



Great American Food Stories

# DISCOVER AMERICA

Great American Food Stories



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EXPERIENCE THE USA, ONE DISH AT A TIME



## Our Culinary Story

The culinary landscape of the United States of America is varied, vibrant and delicious. This is no surprise when you consider the ethnic and geographical diversity, storied history, and rich agriculture found across our country. You'll discover an abundance of native and immigrant influences, with tasty dishes from sushi and tacos to pizza and paella, which are just as common on our tables as crispy fried chicken and coleslaw, collard greens and cornbread, steak and potatoes.

▲ Clockwise from left page: huckleberry pie, Seattle, Washington; Peels Restaurant, East Village, New York; fresh vegetables, Pike Place Market, Seattle, Washington; prime rib; Captain Joe & Sons, Gloucester, Massachusetts; pasta dish at Barbuzzo, Philadelphia, Pennsylvania.



With one foot firmly planted in centuries-old culinary traditions, and the other inspired by new immigrant influences and techniques, there has never been a more exciting time to eat in the United States of America. No matter which city you choose to visit, you can share in our culinary heritage. Explore the shores, plains, and city streets that produce our amazing cuisine. A journey full of mouth-watering menus and flavourful festivities awaits.

American cuisine finds inspiration from around the world. Our dishes vary from region to region—whereas wild-caught

seafood shines on plates in the Pacific and locally grown chili peppers add a spicy kick to dishes across the Southwest, head to the Northeast for a melting pot of flavours, from zesty pastrami to creamy clam chowder, or embrace historic traditions in the Southeast with steaming bowls of shrimp and grits. Wash your hearty meal down with an artisanal microbrew in the Midwest, and join rancher dinners in the West where wild game takes centre stage. Each region is ready and waiting to welcome you on a culinary adventure!



Share your favourite USA foods and culinary travel experiences at #FoodStoriesUSA



# table of contents

- Northeast**  
 8 Area Overview  
 10 Recipes  
 15 Culinary Story

- Southeast**  
 16 Area Overview  
 18 Recipes  
 23 Culinary Story

- Midwest**  
 24 Area Overview  
 26 Recipes  
 31 Culinary Story

- Southwest**  
 32 Area Overview  
 34 Recipes  
 39 Culinary Story

- West**  
 40 Area Overview  
 42 Recipes  
 47 Culinary Story

- Pacific**  
 48 Area Overview  
 50 Recipes  
 56 Culinary Story

- USA Holidays**  
 57 Holiday Overview  
 58 Recipes



- 1 Our Culinary Story  
 6 USA Culinary Map  
 64 Index of Recipes



**On the Cover**  
 Friends begin to gather for an evening meal in New York City. Photo by Christopher Tensani at The Jewels of New York. Back cover images by Jason Varney and Stephen DeVries.



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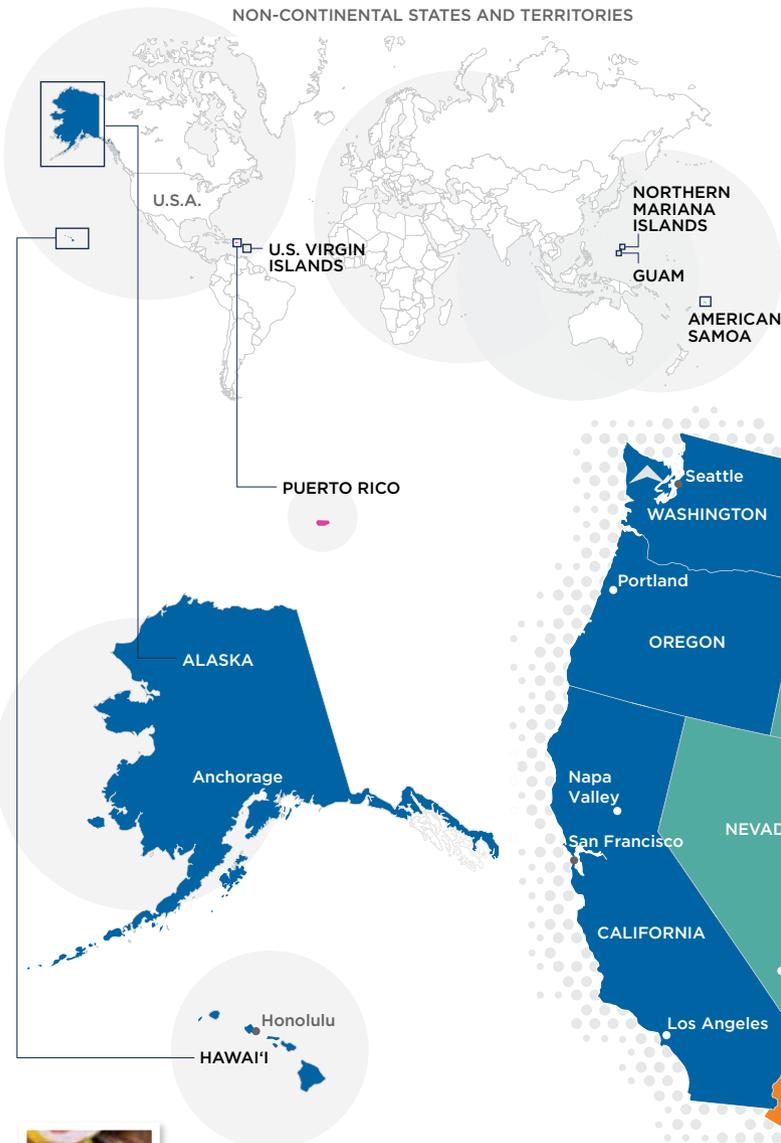


◀ Clockwise from bottom of left page: Madison Hotel, Washington, D.C.; tomato and feta salad; pumpkin pie ingredients; buttered crab and caviar tartlet.



# USA Culinary Map

Learn more about culinary travel at [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)



## WEST



*Nevada, Idaho, Montana, Wyoming, Colorado, Utah*

**FEATURED CHEFS AND MIXOLOGISTS:** Jeff Drew, Jackson Hole, WY; Jennifer Jasinski, Denver, CO; Sean Kenyon, Denver, CO; Gary Kucy, McCall, ID; Rick Moonen, Las Vegas, NV (pg. 42-46)



## MIDWEST

*North Dakota, South Dakota, Nebraska, Kansas, Missouri, Iowa, Minnesota, Wisconsin, Illinois, Indiana, Michigan, Ohio*

**FEATURED CHEFS:** Rick Bayless, Chicago, IL; Stephanie Izard, Chicago, IL; Lenny Russo, St. Paul, MN; Alex Young, Ann Arbor, MI (pg. 26-30)



## NORTHEAST

*Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Delaware, Pennsylvania*

**FEATURED CHEFS AND MIXOLOGISTS:** Barbara Lynch, Boston, MA; Jim Meehan, New York City, NY; Michel Nischan, Westport, CT; Marcus Samuelsson, New York City, NY; Kevin Sbraga, Philadelphia, PA (pg. 10-14)



## PACIFIC

*Washington, Oregon, California, Hawai'i, Alaska, Guam, American Samoa, Northern Mariana Islands*

**FEATURED CHEFS:** Michael Chiarello, Napa Valley, CA; Benjamin Ford, Los Angeles, CA; Maria Hines, Seattle, WA; Naomi Pomeroy, Portland, OR; Roy Yamaguchi, Honolulu, Hawai'i (pg. 50-55)



## SOUTHWEST

*Arizona, New Mexico, Texas, Oklahoma*

**FEATURED CHEFS AND MIXOLOGISTS:** Tim Byres, Dallas, TX; Patrick Gharrity, Santa Fe, NM; Bryce Gilmore, Austin, TX; Bernie Kantak, Scottsdale, AZ; Nate Wales, Austin, TX (pg. 34-38)



## SOUTHEAST

*Maryland, District of Columbia, West Virginia, Virginia, Kentucky, North Carolina, South Carolina, Tennessee, Arkansas, Louisiana, Mississippi, Alabama, Georgia, Florida, U.S. Virgin Islands, Puerto Rico*

**FEATURED CHEFS AND MIXOLOGISTS:** Michelle Bernstein, Miami, FL; Neal Bodenheimer, New Orleans, LA; Cris Comerford, Washington, D.C.; Tory McPhail, New Orleans, LA; Andrea Reusing, Chapel Hill, NC (pg. 18-22)



