Crab Soup

- 1/2 LB fresh crab meat (or 1 C canned crab, drained)
- 1 TBS butter
- 1-1/2 TBS flour
- 3 hard-cooked eggs, peeled & mashed
- Zest of 1 lemon
- Salt & black pepper to taste
- 4 C milk
- 1/2 C heavy cream
- 1/2 C sherry
- Dash Worcestershire sauce



If using fresh crab, bring a large pot of lightly salted water to a boil; cook crab until shells turn pink and meat is white, about five to seven minutes. Drain and set aside. In a bowl, combine butter, flour, mashed eggs, lemon zest, and salt and black pepper to taste. In a saucepan, bring milk to a boil over medium heat; slowly pour into egg mixture. Place combined mixtures into a cooking pot; add crabmeat and cook gently for about five

minutes. Stir in heavy cream; remove from heat before mixture reaches a boil. Add sherry and a dash of Worcestershire sauce. Serve. **History Note:** Martha Washington was the wife of George Washington, first President of the United States who served from 1789 to 1797.

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## AMERICAN HOLIDAYS (\*Excerpt Only\*)

Americans do love their holidays. While particular use of the word means a "vacation" in England and in other places defines a "holy day," in America "holidays" typically signify the celebration of a commemorative event. Because the United States is a mix of many different ethnic groups, some of the holidays have a definite cultural overtone but remain flavored with Americanisms nonetheless.

Each state has jurisdiction over its own official holidays, but most observe the federal holidays set by the President and Congress. There are only ten "official holidays" proclaimed by the federal government, including:

- **New Year's Day** (*January 1st*): A celebration of the New Year.
- **Martin Luther King Day** (*3rd Monday in January*): Honors the life of slain civil rights leader Martin Luther King, Jr.
- **President's Day** (*3rd Monday in February*): Honors all Presidents of the United States.
- **Memorial Day** (*last Monday in May*): Recognizes veterans killed in wars, as well as all deceased Americans.
- **Independence Day** (*July 4th*): The nation's birthday (1776).
- **Labor Day** (*1st Monday in September*): Celebrates the American worker.
- **Columbus Day** (*2nd Monday in October*): Celebrates the discovery of North America by Christopher Columbus.
- **Veterans Day** (*November 11th*): Honoring the men and women who have served in the United States military.
- **Thanksgiving Day** (*4th Thursday in November*): Celebrates the arrival of the settlers in America.
- **Christmas Day** (*December 25th*): As in most countries of the world, the day America honors the birth of Jesus Christ.

Some states do not recognize all of federal holidays. For example, the state of Nebraska always celebrates *Arbor Day* (April 22nd) which originated as "tree-planting day." Other states celebrate the day as well, but the dates change according to region and the best season for planting (as many states have vastly different weather conditions).

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## AMERICAN RECIPES (\*Excerpt Only\*)

*A smattering of American favorites. . .*

### American Meat Loaf

- 1 LB ground beef
- 1/2 LB ground pork
- 1/2 C celery, chopped fine
- 1/2 C onion, chopped fine
- 1/4 C green bell pepper, chopped fine
- 1/4 C ketchup or tomato sauce
- 1/2 C fine breadcrumbs
- 1/4 C fresh chopped parsley or dried parsley
- 1 TBS basil
- 1 large egg
- 1-1/2 tsp. salt
- 1/2 tsp. black pepper



Preheat oven to 350-degrees F. In a large bowl, combine all ingredients. Using hands, mix the ingredients well. Line a pie plate or loaf pan with foil. Spoon the meat loaf mixture onto the foil. Shape into a loaf. Bake for approximately 1-1/2 hours, or until meat is no longer pink. Allow to cool slightly before slicing and serving.

