

# American Regional Cuisine

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## BOOK DETAILS

- Author : The International Culinary Schools at The Art Institutes
- Pages : 496 Pages
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## **BOOK SYNOPSIS**

New England clam chowder . . . New Orleans gumbo . . . Southern fried green tomatoes . . . Texas barbecue . . . Each region of the United States has its own cuisine, with distinctive ingredients, techniques, and recipes. From north to south and from east to west, American Regional Cuisine explores this tremendous culinary diversity in a comprehensive cookbook and guide to the nations cuisines. By placing each cuisine within its historical and cultural context, the book offers readers a deeper understanding of each cooking style and the qualities that make it unique. From the blue cornmeal and jalapeno peppers of the southwest to the zesty spices of Cajun cooking, it covers the indigenous ingredients whose flavor and character do so much to give dishes their special regional "accent." Two hundred delicious recipes—twenty for each type of cuisine—are introduced by well-known chefs and restaurateurs, including Bert Cutino (owner of The Sardine Factory, Monterey, California), Michael Foley (owner of Printers Row, Chicago), and Allen Susser (owner and executive chef of Chef Allens, Miami). The recipes are drawn from every part of the menu, from appetizers to desserts, and detailed instructions ensure that nothing is left to chance in the kitchen. Perfect for anyone who wants to learn how to cook "fluently" in the language of the nations regional cuisines, this book will bring new variety-and authenticity-to any cooking repertoire.

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