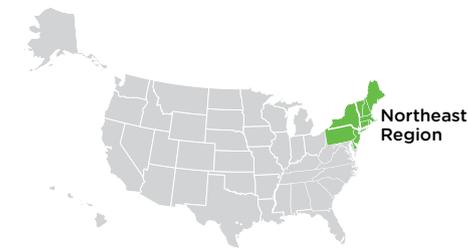
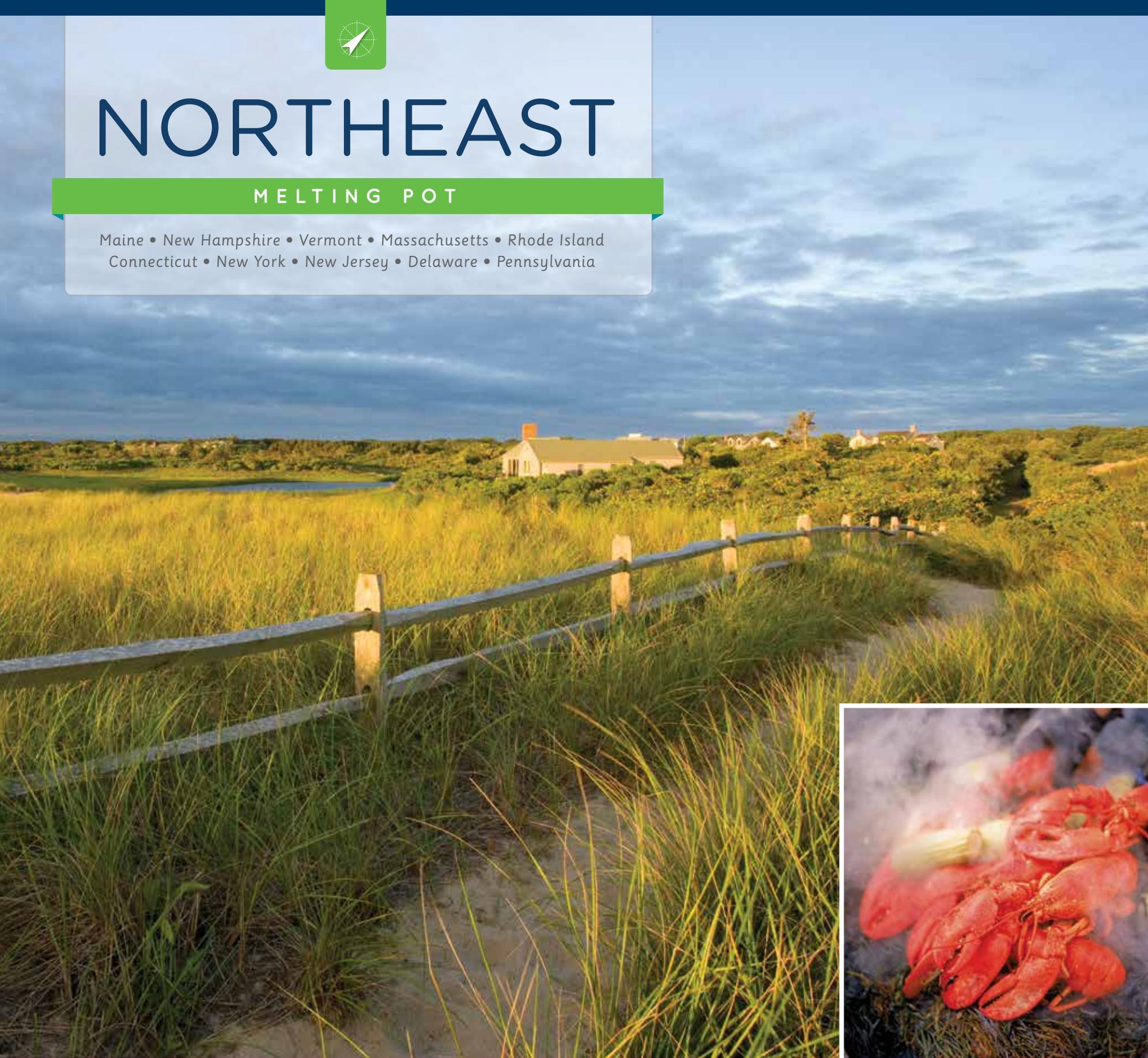
The chefs in this guide are members of the **American Chef Corps**, a partnership between the renowned **James Beard Foundation** and the **US Department of State**. The James Beard Foundation is dedicated to exploring the way food enriches our lives.



# NORTHEAST

## MELTING POT

Maine • New Hampshire • Vermont • Massachusetts • Rhode Island  
Connecticut • New York • New Jersey • Delaware • Pennsylvania



**T**he Northeast is considered “the melting pot of America” because it has been the gateway for millions of immigrants coming to our shores. The area is home to more people from more diverse cultures than anywhere else in the United States. You can discover our country’s roots by visiting the region’s many heritage sites and landmarks. Journey to Philadelphia to see where the Founding Fathers signed the Declaration of Independence, or head to Boston to explore key sites of the American Revolution.

Favourite leisure-time activities in this region include digging for clams on Cape Cod’s pristine beaches, exploring New York City’s five boroughs, and hiking the ruggedly beautiful Appalachian Trail in Maine, Vermont and New Hampshire. Where else can you sit in world-renowned theatres, enjoy thrilling outdoor adventures, and stroll through scenic harbours all in the same weekend?

**▶ LEARN MORE ABOUT NORTHEAST FOOD AND TRAVEL EXPERIENCES!**  
[www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)

◀ Large photo: Nantucket, Massachusetts. Inset photos: lobster bake in Maine; High Street on Market, Philadelphia, Pennsylvania.



## Common Ingredients in the NORTHEAST

### Lobster

Found along the rugged Atlantic coast, Maine lobster is a mainstay of New England cuisine. Most often boiled or steamed, its delicate chunks are dipped in melted butter or sandwiched between soft hot dog buns, enhanced with a mayonnaise-based sauce.

### Clams

A staple of Northeastern cuisine, these edible molluscs are steamed, fried, or slurped raw from the shell. They're also the star ingredient in hearty clam chowder.

### Apples

North America is one of the world's largest producers of apples, which find their way into juices, ciders and desserts laced with cinnamon and nutmeg.



### AGE OF THE MIXOLOGIST

## Medford Stuyvesant

by **Jim Meehan** of PDT, New York City, NY

Before rye and applejack, rum ruled the roost in the Northeast, hence this regional combination of age-old partners: Medford-style rum, lime juice and Vermont's finest maple syrup.

60 ml Berkshire Mountain Distillers Ragged Mountain Rum or other dark rum

2 dashes of Dutch's Colonial Cocktail Bitters or other bitters

15 ml Deep Mountain Grade B maple syrup or other Grade B maple syrup

22 ml lime juice

Combine all ingredients in a cocktail shaker with ice and shake. Strain into a chilled coupe glass and garnish with a lime wheel.

## Clam Chowder

Prep Time: 20 minutes | Cooking Time: 40 minutes | Total Time: 1 hour | Yield: Serves 8

3 Yukon Gold potatoes (or any waxy potato), peeled, diced and reserved in cold water (about 1 L), reserve potato peels

180 g celery, diced

180 g leeks, cleaned, diced and reserved in cold water

50 top neck clams (may substitute any type of clam)

500 ml double cream

250 ml whole milk

200 ml white wine

250 g streaky bacon, cut into large pieces, cooked until crispy

113 g unsalted butter, cut into large pieces

Salt and pepper, to taste

400 g white onion, diced

- In a small saucepan, add the potato peels and cover with cold water. Bring to a boil, then reduce to a simmer and cook until tender, about 7 minutes. Drain and reserve the potato peels.
- In a large 6-L pot over medium heat, add the clams and white wine and cook until shells open, about 10 minutes. Strain and remove the clams, reserving the cooking liquid. Remove the clams from shells and roughly chop; reserve.
- In the same pot, melt the butter. Add the onion, celery and leeks. Cook until soft, stirring frequently, about 10 minutes. Add the reserved clam juice, diced potatoes, heavy cream and milk. Bring to a simmer and continue simmering until the potatoes are tender, about 15 minutes. Turn off the heat.
- Place the cooked potato peels in a blender along with one quarter of the chowder; blend until smooth. Add the mixture back to the chowder, along with the chopped clams, and stir to combine. Season with salt and freshly ground black pepper. Garnish with crisp bacon.



