INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

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| Projekt: | MO-ME-N-T MOderní MEtody s Novými Technologiemi |
| Reg.č.: | CZ.1.07/1.5.00/34.0903 |
| Operační program: | Vzdělávání pro konkurenceschopnost |
| Škola: | Hotelová škola, Vyšší odborná škola hotelnictví a turismu a Jazyková škola s právem státní jazykové zkoušky Poděbrady |
| Tematický okruh: | Cuisine of the United States |
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| Datum: | 01. 11. 2013 |
| Ročník: (Cíl. skupina): | Druhý |
| Anotace: | Student je seznámen se znaky a stravovacími návyky USA (nejvýznamnější potraviny, rané i pozdější etnické vlivy, jídla dne, typické pokrmy a nápoje). |

# Cuisine of the United States

*"There is no American food. When we begin to list American foods, either we talk about regional things like lobster or shrimp Creole, or we talk about spaghetti and pizza and hot dogs...One could argue it's what makes us great. The fact that we don't have a cuisine is a measure of our democracy and of our ethnic heterogeneity."*

—Sidney Mintz, Anthropologist

# Cuisine of the United States

- Difficult to define
- As diverse as the geography and the people that live there
- Influenced by many nationalities and cultures
- Very delicious but full of fat
- Fast food is very common

# First inhabitants

## Early Native Americans

- Utilized a number of cooking methods
  - Grilling meats
  - Spit roasting over a pit fire
  - Cooking directly in the ashes of the fire
- Planted crops — corn, beans and squash
- Hunted animals – fish and seafood, game included deer, bear, buffalo and wild turkey

Renee Comet; **[cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:** http://commons.wikimedia.org/wiki/File:Yellow_squash.jpg?uselang=cs

# First colonists

- In the 17th and 18th centuries
- Came from various parts of Britain
- Brought with them food habits that formed major regional cuisines
- Still affect life in the United States to this day
  - Apple pie
  - Turkey
  - Roast beef
  - Porridge
  - Puddings

QUILAYA;[cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:http://commons.wikimedia.org/wiki/File:A_slice_of_bread_pudding.JPG

# Early ethnic influences

## African slaves

- Some of the strongest influences on US cuisine
- Brought with them important techniques including:
  - Barbecue in its many variations
  - Smoking meats
  - Frying grains and legumes into fritters
  - Boiling leafy green vegetables
  - Making up hot, spicy sauces

**CORREIA, Gabriel Rui;[cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:** http://commons.wikimedia.org/wiki/File:Moamba_traditional_dish_in_Luanda.JPG

# Early ethnic influences French

- The overseas French mingled their own cuisine with local ingredients
- Creole and Cajun cooking
- The dishes frequently begin with a roux
- Are often highly spiced

BALLE, Jesper Rautell[cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW: http://commons.wikimedia.org/wiki/File:Jrb_20080924_cajun_etouffee_gumbo_shrimp_crab_leg.JPG?uselang=cs

# Early ethnic influences Spanish

- The Spaniards brought their cuisine which mingled with the indigenous
- Contemporary cuisine bears a strong family resemblance to Mexican food
  - Corn tortillas
  - Wheat tortillas
  - Pinto beans stewed or refried
  - Salsas
- Carne adosado – pork stewed in a sauce made up almost entirely of dried red peppers
- Chili con carne – beef mixed with pinto beans
- Tamales – beef in chilly sauce

**GVJEKOSLAV; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:** http://commons.wikimedia.org/wiki/File:ChiliconcarneZG.JPG

# Later ethnic influences

- Italian, Mexican and Chinese cuisines have become so adopted that they are no longer considered foreign
- Irish
- German
- Greek
- Jewish
- Japanese
- Thai
- Indian

**JONATHUNDER; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:**http://commons.wikimedia.org/wiki/File:Mac%26CheesePizza.JPG

# Breakfast

- A very substantial meal
- Influenced by English cuisine
- With few specialties including:
  - Bagel – round dense bread, eaten with cream cheese and salmon
  - Grits – thick corn-based porridge
  - Hash Browns – made from potatoes cut into small pieces, fried until brown
  - Corned beef
  - Pancakes with maple syrup
  - French toast

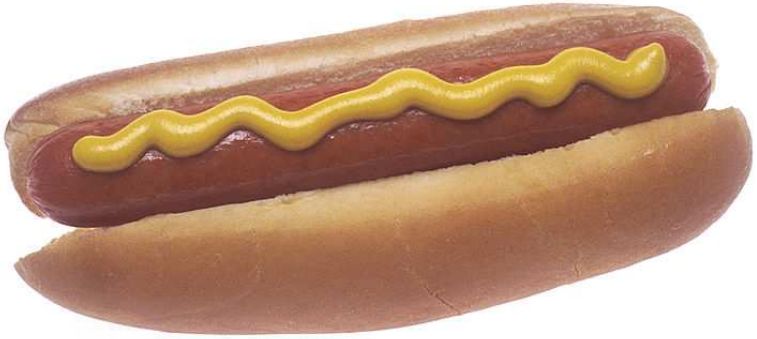
**AMOS, Evan; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:**http://commons.wikimedia.org/wiki/File:Plain-Bagel.jpg?uselang=cs
**SASHAFATCAT; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:**http://commons.wikimedia.org/wiki/File:Grits1.jpg
**[cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:**http://commons.wikimedia.org/wiki/File:Hashbrown_potato_patty.jpg?uselang=cs
**PIERiA; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:** http://commons.wikimedia.org/wiki/File:Nozaki%27s_new_corned_beef(3).jpg

