



Culinary Institute
of America

Regional American Cuisine

Day 1: New England



Learning Objectives

- Explain the historical and traditional influences of the cuisine of New England.
- Explain the products indigenous to America and used by the native American Indians.
- Identify traditional dishes and cooking methods of the New England region.
- Execute with minimal assistance your daily production within the class time frame.

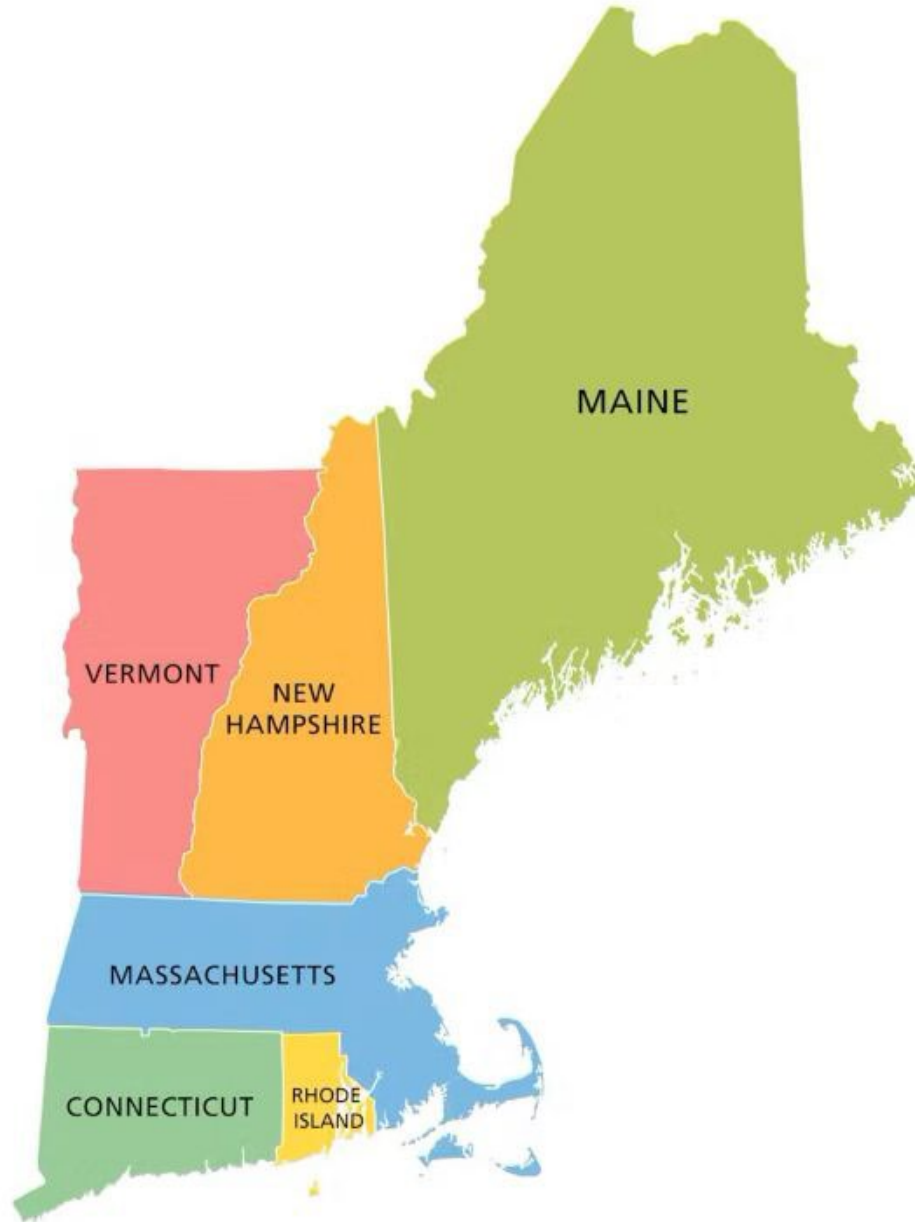
American Cuisine

- What is it?
- When did it start?
- How did it evolve?