**Chef Barbara Lynch**  
Barbara Lynch Gruppo,  
Boston, Massachusetts

**Describe the Northeast:**  
Evolved classics

**What inspires you?**  
The seasons

**Where is your favourite Northeastern destination?** Maine and the Outer Islands

**What tasty bite should travellers to the Northeast not miss?**  
Sweet Nantucket bay scallops in the autumn

For more recipes, chef stories and local foods, visit [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)





## Roast Pork with Broccoli Rabe

⌵ Prep Time: 15 minutes | Cooking Time: 2+ hours | Total Time: 2 hours 15 minutes | 🍴 Yield: Serves 4

**1 kg boneless pork shoulder**

**225 g sweet Italian sausage (split into 8 portions)**

**6 cloves garlic**

**30 ml olive oil, plus another 30 ml**

**225 g broccoli rabe (may substitute kale)**

**salt and freshly ground pepper (to taste)**

1. Preheat the oven to 150°C /300°F/Gas 2. Pat the pork dry with a paper towel. Cut 14 slits evenly around the pork (about 2.5 cm each). Stuff six of the slits with a garlic clove, and the remaining eight slits with the sausage. Drizzle the pork with olive oil, then season with salt and pepper. Roast in the oven until the pork is fork-tender and barely falling apart, about 2 hours.
2. Once the pork is about 5 minutes away from being done, heat a medium-sized skillet over medium heat. Sauté the broccoli rabe in olive oil until tender, about 3 minutes. Serve alongside roasted pork.

**Describe the Northeast:** Passionate and honest

**What inspires you?** Traveling, seeing and tasting new things

**What's your favourite regional dish?** Roast pork and broccoli rabe

**What tasty bite should travellers to the Northeast not miss?** Scrapple (a Pennsylvania Dutch dish made from pork scraps)



**Chef Kevin Sbraga**  
Sbraga, Philadelphia, Pennsylvania

## Ancient Grains “Risotto”-Style

⌵ Prep Time: 30 minutes | Cooking Time: 50 minutes | Total Time: 1 hour, 20 minutes

🍴 Yield: Serves 4

**30 ml olive oil**

**1 large yellow onion, diced**

**90 g uncooked farro (may substitute spelt)**

**500 ml vegetable stock**

**½ large courgette, diced**

**110 g fresh sweet corn kernels**

**225 g cherry tomatoes, halved**

**150 g cooked heirloom beans or canned organic kidney, appaloosa or cranberry beans**

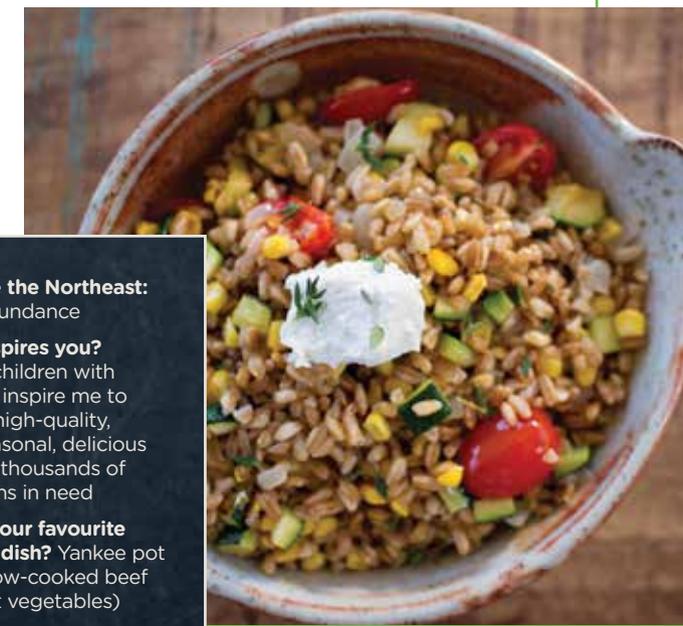
**15 g unsalted butter**

**115 g ricotta**

**Coarse sea salt and freshly ground black pepper to taste**

**fresh chervil to garnish**

1. In a large, deep sauté pan, heat half of the olive oil over medium-high heat; once hot, add the onions and sauté until softened but not browned, about 4 to 5 minutes. Add the farro and sauté for 2 to 3 minutes. Add the stock and stir frequently until the farro is tender and the stock has evaporated, about 40 to 45 minutes. Add more stock if needed during cooking to keep the farro moist.
2. Meanwhile, in another large sauté pan, heat the remaining olive oil over medium-high heat. Once hot, add the courgette and corn kernels and sauté until the vegetables are browned, about 10 to 12 minutes. (Note: you may substitute any seasonal vegetables for the corn and courgette, such as butternut squash, winter greens, parsnips, mushrooms or peas.) Add the tomatoes and cook for a minute to warm through. Add the farro and the cooked beans and mix well. Add the butter and stir until melted and the beans are hot. Season to taste with salt and pepper.
3. In a mixing bowl, whisk the ricotta until softened. Season to taste with salt and pepper.
4. Spoon the farro onto 8 individual plates and garnish with a dollop of the ricotta cheese and chervil.



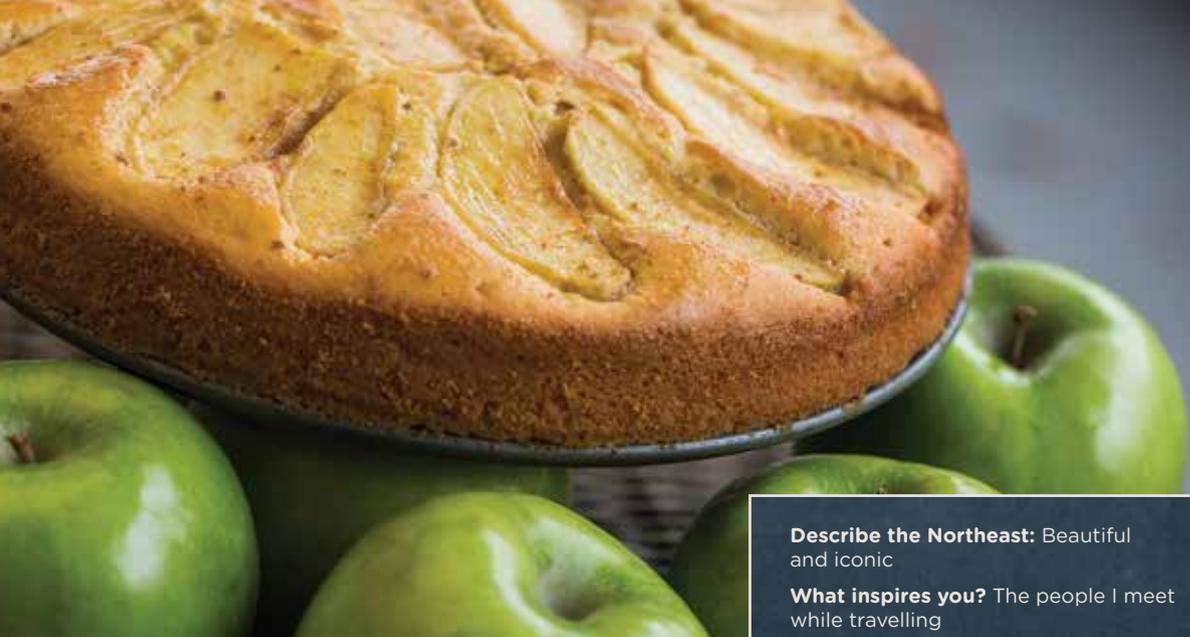
**Chef Michel Nischan**  
The Dressing Room, Westport, Connecticut

**Describe the Northeast:** Great abundance

**What inspires you?**

My two children with diabetes inspire me to provide high-quality, local, seasonal, delicious foods to thousands of Americans in need

**What's your favourite regional dish?** Yankee pot roast (slow-cooked beef with root vegetables)



# Apple Cake

Prep Time: 20 minutes | Cooking Time: 40 minutes  
Total Time: 1 hour Yield: Serves 12

- |  |  |
|--|--|
| 100 g granulated sugar   | 60 g unsalted butter, plus more for greasing the pan |
| 90 g light brown sugar   | 1 egg  |
| 1 tsp cinnamon   | 150 g plain flour                                    |
| 2 Granny Smith apples, peeled, cored and sliced into 16 wedges | 2 tsp baking powder                                  |
|  | 160 ml single cream                                  |
|  | 20 g breadcrumbs                                     |

**Describe the Northeast:** Beautiful and iconic

**What inspires you?** The people I meet while travelling

**What would you tell first-time visitors to the Northeast?** I would tell them to visit a farmers' market to see what is fresh. It will open their eyes to new ingredients and flavors, and that's what I love most about being a chef.