# Brunch

- **Br**eakfast and l**unch** combined into one meal
- Served in late morning till early afternoon
- Usually on Sundays and holidays
- Involves standard breakfast foods
- Can include almost any other type of food served throughout the day
  - Quiche
  - Roasts of meat
  - Cold seafood and smoked fish
  - Salads
  - Soups
  - Vegetable dishes
  - Desserts

**GHOUSTON; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:** http://commons.wikimedia.org/wiki/File:Quiche.jpg

# Lunch



- Usually light
- Taken from home
  - Sandwiches – PBJ
  - Salads
- Eaten in a fast food restaurant
  - Elephant ears
  - Pizza
  - Burgers
  - Hot dogs
  - Etc.

**ARGE, 300exx; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:** http://commons.wikimedia.org/wiki/File:Fried_Dough.jpg
**COMET, Renee; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:** http://commons.wikimedia.org/wiki/File:NCI_Visuals_Food_Hot_Dog.jpg

# Dinner

- Main meal of the day
- Family eats together
- Can consist of even three courses:
  - Starter
  - Main course
  - Dessert

Flicker, User, Dsrlninja[cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW: http://commons.wikimedia.org/wiki/File:Oysterpail.jpg?uselang=cs

# Starter
# Appetizer

- **Cold**
  - Shrimp cocktail
  - Filled avocado
  - Sushi…
- **Hot**
  - Meat satay
  - Escargots bourguignon
  - Spring rolls…

**BrokenSphere; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:**http://commons.wikimedia.org/wiki/File:Satay_chicken_2.JPG
**FISHER, J. Patrick; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:**http://commons.wikimedia.org/wiki/File:Cooked_snails.JPG

# Starter

# Soup

- **Hot**
  - Chowder (seafood or vegetable thickened soup of English origin, cooked in heavy cream, served with crackers)
  - Bisque (a smooth, creamy, highly-seasoned soup of French origin, based on a strained broth of crustaceans
  - Jamaican red bean soup
- **Cold**
  - Gazpacho
  - Cucumber soup
  - Asparagus soup

**ROOTOLOGY; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:**http://commons.wikimedia.org/wiki/File:Potato_and_corn_chowder.jpg
**French Recipes; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:** http://commons.wikimedia.org/wiki/File:Shrimp_Bisque.jpg

# Starter
# Salad

- If more courses, it is served before the main course
  - Mixed garden salad served with variety of dressings
    - Ranch
    - French
    - Italian
    - Thousand Island
  - Caesar salad
  - Salad Niçoise
  - Waldorf Salad
  - Fennel and tomato salad
- With addition of grilled meat, salad can be served as a main course as well

DOWNING, Jenny; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:http://commons.wikimedia.org/wiki/File:Salade_Ni%C3%A7oise_jenny_downing.jpg

# Main course

- Chilly con carne (competitions in cooking chilly are held in Texas)
- Chop Suey (Chinese meaning “assorted pieces”)
- Jambalaya – originated in the Caribbean Islands, a close cousin to the saffron colored paella found in Spanish cuisine
- Fried chicken – deep fried battered well seasoned pieces of chicken
- American style pizza
- Quesadilla - a flour or a corn tortilla filled with a savory mixture containing cheese and other ingredients, originated in Mexico

**AMADSCIENTIST; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:**http://commons.wikimedia.org/wiki/File:Homemade_Jambalaya.JPG
**AMOS, Evan; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:**http://commons.wikimedia.org/wiki/File:Fried-Chicken-Leg.jpg
**Secretlondon123; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:**http://commons.wikimedia.org/wiki/File:Quesadilla1.jpg
**SULLIVAN, John; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW:**http://commons.wikimedia.org/wiki/File:Chicken_stir_fry.jpg?uselang=cs

# Dessert

- Apple pie  à la Mode – served hot with ice cream
- New York cheese cake
- Crème brûlée
- Chocolate mousse
- Baked Alaska
- Bread pudding
- Key lime pie
- Banana Split

YONG, Yun Huang; [cit. 2013-06-20]. Dostupný pod licencí Creative Commons na WWW: http://commons.wikimedia.org/wiki/File:BananaBakedAlaska.jpg

# Beverages

- **Soft drinks** in many varieties (dry, sugar free, diet, caffeine free…)
- **Beer** – breweries range in size from industry giants to microbreweries
  - American lager – sort of pale ale
- **Wine** – the fourth largest wine producing country ( 90% produced in California)
- **Bourbon** – American whiskey
- **Mixed drinks** are very popular