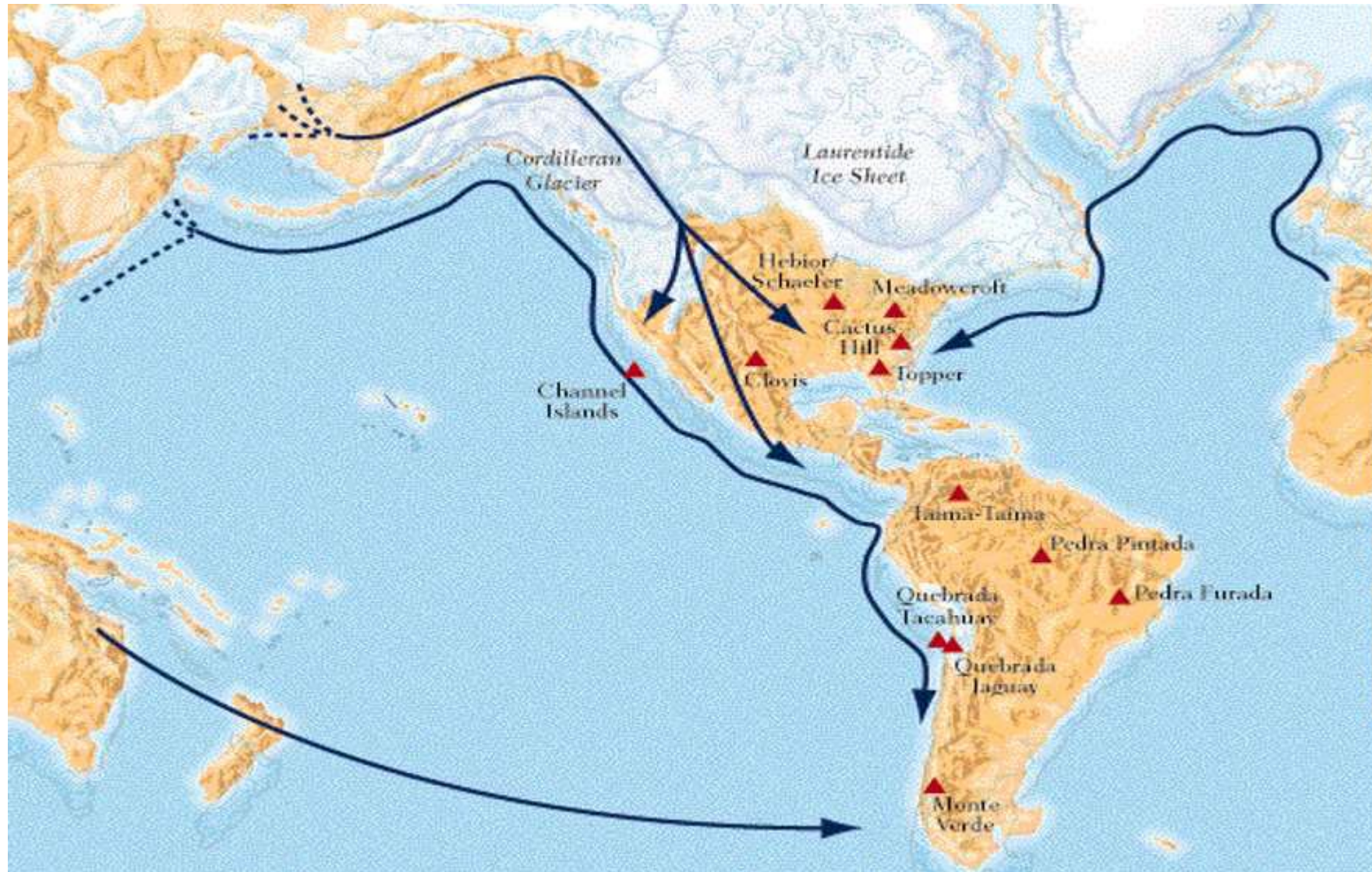


New England

- Maine
- Vermont
- New Hampshire
- Massachusetts
- Connecticut
- Rhode Island

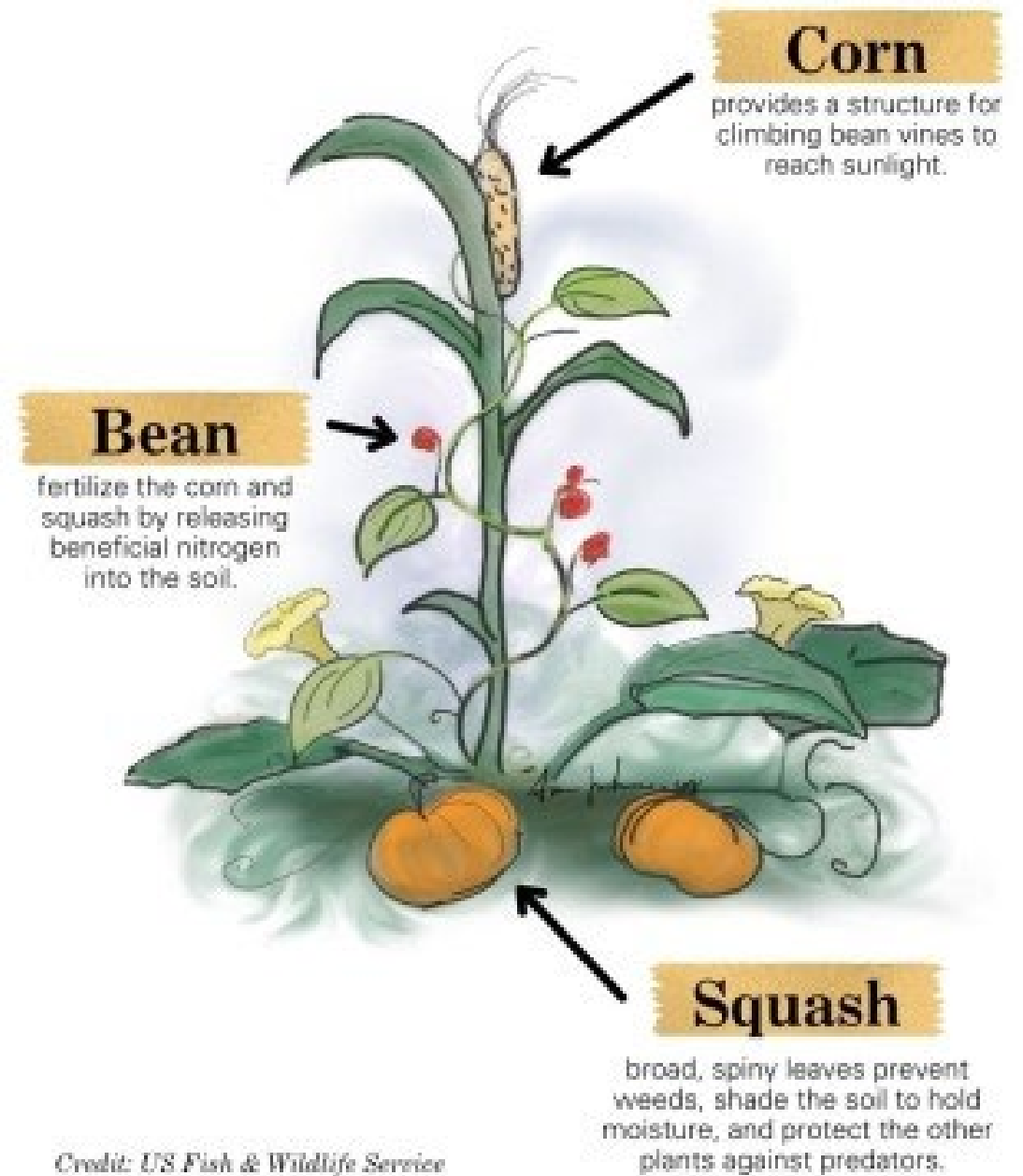


Migration Routes



Native American Diet

- “Three sisters”: maize, climbing beans, and squash, Jerusalem artichoke, pumpkin, zucchini
- Game: deer, bear, rabbit, grouse, squirrel, duck, geese, muskrat, beaver, otter, raccoon and turkey.
- Fish: haddock, cod, flounder, mackerel and salmon.
- Shellfish: oysters, clams, lobsters and scallops.
- Nuts, berries, grapes