**Chef Marcus Samuelsson**  
Red Rooster Harlem, New York City, New York

- Preheat the oven to 180°C/350°F/Gas 4. Mix together the sugars. Combine the cinnamon and 65 g of the sugar mixture in a medium bowl. Add the apple wedges and toss to coat.
- Using an electric mixer fitted with a paddle attachment, beat the butter and remaining sugar together until light and fluffy, about 2 minutes. Add the egg and mix until combined. On low speed, add the flour and baking powder. Slowly add the half-and-half.
- Butter a 23-cm springform tin and coat with the breadcrumbs. Pour the batter into the pan and spread evenly. Arrange the sugared apple wedges fanned along the outer edge of the tin, placing 2 wedges in the centre.
- Bake until the centre is golden brown, about 35-40 minutes. Let cool completely. Run a small offset spatula around the edge to release from the tin and remove the springform.

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## The culinary story of the Northeast

The Northeast's vibrant blend of cultures makes for equally varied cuisine, with treasured family recipes passed down over generations. On a stroll through New York City, you'll find street vendors dishing out everything from savoury hot dogs or cinnamon-sugar-dusted churros to spicy falafel and hot-from-the-oven pizza. Stop at one of the region's family-owned delis for fresh bagels smothered in cream cheese and topped with smoked salmon, or sandwiches piled high with zesty pastrami. Head toward the coast for a classic New England clambake prepared with local seafood and served on picnic tables. Dig into creamy clam chowder, succulent Maine lobster and briny steamer clams swirled in melted butter.

**DISCOVER THE LOCAL CATCH: FRESH, DELICIOUS SEAFOOD!**

[www.DiscoverAmerica.com/seafood](http://www.DiscoverAmerica.com/seafood)

Top photo: Martha's Vineyard, Massachusetts. Bottom photo: bagel shop, New York City.

## Regional Events and Food Festivals

**SPRING**  
**PHILLY'S ANNUAL ITALIAN MARKET FESTIVAL**  
Philadelphia, Pennsylvania

Dubbed Philly's largest block party, this Italian-themed festival takes place in the nation's oldest outdoor market—expect live music, a Fiat fun zone and the Procession of Saints.  
[www.italianmarketfestival.com](http://www.italianmarketfestival.com)

**SUMMER**  
**MAINE LOBSTER FESTIVAL**  
Rockland, Maine

What better way to satisfy your craving for summer shellfish than at the Maine Lobster Festival, complete with a codfish-carrying and lobster-eating contest.  
[www.mainelobsterfestival.com](http://www.mainelobsterfestival.com)

**SUMMER**  
**ATLANTIC CITY FOOD AND WINE FESTIVAL**  
Atlantic City, New Jersey

Visit the famous boardwalk in Atlantic City for a four-day foodie event full of world-renowned chefs and TV celebrities, all hosted by Caesars Entertainment properties.  
[www.caesars.com](http://www.caesars.com)

**AUTUMN**  
**NEW YORK CHOCOLATE SHOW**  
New York, New York

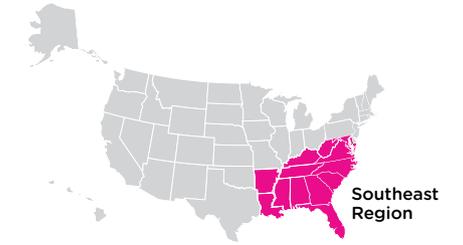
Chocoholics rejoice! The country's largest show completely devoted to chocolate takes place each fall in New York, one of the world's most exciting culinary cities.  
[www.chocolateshow.com](http://www.chocolateshow.com)



# SOUTHEAST

## FLAVOURFUL HISTORY

Maryland • Washington, D.C. • West Virginia • Virginia • Kentucky  
North Carolina • South Carolina • Tennessee • Arkansas • Louisiana  
Mississippi • Alabama • Georgia • Florida • US Virgin Islands • Puerto Rico



**T**he Southeast region has an unmistakable flavour influenced by its history, local spirit and the land. Here, sparkling skylines and lush parks complement storied landmarks such as the Martin Luther King Jr. National Historic Site in Atlanta, Georgia. In this region—the birthplace of jazz, blues, country music and rock ‘n’ roll—music is as important to cultural heritage as Southern fried chicken and collard greens. Don’t miss a visit to the national monuments and museums in our nation’s capital, Washington, D.C. Visitors seeking distinctive architecture should look no further than Asheville, North Carolina’s beautiful Biltmore Estate. If you are bringing the whole family, be sure to take a cruise to Fort Sumter National Monument in South Carolina, where breathtaking views of charming Charleston intersect with voices of the past. Throughout the Southeast, Southern hospitality is served with a smile and a tall glass of sweet iced tea.

**▶ LEARN MORE ABOUT SOUTHEAST FOOD AND TRAVEL EXPERIENCES!**  
[www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)

◀ Large photo: Forsyth Park, Savannah, Georgia. Inset photos: blues musician, Nashville, Tennessee; gumbo, New Orleans, Louisiana; kids on beach, Charleston, South Carolina.



## Common Ingredients in the SOUTHEAST

### Blue Crab

The Chesapeake Bay in Maryland yields succulent blue crabs whose sweet, delicate meat is often used in crab cakes and chowders.

### Okra

This flowering green plant, also called lady's fingers, frequently appears in Southeastern dishes. It's most commonly battered, deep-fried and served with buttermilk dressing.

### Shrimp

In the Lowcountry coastal areas of the Southeast, plump, local shrimp is served steamed or grilled, in gumbos and ceviches, crispy-fried in shrimp "po-boys" and more.



### KENTUCKY BOURBON

## Salted Sorghum Old Fashioned

by Neal Bodenheimer of Cure, New Orleans, Louisiana

Sorghum has a long tradition as a sweetening agent in the Southeast, and the Old Fashioned is a Southern standard. The pairing of grapefruit and medicinal bitters kicks this classic up a notch.

7.5 ml sorghum syrup\*  
60 ml W.L. Weller 12 year Bourbon or other "wheated" bourbon (aged at least 10 years)

2 dashes Peychaud's Bitters or other medicinal, creole-style bitters

1 dash Angostura Bitters or other spice-driven bitters  
Pinch coarse sea salt  
Grapefruit peel

\*To make syrup, combine three parts sorghum with one part water, and refrigerate for at least 30 minutes.

1. Combine the sorghum syrup, bourbon, bitters and salt. Stir together without ice to incorporate.
2. Add dense ice (one large ice cube) and stir for 45 revolutions. Strain over fresh dense ice, rub a grapefruit peel around the rim of the glass and then garnish with the peel.

## Florida Fish and Avocado Ceviche

🕒 Prep Time: 20 minutes | 🍳 Cooking Time: 2 minutes | ⌚ Total Time: 25 minutes 🍴 Yield: Serves 4

900 g fresh local whitefish, skin removed, boned, diced (Snapper, Tilefish or Wahoo is preferred)

1 tbsp coarse sea salt

45 ml olive oil

4 cloves of garlic, sliced paper-thin with a mandoline

60 ml freshly squeezed lime juice

½ serrano chili, sliced thin on a mandoline

¼ red onion, julienned fine

60 g coriander, roughly chopped with stems

2 avocados, peeled and diced  
tortilla chips for dipping

1. In a large bowl, add the fish and salt; stir gently to mix well. Chill the fish in the refrigerator until the remaining ingredients have been prepped.
2. Heat the oil in a sauté pan over high heat. Add the garlic and sauté, shaking the pan, until golden brown, about 1 to 2 minutes. Remove the garlic with a slotted spoon and place it onto a paper towel. Pour the oil into a small bowl; set aside and allow to cool.
3. Add the lime juice to the fish and stir. Add the serrano chili, onion, coriander and crispy garlic to the fish; garnish with 15 ml of the set aside garlic oil, stirring gently to mix. Serve with diced avocado and your favourite tortilla chips.