### Bacon, Lettuce & Tomato Sandwich (BLT)

- 6 slices bacon per sandwich, cooked & drained
- Lettuce
- 1 tomato, sliced very thin
- Mayonnaise
- Black pepper
- Bread slices, toasted



Fry bacon in a skillet until fully cooked; drain on paper towel. Toast bread slices and spread mayonnaise on each slice. Layer the bacon, thinly-sliced tomato and lettuce on one slice of bread. Sprinkle with black pepper. Place second slice of bread on top and cut in half. Serve at once. **Note:** BLT's go well with a cold glass of milk.

### Boudin Balls (Cajun)

- 1/2 C flour
- 3 pinches cayenne pepper
- 1/2 C milk
- 2 LBS boudin sausage\*
- Vegetable oil



In a bowl, mix together flour and cayenne pepper. Pour milk into another bowl. Remove and discard casings from boudin sausage; shape meat into 2" balls. Roll one ball at a time in milk to moisten; dredge in the flour, shaking off excess, and place on waxed paper. Add

vegetable oil to a heavy-bottomed pot to a depth of two inches; heat over medium heat until it reaches 350-degrees F on a candy thermometer. Fry boudin balls in hot oil until brown and crisp on the outside, about eight to ten minutes; fry in batches to avoid overcrowding pot. Using a slotted spoon, transfer boudin balls to paper towels to drain. Serve hot. **\*Note:** Boudin sausage is common in Cajun cuisine; it is pork sausage made without blood but can include pork heart and liver. Boudin can be substituted with Bratwurst sausage.

### Deviled Eggs

- 1 dozen eggs, hard-cooked
- 1 C mayonnaise or Miracle Whip
- 1 TBS sweet relish
- 2 tsp. mustard
- 1 tsp. onion salt
- Paprika for garnish



Place eggs in a large saucepan or cooking pot; cover with water. Boil gently over medium-high heat until eggs are hard-cooked, about three to five minutes. Allow eggs to cool before removing shells. Slice each egg in half lengthwise; carefully scoop out the yolks. Set aside halved egg whites. Place yolks in a bowl; mash with a fork until smooth. Mix in mayonnaise or Miracle Whip, sweet relish, mustard and onion salt. Stir until mixture has a firm but pliable consistency; add more mayonnaise or Miracle Whip if necessary. Spoon mixture back into the egg white halves, spreading evenly on top when the cavity is full. Sprinkle each egg half with paprika. Chill for one or two hours before serving. Recipe makes twenty-four deviled eggs. **Note:** If preparing the deviled eggs a day ahead, do not sprinkle on paprika until an hour or so before ready to serve. **Suggestion:** Serve on a bed of arranged whole basil leaves.

### Homemade French Fries

- 4 large Yukon Gold potatoes, peeled & sliced
- 6 C vegetable oil
- Dollop of butter-flavored Crisco
- Salt to taste

Peel and rinse potatoes. Cut into 1/2" thick slices, then slice diagonally into 1/4" strips. Soak in a bowl of ice water for about twenty minutes to draw out the starch. Drain and repeat. After draining the potatoes a second time, pat dry with paper towels or a dish towel. Heat vegetable oil and Crisco to 375-degrees F in a deep-fryer or deep cooking pot. Add potatoes in small batches and cook until golden, five to six minutes. Remove with a steel slotted spoon; drain on paper towels and season with salt to taste. **Note:** A cooking basket can be used when deep-frying potatoes.

### Mulligan Stew (American Hobo Stew)

- 1/4 C all-purpose flour
- 1 tsp. black pepper

- 1 LB beef stew meat, cut into 1-inch cubes
- 1 TBS vegetable oil
- 2 cans (10.5 oz. each) beef broth
- 1 C water
- 2 bay leaves
- 1/2 tsp. garlic salt
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 1/2 tsp. dill weed
- 3 carrots, sliced
- 2 potatoes, peeled & cubed
- 2 celery stalks, sliced
- 1 onion, peeled & cut into 8 wedges
- 1 C each frozen corn, green beans, lima beans & peas
- 1 TBS cornstarch
- 2 TBS cold water
- 1 TBS fresh parsley, minced