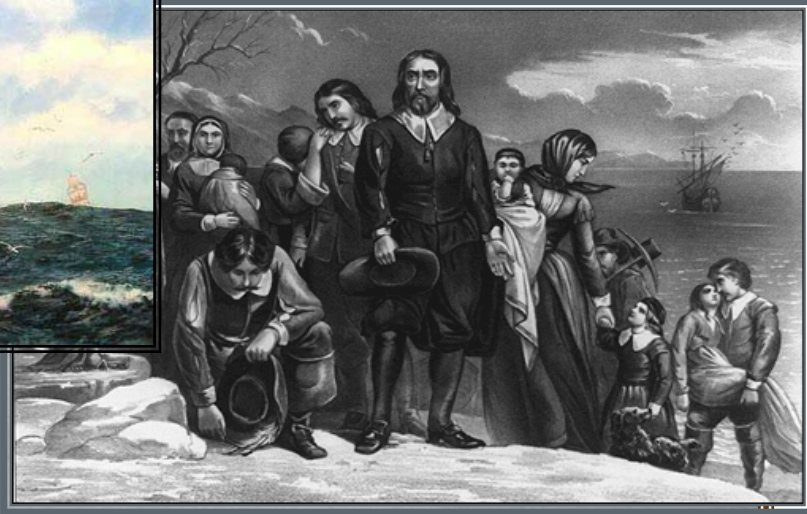


The Vikings

- Created a short-lived settlement in Newfoundland, Canada, in 1021 AD.
- Long before Columbus's arrival in the New World in 1492.



The Pilgrims



- 1620: Arrived in Plymouth, Massachusetts from England
- Religious reform movement: strict interpretation of Bible, rejected practices of the Church of England
- Harsh conditions, limited resources
- Many were from urban areas - had never farmed
- Many died of disease, hunger, exposure to fiercely cold weather in first year

New England Pilgrims

- Diet of simple, wholesome, seasonal foods
- Revolved around crops they cultivated and animals they raised
- Feeding themselves a major part of lifestyle- grew crops, tended vegetable and herb gardens
- Corn: turned into cornmeal, boiled, pounded into a porridge sweetened with molasses
- Boiled chickens, young turkeys, peahens, house fowl
- Roasted venison and other game, livestock
- Staples: maize (corn), fish, game, berries, nuts, and other edible plants, dairy, poultry

Colonial Farmers



- Shakers, Quakers, William Penn, Pennsylvania Dutch (Mennonite, Amish)
- Produced nearly all their own food
- Abhorred waste, thrifty with resources
- Emphasized natural, unadulterated food, whole grains, fruits and vegetables
- Avoided fatty, preserved meats and starch
- Herbs for zest and flavor

Colonial Culinary Traditions

Food Preservation: evolved for surviving long winters

- Root cellars for preserving perishables
- Smoke houses for curing and preserving meats
- **Salting:** drew out moisture, inhibiting bacterial growth
- **Smoking:** added flavor, created a protective layer on meats
- **Pickling:** submerging foods in vinegar or brine solutions

Colonial Culinary Traditions

- Fusion of European, Native American, and African influences
- Incorporated indigenous ingredients (corn, squash, beans) into European cooking methods
- Adapted traditional recipes to available local ingredients
- Regional variations in colonial cuisine developed based on local resources
- Coastal areas: seafood-based dishes
- Inland regions: game meats and agricultural products

New England Traditions

- Apple Cider
- Johnnycakes
- Succotash
- Steamed lobster, clams, oysters
- Cod cakes
- Crab cakes
- Chowder
- Salt cod
- Baked Beans



Relishes and Pickled Vegetables



Preserved Fish and Meats



Succotash

- From the Narragansett word "sahquttahhash, meaning "broken corn kernels"
- Vegetable of sweet corn and lima beans or other shell beans.
- May include onions, potatoes, turnips, tomatoes, bell peppers, corned beef, salt pork, or okra
- Combining a grain + legume = a dish high in all essential amino acids