**Chef Michelle Bernstein**  
Michy's, Miami, Florida

**Describe the Southeast:**  
Eclectic and vibrant

**What inspires you?**  
Ingredients and the ability to change and invent every single day

**What's your favourite regional dish?** Picadillo (Latin American beef hash) with plantains

**What tasty bite should travellers to the Southeast not miss?** Seafood ceviche

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# Fried Okra

🕒 Prep Time: 20-30 minutes | Cooking Time: 5 minutes | Total Time: 25-35 minutes 🍴 Yield: Serves 4

- |  |   |
|--|---|
| 1 tsp coriander seeds                  | 30 g chickpea flour   |
| ¼ tsp fennel seeds                     | 30 g plain flour  |
| 1 clove                                | ½ tsp coarse sea salt   |
| 1 tsp cumin seeds                      | ½ tsp freshly ground black pepper   |
| vegetable oil, as needed for frying    | 450 g okra, stems removed, cut on a sharp diagonal into bite-sized slices |
| 1 large egg                            | sea salt to taste   |
| 60 ml buttermilk                       |   |
| 1 medium serrano chili, finely chopped |   |

- In a small pan over medium heat, lightly toast the coriander, fennel and clove until fragrant, about 1 to 2 minutes. Allow to cool completely; grind and set aside. Toast the cumin seeds in the same fashion and add them to the ground spices. (Note: The cumin should not be ground.)
- Fill a deep, heavy stockpot with 10 cm of oil. Heat the oil over medium-high heat until a deep-fat thermometer reads 180°C/350°F.
- Meanwhile, beat the egg in a small bowl and whisk in the buttermilk and serrano chile. In another medium bowl, combine the chickpea flour, plain flour, salt, pepper and spice mixture. Put the okra slices into the bowl with the flour mixture and combine, leaving a light dusting on each piece. Pour the egg mixture on top and mix with your hands, making sure to coat all surfaces.
- In batches, use a large slotted spoon to carefully lay loosely formed handfuls of 6 to 8 okra slices into the hot oil. Cook until the okra is golden brown and uniformly crisp, turning as necessary, about 2 minutes. Drain the fried okra on a clean brown paper bag; season with sea salt. Serve with hot tomato relish, if desired.



# Maryland Crab Cakes

🕒 Prep Time: 16 minutes | Cooking Time: 6 minutes | Total Time: 20 minutes 🍴 Yield: Serves 4

- |  |   |
|--|---|
| 500 g jumbo lump crabmeat, cleaned, shells removed | 5 ml Worcestershire sauce                       |
| 1 tbsp sour cream                                  | 5 ml Tabasco sauce                              |
| 1 tbsp mayonnaise                                  | 120 g plain flour seasoned with salt and pepper |
| 50 g Italian parsley, coarsely chopped             | 1 egg, beaten                                   |
| 50 g spring onions, chopped                        | 150 g panko bread crumbs                        |
| 1 lemon, completely zested and juiced              | 250 ml oil for pan frying                       |
| 1 tbsp Dijon mustard                               | salt and pepper to taste                        |

- In a large mixing bowl, gently mix the crabmeat, sour cream, mayonnaise, parsley and spring onions. Add the lemon zest and juice, mustard, Worcestershire sauce and Tabasco sauce. Mix gently and season with salt and pepper. Form into 60-g crab balls; set aside.
- Take out three plates and add the seasoned flour to the first plate, the beaten egg to the second, and the breadcrumbs to the third. Coat the crab balls in the seasoned flour, then the egg, then the breadcrumbs. Gently form into 20-mm-thick patties.
- In a medium cast iron frying pan, heat oil until a thermometer registers 180°C/350°F. Shallow fry the crab cakes for 3 minutes per side.

**Describe the Southeast:** Vibrant and delicious

**What's your favourite regional dish?** Braised collard greens with a splash of cider vinegar and hot sauce

**What tasty bite should travellers to the Southeast not miss?** Soft shell blue crabs from the Chesapeake Bay

**What's your favourite place to visit in the US?** Chicago: ethnic restaurants abound



**Chef Cris Comerford**  
White House Executive Chef, Washington, D.C.



**Chef Andrea Reusing**  
Lantern, Chapel Hill, North Carolina

**Describe the Southeast:** Heritage and poetry

**What inspires you?** Our staff at the restaurant and the farmers, ranchers and fishers who help shape our menu

**What's your favourite regional dish?** Whatever I last ate—today it's Hoppin' John with chile vinegar and smoked ham hocks

**What tasty bite should travellers to the Southeast not miss?** Hot-out-of-the-oven cornbread



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## The culinary story of the Southeast

In some places in the world, people debate over whose grandmother makes the best pasta sauce or schnitzel. In the Southeast, it's all about barbecue (BBQ)—and the conversation is heated. This American culinary art form varies from city to city, and each region specialises in its own style, meats and sauces.

Yet Southeastern cuisine is so much more than pulled-pork sandwiches and tangy BBQ sauce. A traditional Southern meal is a marriage of European, Native American and African-American influences. Here, you can sink your teeth into crispy-yet-tender fried chicken, pork-laced collard greens, velvety mashed potatoes and crumbly cornbread. In the Lowcountry and Cajun coastal areas, you'll find plenty of fresh seafood and rice dishes with a spicy kick. Save room for some fruit cobbler or a slice of pie for a sweet finish.

➤ **BARBECUE SAMPLER: TASTE TEST ACROSS THE USA!**

[www.DiscoverAmerica.com/BBQ](http://www.DiscoverAmerica.com/BBQ)

◀ Top photo: Fort Lauderdale, Florida. Bottom photo: Fox Bros. Bar-B-Q, Atlanta, Georgia.



**Describe the Southeast:** Haute Creole (a fancy interpretation of traditional Louisiana style)

**What inspires you?** So many things: history, tradition, opportunity, the seasons

**What's your favourite regional dish?** Anything with seafood (more seafood travels through the state of Louisiana than any other of the Lower 48 states)

**What tasty bite should travellers to the Southeast not miss?** Gumbo



**Chef Tory McPhail**

Commander's Palace, New Orleans, Louisiana

## Pecan Pie

✓ Prep Time: 10 minutes | Cooking Time: 2 hours 45 minutes | Total Time: 2 hours 55 minutes | 🍴 Yield: Serves 8

- |                         |  |
|-------------------------|--|
| 6 medium eggs           | ¼ tsp salt   |
| 265 g sugar             | 23-cm shop-bought pie crust (recommended: high-quality, simple crust) or make your own |
| 320 ml light corn syrup | 375 g pecan halves   |
| 1 tbsp melted butter    |  |
| 1 tsp vanilla extract   |  |

- Preheat the oven to 120°C/250°F/Gas 1/2. In a large bowl, whisk the eggs. Add the sugar, corn syrup, melted butter, vanilla and salt. Mix until smooth and well combined.
- Place the pie crust in a 23-cm pie tin pushing the dough into the bottom and against the sides of the pan. Fold the edges under about 30 mm; crimp the edges.
- Scatter the pecans over the crust, and then pour the filling over the pecans. Using your fingers, stir the two together gently until the pecans are evenly distributed.
- Bake until the centre is set and the crust is golden brown, about 2 hours and 45 minutes. (Note: The pie is finished when it lightly rises in the centre.)

## Regional Events and Food Festivals

**SPRING**  
**SABOREA**  
**PUERTO RICO**  
Puerto Rico

Beloved Escambrón Beach takes centre stage in a flavourful weekend celebrating Caribbean traditions with tastings from 30 top restaurants and distilleries in this balmy paradise.

[www.saboreapuertorico.com](http://www.saboreapuertorico.com)

**SUMMER**  
**ATLANTA FOOD & WINE FESTIVAL**  
Atlanta, Georgia

Eat, drink and enjoy the true South at the only culinary weekend in the US focused on food and beverage traditions from Texas to the District of Columbia.

[www.atlfoodandwinefestival.com](http://www.atlfoodandwinefestival.com)

**AUTUMN**  
**MUSIC CITY EATS**  
Nashville, Tennessee

This Southern newcomer takes over historic venues and outdoor spaces in downtown Nashville for farm-to-table demos, artisanal tastings and legendary parties set to live music.

