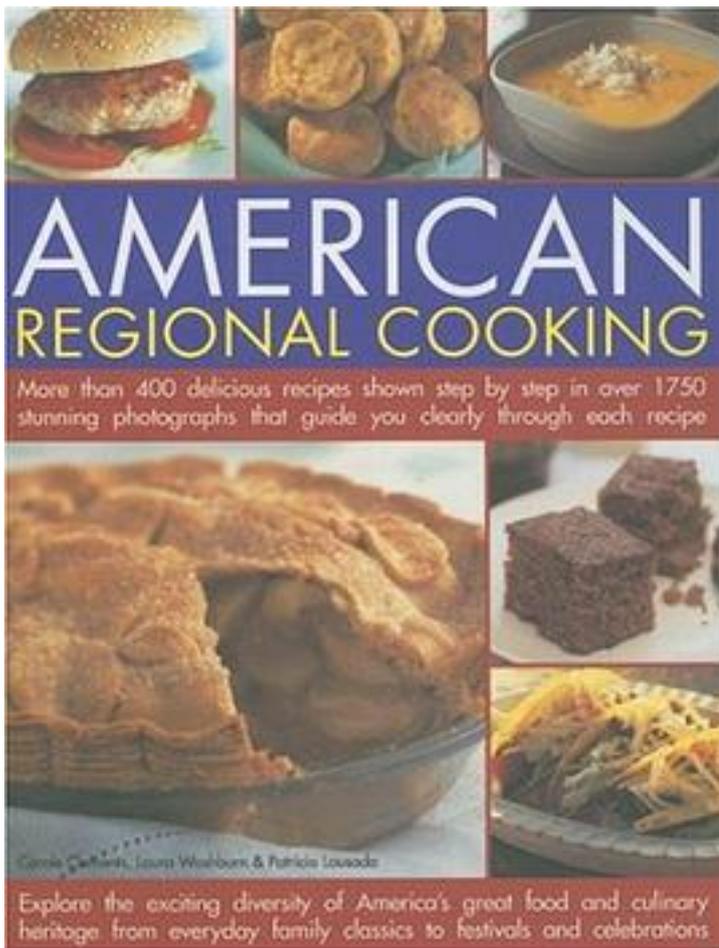


# American Regional Cooking



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Examines America,s regions and cooking styles-providing an understanding of not only their flavor concepts, but how the cuisines developed and evolved. A companion to International Cooking: A Culinary Journey, it follows a concise format that explains the

history, topography, prevalent foods, ingredients, cooking methods, and characteristics of specific states and entire regions. Over 200 tested recipes cover all segments of the menu, with many offering contemporary twists to traditional dishes. Wine pairings, accompanying photographs, and sidebars heighten the readers' understanding of each cuisine and make it an excellent reference during their own culinary journey. Emphasizes the history, evolution and development of America's regional cuisines. Over 200 tested recipes offer the opportunity to learn cooking techniques and methods from masters. Recipes cover all segments of the menu allowing students to prepare a buffet for each region including first course, soup, salad, several entrees, vegetables, starch, bread, and desserts. Photographs accompany each recipe. Removes the fear of trying new recipes by categorizing all recipes into one of six methods of cooking: braise, bake/roast, grill/broil, boil/simmer/poach/steam, saute, and /or deep-fry.

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