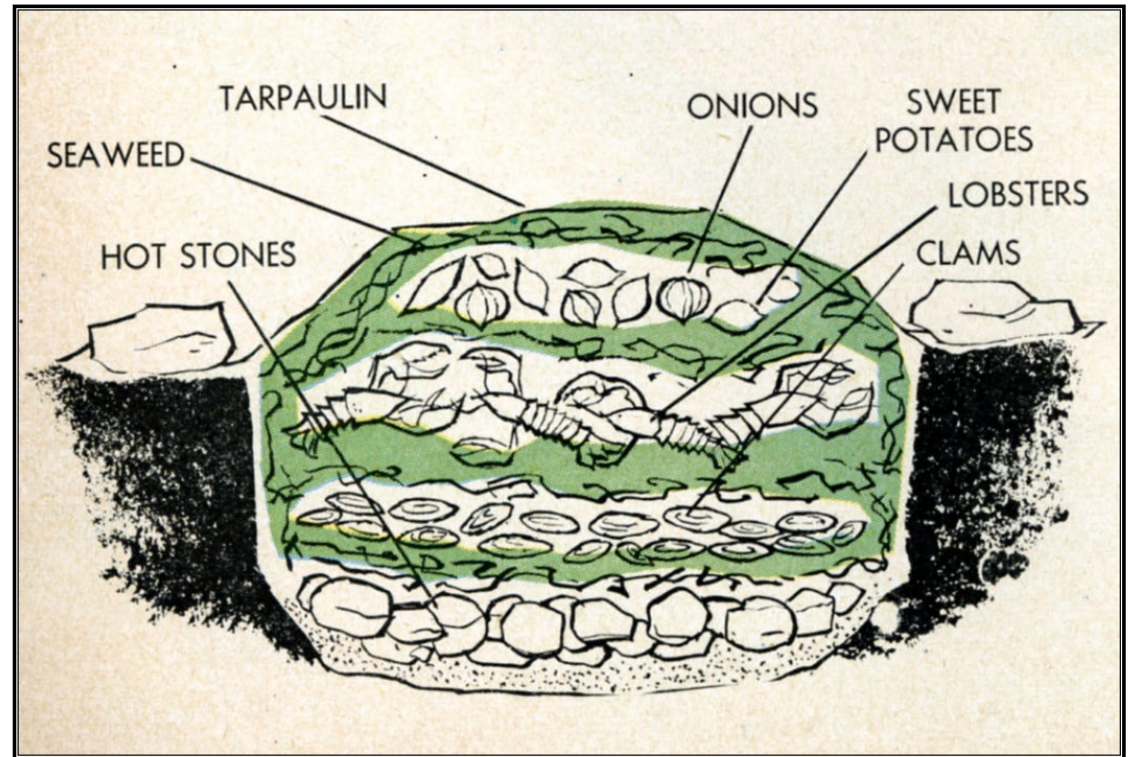
Johnny Cakes



- Cornmeal flatbread from Rhode Island
- Made from fried cornmeal gruel (yellow or white cornmeal mixed with salt and hot water or milk, sometimes sweetened).

Clam Bake

- Method of cooking seafood, such as lobster, mussels, crabs, scallops, soft-shell clams, and quahogs
- Vegetables such as onions, carrots, and corn on the cob often added
- Ingredients steamed over layers of seaweed in a pit oven
- Early European settlers viewed shellfish as only fit for the poor
- Became a popular New England tradition post Civil War



New England Boiled Dinner



- Traditional New England meal
- Place a whole corned beef in a pot on the stove with water to cover the meat.
- Simmer the meat until nearly tender
- Add cabbage and root vegetables, such as potatoes, rutabagas, parsnips, carrots, turnips, or onions, and cook through

Salt Cod

- Cod is a fish with a mild flavor and a dense, flaky white flesh.
- Salt Cod has been preserved by drying after salting.
- Salt cod must be rehydrated and desalinated by soaking in cold water for 1-3 days, changing the water 2-3 times a day.
- Drying preserves many nutrients, and the process of salting and drying cod is said to make it tastier.



Seven Sweets and Sours

- Apple butter
- Spiced fruits
- Cinnamon apples
- Jams
- Jellies



- Pickles
- Relishes
- Pickled cabbage
- Chow-chow
- Pickled beets

Maple Syrup

- Syrup made from the sap of maple trees
- First made by native peoples of Northeastern North America--practice was adopted by European settlers
- Used as a condiment for pancakes, waffles, French toast, oatmeal, or porridge.
- An ingredient in baking and a sweetener or flavoring agent.





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Any Questions?