[www.musiccityeats.com](http://www.musiccityeats.com)

**WINTER**  
**SOUTH BEACH WINE & FOOD FESTIVAL**  
Miami, Florida

The brainchild of The Food Network and FOOD & WINE magazine, this star-studded event showcases the world's most celebrated wine and spirits producers and chefs, all in sunny Miami.

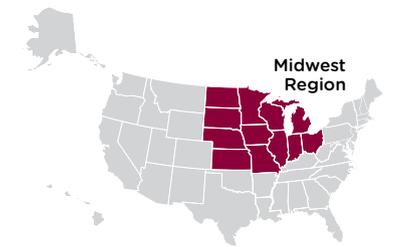
[www.sobefest.com](http://www.sobefest.com)



# MIDWEST

## BOUNTIFUL TABLE

North Dakota • South Dakota • Nebraska • Kansas • Missouri  
Iowa • Minnesota • Wisconsin • Illinois • Indiana • Michigan • Ohio



**W**ith picturesque outdoor settings around the Great Lakes and the country's breadbasket, the Midwest has no shortage of culinary experiences for you to discover. The Midwest is known as one of the friendliest parts of the US, ready to welcome you.

No trip to the heartland is complete without a visit to Falls Park, a 123-acre park starring a three-tier waterfall, five-story observation tower and historic ruins along the banks of the Big Sioux River in Sioux Falls, South Dakota. Wine lovers feel at home in Traverse City, the centre of Michigan's scenic wine country, while music lovers can experience the heart and soul of Detroit's Motown movement, which changed American music forever. Culture-seekers love Chicago's big city delights from world-class theatres to dazzling architecture.

**▶ LEARN MORE ABOUT MIDWEST FOOD AND TRAVEL EXPERIENCES!**  
[www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)

◀ Large photo: kayaking in Michigan. Inset photos: fresh cherries; The Bean, Chicago, Illinois.



## Common Ingredients in the MIDWEST

### Sweet Corn

Sweet corn, which is picked before the sugars convert to starch, plays a starring role in creamy casseroles and summer salads. It's delicious right off the cob, too, with salt and a pat of butter.

### Cherries

Farmers in Traverse City, Michigan, have been harvesting cherries since the 1800s. Today, millions of tart cherry trees provide Americans with delicious fruit for pies, preserves, jams and juice.

### Wisconsin Cheese

From blue and gorgonzola to fontina, havarti and Muenster (not to mention the state's famous cheddar), Wisconsin produces more cheese than any other state in the USA.



## MIDWEST BEER Craft Beer

The United States is home to high-producing breweries that make some of the most recognisable beer brands in the world. But it is the craft beer movement that is lighting up the beverage scene. With more than 2,000 craft and microbreweries, the United States has so much to offer—and the Midwest is an ideal place for you to sample the local goods. Many restaurants even treat beer with the same attention and respect sommeliers afford to wine. Expect lots of beer pairing dinners and tastings on your next visit, and keep an eye out for specialty glassware and new and complex beer styles.



# Freshwater Crayfish and Sweet Corn Salad

🕒 Prep Time: 5 minutes | Total Time: 5 minutes 🍴 Yield: Serves 4-6

500 g crayfish tail meat, cooked  
(may substitute any shellfish such as prawn, lobster or lump crabmeat)  
300 g sweet corn kernels, blanched  
40 g green onions, coarsely chopped  
75 ml grapeseed oil

30 ml lemon juice, freshly squeezed  
1 tsp fine sea salt  
½ tsp black pepper, freshly ground  
5 g fresh flat leaf parsley, chopped  
5 g fresh tarragon leaves, chopped

Combine all of the ingredients in a nonreactive mixing bowl (glass or ceramic). Mix well to combine. If refrigerated, this salad will stay fresh for up to two days.



**Chef Lenny Russo**  
Heartland, St. Paul, Minnesota

**Describe the Midwest:**  
America's heartland

**What inspires you?**  
Farmers and food artisans

**What's your favourite regional dish?** Grilled bison with morel mushrooms

**What tasty bite should travellers to the Midwest not miss?** Heritage breed pork

• For more recipes, chef stories and local foods, visit [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories) ➔



## Marinated Skirt Steak with Stone Fruit and Green Tomato Relish

✓ Prep Time: 5 minutes (plus 30 minutes to marinate) | Cooking Time: 15 minutes | Total Time: 50 minutes | Yield: Serves 4-6

- |  |                                     |
|--|-------------------------------------|
| 1 kg skirt steak   | 1 small plum, diced                 |
| 120 ml malt vinegar  | 75 g cherries, pitted and quartered |
| 1½ tsp sambal, plus ½ tsp (may substitute Asian chili sauce) | 40 g Niçoise olives, chopped        |
| 1 garlic clove, finely minced                                | 15 g fresh basil, minced            |
| 60 ml extra virgin olive oil                                 | 15 g fresh parsley, minced          |
| 240 ml fish sauce  | 15 g fresh coriander, minced        |
| 1 small spring onion, sliced                                 | 15 g fresh sorrel, minced           |
| 1 large green tomato, diced                                  | salt to taste                       |

**Describe the Midwest:** Food lovers

**What's your favourite regional dish?** Anything with sweet corn

**What tasty bite should travellers to the Midwest not miss?** Wisconsin cheese

**What's your favourite place to visit in the US?** The Pacific Northwest for seafood and wine



**Chef Stephanie Izard**  
Girl and the Goat, Chicago, Illinois

1. Whisk the vinegar, sambal, garlic, olive oil and fish sauce together. Pour the marinade over the steak on a large plate; chill in the refrigerator for 30 minutes.
2. Meanwhile, in a medium bowl, whisk together the dressing: 30 ml fish sauce, 22.5 ml red wine vinegar and 45 ml extra virgin olive oil; set aside. (Note: These quantities are not listed in ingredients.)
3. In a frying pan over high heat, quickly sauté the spring onions in olive oil until just tender, about 2 to 3 minutes. Add the cooked onions to a medium bowl and mix with the green tomato, plum, cherries, olives, herbs and sambal; season with salt to taste. Toss with the dressing; set aside.
4. Heat a grill to medium-high heat, and grill the steak to desired doneness (recommended: 5 minutes per side for medium-rare). Garnish with the stone fruit relish.

## Esquites Fritos (Spicy Fried Corn)

✓ Prep Time: 10 minutes | Cooking Time: 5 minutes | Total Time: 15 minutes | Yield: Serves 4-6

- 30 ml freshly-rendered pork lard or bacon dripping
- 450 g fresh corn kernels, cut straight from the cob (roughly 4 large ears)
- 1 fresh serrano chili, finely chopped
- 40 g chopped epazote leaves (may substitute coriander)
- ½ tsp salt
- 45 g crumbled Mexican queso fresco (may substitute fresh cheeses like feta or goat cheese)
- lime wedges for garnish



1. In a large (25.4-cm) frying pan over medium-high heat, melt the lard or dripping until it begins to smoke. Add the corn and chili and sauté, stirring regularly, until both are richly browned, about 5 minutes. Add the epazote, stirring to combine.
2. Scrape the corn into a serving bowl, season with salt and crumble the cheese on top; serve. Garnish with lime wedges.



**Chef Rick Bayless**  
Frontera Grill, Chicago, Illinois

**Describe the Midwest:** Unexpectedly innovative

**What inspires you?** All the small farms, they bring beautiful products to chefs like me

**What's your favourite regional dish?** Cider doughnuts from local apple orchards

**What tasty bite should travellers to the Midwest not miss?** Goat from Kilgus Farmstead in Illinois



## The culinary story of the Midwest

**F**riendly, hardworking and honest, Midwesterners display qualities that are quintessentially American.

Wheat fields, cattle ranches and creameries dominate the breadbasket of America, and Midwestern plates showcase the bounty of local produce like meat and corn. Chefs also draw inspiration from their European roots with dishes like lighter-than-air Swedish pancakes and buttery pierogies bursting with aromatic meat or potatoes and cheese. You don't want to miss Kansas City BBQ—the city's official cuisine—or the explosive flavour of Middle Eastern cuisine in and around Detroit.