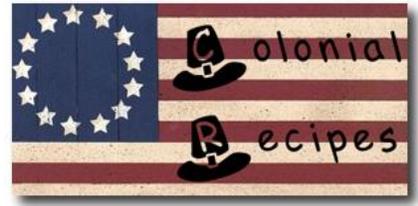
In a bowl, combine flour and black pepper; toss with beef cubes. In a large cooking pot, brown the beef in vegetable oil. Add beef broth, water, bay leaves, garlic salt, oregano, basil and dill; bring mixture to a boil. Reduce heat; cover and simmer until meat is tender, about two hours, stirring occasionally. Add the carrots, potatoes, celery and onion; cover and simmer for about forty minutes. Add corn, beans and peas; cover and simmer fifteen minutes longer or until vegetables are tender. In a small bowl, combine cornstarch and cold water until smooth; stir into stew. Bring to a boil; boil and stir for about two minutes to thicken. Remove bay leaves; add minced parsley. Serve. Recipe makes about eight to ten servings. **History Note:** Mulligan Stew is said to have originated in the early 1900s, when it was cooked by hobos. The person preparing the stew is known as the "mulligan mixer."

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## COLONIAL RECIPES (*\*Excerpt Only\**)

### Alma Pudding

- 1 C butter (2 sticks), softened
- 1 C powdered sugar
- 1 C all-purpose flour
- 1/2 C currants
- 4 eggs, beaten
- Water



In a bowl, beat butter until it resembles thick cream. Beat in sugar gradually until mixture is well blended and smooth. Beat in flour gradually until mixture is well blended. Add the currants and beaten eggs; mix until well blended. Grease a pudding mold; pour mixture into mold and cover with a cloth. Bring a pot of water to a boil; place mold in water. Do not submerge mold; remove excess water if necessary. Boil gently for about four to five hours; remove mold from water. Allow to cool before removing cloth. Sprinkle pudding with powdered sugar. Serve. **Note:** Recipe derived from "The Book of Household Management" by Isabella Mary Beeton (1861).

### Blancmange (*Almond Pudding*)

- 1/2 LB blanched almonds
- 1/4 C water
- 1/4 C milk
- 1 TBS unflavored gelatin
- 1 C heavy cream
- 1/2 C sugar
- 1 TBS flavoring (*rum or maraschino*)
- Cheesecloth
- Whipped cream

Pound almonds in a mortar until very fine, or blend in a food processor. Stir in the water and milk; let stand for about fifteen minutes. Strain mixture through cheesecloth. The mixture will be heavy and take time to drip through; make sure every last bit is extracted. In a bowl, sprinkle gelatin over 1/4 cup of water to soften. Scald cream in a saucepan; stir in the gelatin and sugar until both are dissolved. Add almond liquid and flavoring. Pour into a small mold, or a bowl, and refrigerate for several hours until firm. Serve with whipped cream.

### Hobnails (*Cookies*)

- 1 C light brown sugar
- 1/2 C shortening
- 1 egg, beaten
- 1 tsp. vanilla extract
- 1-1/2 C flour, sifted
- 1 tsp. cinnamon

- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 C raisins

Preheat oven to 375-degrees F. In a bowl, cream together light brown sugar and shortening; add beaten egg and vanilla. In another bowl, sift together dry ingredients. Stir into brown sugar and egg mixture gradually; mix well. Fold in raisins. Form mixture into small balls; place on greased cookie sheet about three inches apart. Bake for twelve to fifteen minutes. Allow to cool slightly before serving. Store unused portions in a cookie jar or covered container.

### Old Salem Smash

- 2 TBS sugar
- 2 TBS water
- 1/4 C dark rum (*or more to taste*)
- Shaved ice
- 1 sprig fresh mint

Add sugar to a tall cocktail glass; stir in water until sugar dissolves. Add rum; mix well. Add shaved ice; stir. Garnish with a sprig of fresh mint. Serve. Recipe makes one serving. **Note:** Recipe derived from *Colonial Sense*.

