



## American Regional Cuisine

*The International Culinary Schools at The Art Institutes*

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"What follows is insight into, and details of, what makes each American culinary region unique. Once you prepare these dishes and take a bite, the flavors and tastes will reinforce everything you read. It's a history, anthropology, and cooking class all in one!" --From the Foreword by Chef Martin Yan, TV host of *Yan Can Cook* This remarkable new edition of American Regional Cuisine celebrates the diversity, distinction, and delectable essences of American cooking--from New England Clam Chowder to Carolina Pulled Pork Barbecue, from Floribbean Grouper with Black Bean, Jicama, and Corn Salsa to San Francisco Cioppino. This Second Edition features a wealth of fascinating history about each region, and more than forty color photographs showing cooking techniques and finished dishes. American Regional Cuisine, Second Edition is both a goldmine of attention-getting recipes and a guidebook to the finest regional American cooking. It features over 250 savory and sweet recipes of the most popular and memorable dishes from eleven regional culinary traditions--including Cajun and Creole cuisine, Tex-Mex cuisine, and the cuisines of California and Hawaii. Organized by region, these recipes are drawn from every part of the menu, offering a range of complete meals for each culinary style. Everyone from professional chefs and culinary students to serious home cooks will find that the clear, easy-to-follow instructions leave nothing to chance when preparing these mouthwatering recipes.



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