**AS AMERICAN AS APPLE PIE: OUR BEST PIE STORIES AND SECRETS!**

[www.DiscoverAmerica.com/pie](http://www.DiscoverAmerica.com/pie)

Top photo: buffalo ranch, Kansas. Bottom photo: Graeters Ice Cream, Ohio.

# Butterscotch Pudding

Prep Time: 15 minutes (plus 2 hours to chill) |  
Cooking Time: 5 minutes | Total Time: 2 hours, 20 minutes  
Yield: Serves 4

750 ml whole milk  
4 large egg yolks  
135 g dark brown sugar  
30 g cornflour, spooned lightly into a measuring cup (do not pack)

30 g cold unsalted butter, cut into pieces  
1 vanilla bean, seeds scraped out with a knife  
vanilla whipped cream or sea salt for garnish, if desired

**Describe the Midwest:** Honest and hardworking  
**What inspires you?** The people, the rich agricultural history and traditions  
**What's your favourite regional dish?** Traverse City cherry pie  
**What tasty bite should travellers to the Midwest not miss?** Hand-harvested wild rice



**Chef Alex Young**  
Zingerman's Roadhouse, Ann Arbor, Michigan

1. Rinse a heavy, nonreactive saucepan with cold water, and shake out the excess water to prevent the milk from scorching. Scald 625 ml of the milk over high heat.
2. Meanwhile, whisk together the remaining milk with the egg yolks, brown sugar and cornflour in a mixing bowl until smooth.
3. Pour about 125 ml of the hot milk into the egg yolk mixture and whisk vigorously. Repeat the process two more times. Pour the warmed yolk mixture into the pan of hot milk and bring to a boil, whisking over medium heat. Boil, stirring constantly (be sure to stir at the edges of the pan), for 2 minutes. Remove from the heat and stir in the butter and vanilla.
4. Strain the pudding through a fine sieve into a clean bowl. Transfer the pudding to 4 individual serving dishes (recommended: glass sundae dishes). Lay a circle of wax paper directly on the surface of the pudding to prevent a skin forming. Chill for at least 2 hours in the refrigerator. Garnish with vanilla-flavoured whipped cream or a light sprinkling of sea salt, if desired, and serve.

BOOKMARK GREAT USA RECIPES AT [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)

## Regional Events and Food Festivals

**SUMMER MIDWEST WILD HARVEST FESTIVAL**  
Prairie du Chien, Wisconsin  
Foraging enthusiasts flock to this celebration of the Midwest's bounty. Join them to learn about wild edibles in demos, cooking contests, potlucks and hands-on activities.  
[www.wildharvestfestival.com](http://www.wildharvestfestival.com)

**SUMMER A TASTE OF MINNESOTA**  
St. Paul, Minnesota  
Twin Cities' signature 4th of July event is the largest free festival in Minnesota—enjoy delicious Minnesota food, fun family activities, live music and an awe-inspiring fireworks display!  
[www.atasteofmn.com](http://www.atasteofmn.com)

**SUMMER TASTE OF CHICAGO**  
Chicago, Illinois  
This massive outdoor festival—the largest of its kind in the world—takes place on Chicago's dazzling lakefront with plenty of Windy City classics like hot dogs, pizza, Italian beef and cheesecake.  
[www.cityofchicago.org](http://www.cityofchicago.org)

**AUTUMN WORLD FOOD & MUSIC FESTIVAL**  
Des Moines, Iowa  
This celebration of Iowa's rich agricultural heritage kicks off the World Food Prize events with on-site cooking competitions and more than 40 food vendors dishing out delicious plates from around the world.  
[www.worldfoodfestival.org](http://www.worldfoodfestival.org)



# SOUTHWEST

SPICY & SAVOURY

Arizona • New Mexico • Texas • Oklahoma



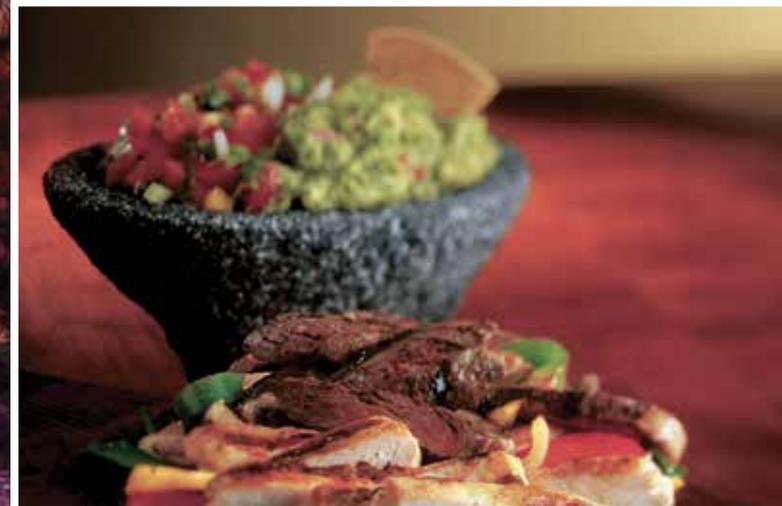
Southwest Region

**T**he Southwest seamlessly blends the old with the new. Where else but Houston, Texas can you visit an authentic rodeo and a state-of-the-art NASA Space Center in the same day? The fusion of local heritage and modern innovation is apparent in destinations such as Santa Fe, New Mexico. This UNESCO Creative City of Folk Art, Crafts and Design is full of unexpected museums, forward-thinking art and handmade crafts. Phoenix, Arizona is home to the Southwest region's largest destination for visual art from across the world. Your journey through the spirited Southwest is best taken on historic Route 66, a more than 4,000-kilometer stretch of scenic highway dubbed the "Main Street of America," where soul-stirring landscapes and adventures steeped in cowboy culture create lifelong memories.

**▶ LEARN MORE ABOUT SOUTHWEST FOOD AND TRAVEL EXPERIENCES!**

[www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)

◀ Large photo: McDowell Sonoran Preserve, Arizona. Inset photo: fresh guacamole and Tex-Mex food, San Antonio, Texas.



## Common Ingredients in the SOUTHWEST

### Quail

Quail is a wild bird in the pheasant family. Quail are hunted in the Southwest for their plump, flavourful meat. Their tiny, rich eggs are considered a delicacy.

### Pepitas

A specialty in the Southwest, these salty roasted pumpkin seeds are eaten as snacks or used as crunchy garnishes in salads and soups.

### Chiles

Locally-grown New Mexico chili peppers are a sacred crop in the Southwest. They add a zesty bite to dishes like burritos, cheeseburgers and even chocolate.



## SOUTHWEST: MARGARITAS

# Classica Margarita

by Nate Wales of La Condesa, Austin, Texas

Margaritas are the quintessential drink of the Southwest, and this version perfectly balances fresh lime juice with sweet agave nectar and 100% blue agave silver tequila. There's no better beverage to refresh your palate and enliven your spirit.

35 ml fresh squeezed lime juice

15 ml organic agave nectar

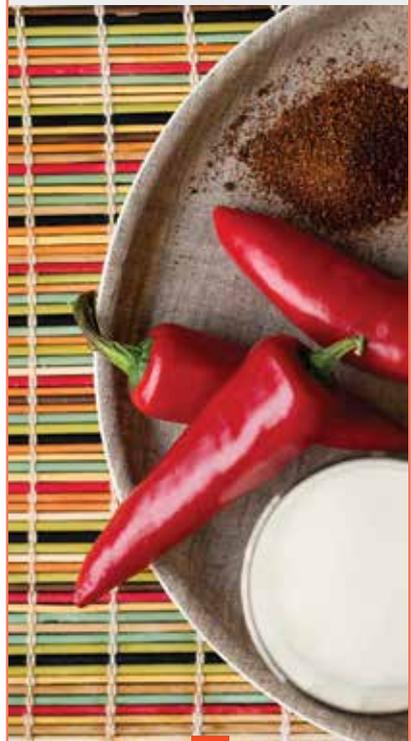
60 ml blanco tequila

20 ml Patron Citronage or other high-quality orange liqueur

15 ml water

Lime wheel

1. In a cocktail shaker, mix the lime juice and agave nectar together until dissolved.
2. Add the tequila, orange liqueur, water and ice. Shake hard and pour into a margarita glass. Garnish with a lime wheel.