### Pease Pudding (*Pea Soup*)

- 1 LB split green peas, soaked overnight & drained
- 4 oz. bacon, finely chopped
- 1 large onion, finely chopped
- 2 TBS unsalted butter
- 1 TBS Worcestershire sauce
- Salt & black pepper to taste



Place split peas in a cooking pot; cover with water and allow to soak overnight. Drain the next day. In a skillet, cook the bacon until browned, about eight minutes, stirring occasionally. Add chopped onion; cook, stirring occasionally, until soft. Place bacon and onion in a large cooking pot. Add peas and about five cups of water. Bring mixture to a boil. Reduce heat to medium-low; cook, partially covered, until peas are tender, about two hours. Remove from heat; stir in butter and Worcestershire sauce, and season with salt and black pepper to taste. Serve.

### Yankee Codfish in Gravy

- 2 LBS cod filets
- Water
- 2 TBS butter
- 2 TBS flour
- 1 C milk
- 1 egg, beaten

Add cod filets to a large skillet; add enough water to cover. Boil cod gently until it reaches desired tenderness or flakes with a fork. Drain and set aside. In a bowl, beat egg and set aside. Combine butter and flour; add to skillet over low heat. Add milk gradually, stirring constantly until thick. Stir in beaten egg. Place the cooked cod on a serving platter; pour gravy over the top and serve. **Suggestions:** Serve with baked or boiled potatoes, pickled beets or buttered toast.

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**YANKEE SLANG** (\*Excerpt Only\*)

The following is a compilation of words and phrases used in Colonial times, and another section on the ever-changeable American slang as we know it today.

**COLONIAL**

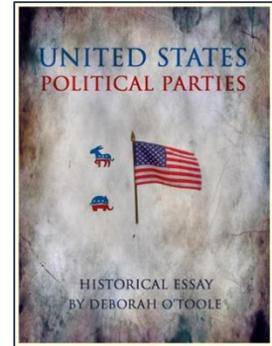
- Breechclout:** Loin cloth worn by most Native American men.
- Chalker:** Man of wit.
- Common Room:** Name used for the kitchen in the 17th-century.
- Cyphering:** Figuring arithmetic equations.
- Dandy Prat:** Insignificant person.
- Gilly Gaupas:** Tall, awkward person.
- Hardtack:** A dry biscuit served on sailing ships.
- Hubble-Bubble:** Confusion.
- Johnnycake:** Fried bread made from cornmeal and milk; also called *Journey Cake*.
- Log Rolling:** Used in the metaphorical sense in politics, meaning a noble example of generous cooperation.
- Post-Rider:** Mail carrier whose route by horse was called a "post road."
- Samp:** Porridge or thick soup made from cornmeal, beans or peas and salt pork.
- Sluice Your Gob:** Take a drink.

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## AMERICAN POLITICS (\*Excerpt Only\*)

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The United States offers many freedoms to those people who inhabit its shores. Life, liberty and the pursuit of happiness is not merely a misnomer but a reality, despite backlash from other global communities who prefer to claim otherwise. The country has serious issues which need addressing just as in every other nation across the world, but most Americans will agree the United States is still a vast land of opportunity where the freedom to choose has become a way of life rather than a tentative privilege.



When America was created, the founding fathers set forth a constitution to protect its citizens and guarantee them the rights and freedoms that are still enjoyed today.

*Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.*

[Article Three, Amendment 1, Bill of Rights]

These liberties also include each citizen's right to vote for government representatives and to elect the President of the United States:

*The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of race, color, or previous condition of servitude.*

[Section 1, Amendment XV, 1870]

Americans take particular interest in primary elections, most notably the "race for the White House" every four years. Partisan politics can become ugly, the mutual smear campaigns having little to do with the important issues at hand. Democrats and Republicans are unyielding in their beliefs for the most part, each party equally convinced of their viability to run the United States and to "speak for the people." Although claiming such, the two major political parties actually represent two vastly different aspects of the population. Democrats are well-known to champion the poor and middle class, while Republicans cater to the wealthier echelons of society.

To order the full e-book edition of "U.S. Political Parties" by Deborah O'Toole, go to:  
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American Meat Loaf  
American Pot Roast  
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Baguette Franks  
Baked Macaroni & Cheese  
Biscuits & Gravy  
Blueberry Pancakes  
Boston Baked Beans  
Boston Cream Pie  
Boudin Balls (*Cajun*)  
Charleston Red Rice  
Chicago Dogs  
Cobb Salad  
Coney Island Dogs  
Corn Dogs  
Cornbread  
Denver Omelet  
Deviled Eggs  
Egg Cream  
Eggs & Wild Onions (*Cherokee*)  
Eggs Benedict  
Firehouse Chili  
Fried Green Tomatoes  
Grilled Cheese Sandwiches  
Harry Truman Salad  
Hawaiian Haystacks  
Homemade French Fries  
Indian Frybread (*Navajo*)  
Johnny Marzetti Casserole  
Mulligan Stew (*American Hobo Stew*)  
Persimmon Pudding  
Philly Cheesesteak Sandwiches  
Pigs-in-a-Blanket  
Salisbury Steak with Mushrooms  
Shenachie's Potato Salad  
Sour Cream Cornbread  
Southern Fried Chicken  
Stuffed Potatoes  
Sunflower Cakes (*Apache*)  
William Harrison's Pound Cake

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Alma Pudding  
Apple Butter  
Baked Celery with Slivered Almonds  
Blancmange  
Corn Custard with Tomatoes  
Cranberry & Lemon Tea  
Cream Biscuits  
Fried Mushrooms  
Hamburger Roll with Mushroom Sauce  
Hobnails (*Cookies*)  
Indian Meal Pudding  
New England Clam Chowder  
Old Salem Smash  
Pease Pudding (*Pea Soup*)  
Plymouth Succotash  
Pork & Apple Pie  
Red Flannel Hash  
Scrapple (*Pork Loaf*)  
Snow Eggs (*Oeufs a la Neige*)  
Spice Muffins  
Martha Washington's Crab Soup  
Yankee Codfish in Gravy

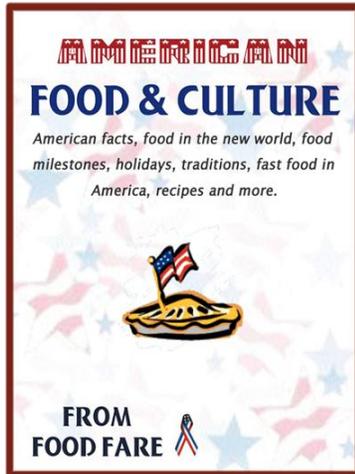
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"American Food & Culture" was written for entertainment purposes and expresses the sole opinions of the author. This e-book is not meant to be a professional chef's essay about American cuisine, but rather an observation about the generalities of American food and recipes from an amateur home kitchen.

"American Food & Culture" is available at Amazon (*Kindle*), Barnes & Noble (*Nook*) and Kobo Books (*multiple formats*). The Adobe Digital edition (*PDF*) contains all graphics and a recipe index.

"American Food & Culture" also includes a reprint of the Food Fare article "Hot Diggity Dog" and excerpts from "U.S. Political Parties" by Deborah O'Toole. Both were used with permission.

"Hot Diggity Dog"

<http://shenanchie.tripod.com/FoodFare/hotdogs.htm>

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Food Fare offers recipes from a variety of countries and cultures around the world. Their official web site also contains a collection of personal recipes, many of them "comfort foods" inherited through the generations.

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