# Chicken Fried Egg

🕒 Prep Time: 10 minutes | 🍳 Cooking Time: 8 minutes | ⌚ Total Time: 20 minutes | 🍴 Yield: Serves 1

2 free-range eggs

240 g plain flour

75 g panko breadcrumbs, finely ground

1 tbsp sweet paprika

1 tsp hot paprika

salt and pepper, to taste  
vegetable oil

1. Place 1 egg in a small pot of boiling water for 5 minutes. Immediately transfer the egg to a bowl of ice water; once the egg is chilled, carefully peel the shell (do not break the cooked white or release the runny yolk).
2. Meanwhile, in a medium bowl, mix the flour with the panko, sweet paprika, hot paprika, salt and pepper. In a small bowl, beat the second egg with a splash of water. Coat the cooked egg in flour mixture, then transfer to the egg wash. Repeat two more times, removing excess.
3. Fill a heavy bottomed pot with enough vegetable oil to submerge the cooked egg. Fry the egg at 180°C/350°F until the breading is golden brown and crispy, about 2 to 3 minutes. The yolk should still be runny.

If desired, serve with Chalula hot sauce, or find Chef Gilmore's recipe at [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories).



**Chef Bryce Gilmore**  
Barley Swine, Austin, Texas

### Describe the Southwest:

Hot and hospitable

**What inspires you?** My father's work ethic as a chef

**What's your favourite regional dish?** Anything chicken fried (a technique of coating something in seasoned flour and pan-frying it)

**What's your favourite place to visit in the US?** New York and San Francisco

➔ For more recipes, chef stories and local foods, visit [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories) ➔



# Coffee-Cured Beef Brisket

🕒 Prep Time: 20 minutes (plus 2 hours to marinate) |  
 Cooking Time: 12 hours | Total Time: 14 hours, 20 minutes  
 🍴 Yield: Serves 16

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| 70 g finely ground dark roast coffee | 40 g sugar                          |
| 70 g dark chili powder               | 30 g granulated garlic              |
| 70 g smoked paprika                  | 1 tbsp ground cumin                 |
| 100 g coarse sea salt                | 1 tsp cayenne pepper                |
| 120 g dark brown sugar               | 1 whole beef brisket (about 5.5 kg) |

- In a medium bowl, use your hands to mix together the coffee, chili powder, paprika, salt, brown sugar, sugar, garlic, cumin and cayenne pepper until there are no clumps.
- Pat the brisket dry with a paper towel; rub it with half of the coffee cure, massaging all the spices into the meat; repeat with the remaining cure. Place the meat on a large plate, cover with plastic wrap, and marinate in the refrigerator for at least 2 hours.
- Place the brisket on the centre rack of a smoker, fat-side up, under dry, indirect heat. Smoke for 12 hours at a steady temperature of 110°C/225°F, or until internal temperature reaches 85°C/185°F in the thickest side of the brisket. Open the door of the smoker and let the meat rest for 30 minutes, until the internal temperature rises to 88°C/190°F.
- Transfer the rested brisket to a cutting board; cut into thin slices. Do not trim away the fat cap before serving.

**Describe the Southwest:** Culinary crossroads  
**What inspires you?** Tapping into American cooking roots and nurturing our spirit of hospitality  
**What's your favourite regional dish?** Smoked Texas-style beef brisket  
**What tasty bite should travellers to the Southwest not miss?** Meat roasted directly over the fire with sweet chilies and fresh corn tortillas



**Chef Tim Byres**  
 Smoke, Dallas, Texas

➔ For more recipes, chef stories and local foods, visit [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)

# The Original Chopped Salad

🕒 Prep Time: 20 minutes | Total Time: 20 minutes 🍴 Yield: Serves 4

- 75 g black currants (may substitute black raisins)
- 75 g toasted pepitas (may substitute sunflower seeds)
- 45 g aged asiago, chopped
- 150 g diced Roma tomato
- 1 tbsp balsamic vinegar
- 2 tsp extra virgin olive oil
- 1 large basil leaf, cut in thin strips
- salt and pepper, to taste
- 225 g chopped arugula
- 200 g smoked salmon
- 225 g freeze-dried corn
- 225 g cooked Israeli couscous

- To make buttermilk dressing, combine 225 ml aioli (may substitute mayonnaise), 60 ml buttermilk, 1 tbsp pecorino romano cheese, the juice of 1 lemon, 60 ml chopped basil, 1 garlic clove and ½ tsp coarse ground black pepper in a blender; pulse to combine.
- In a large bowl, combine all ingredients (currants to couscous); season with salt and pepper. Toss together with buttermilk dressing until mixed well; serve.



**Chef Bernie Kantak**  
 Citizen Public House, Scottsdale, Arizona

**Describe the Southwest:** Hidden treasure  
**What's your favourite regional dish?** Anything from Joshua Johnson at Kai restaurant in Arizona  
**What tasty bite should travellers to the Southwest not miss?** Quail  
**Where's your favourite city to eat in the US?** New York City

## The culinary story of the Southwest

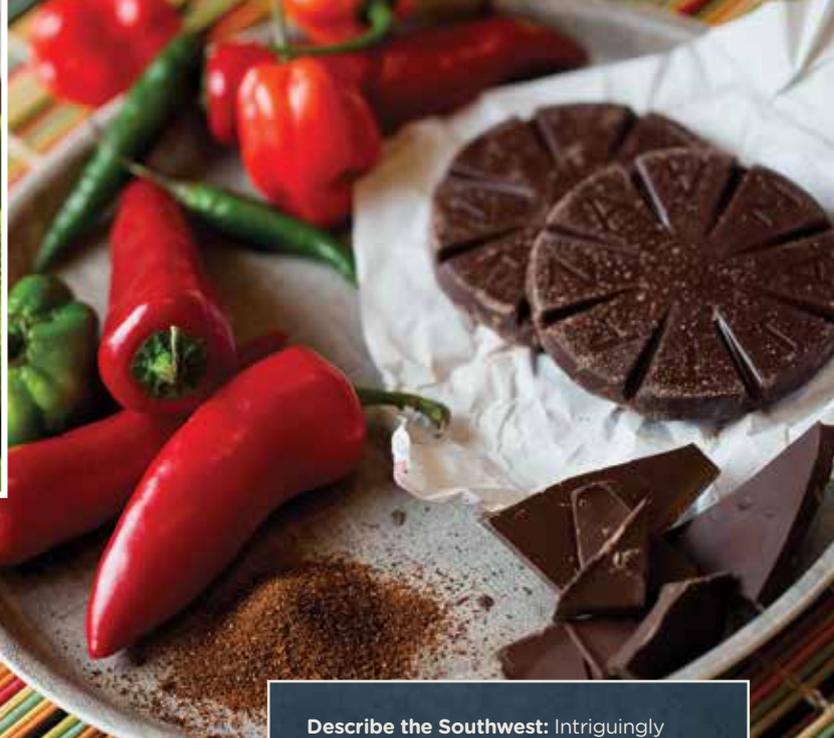
**A**n inspired union of Spanish, Native American and Mexican cooking styles, Southwest cuisine is characterised by bold spices and locally grown chili peppers. In New Mexico, you can count on your waiter asking if you want that burrito red, green or Christmas, meaning with red, green or both chili sauces. Throughout the region, you'll often discover exotic meats on the menu, such as venison and rattlesnake.

But the Southwest is best known for the creation of Tex-Mex cuisine, a blend of Mexican and Texan cuisine. This original culinary style incorporates shredded cheese by the fistful, often atop beef or pork that has been braised for hours, then stuffed into fresh, hand-made tortillas. Accented by stewed beans, bright coriander and fresh sauces, plates here are as colourful as they are delicious.

**SOME LIKE IT HOT: LEARN WHY AMERICANS ARE IN LOVE WITH CHILIS!**

[www.DiscoverAmerica.com/chiles](http://www.DiscoverAmerica.com/chiles)

◀ Top photo: dining in Tucson, Arizona. Bottom photo: Jemez Pueblo Indian Taco, New Mexico.



# Chocolate Chimayo Red Chile Soup

⌵ Prep Time: 5 minutes (plus 2 hours chill time) |  
Cooking Time: 5 minutes | Total Time: 130 minutes  
🍴 Yield: Serves 8

- |                                |  |
|--------------------------------|--|
| 1.5 L double cream             | 25 g fresh whipped cream                   |
| 370 g premium milk chocolate   | 25 g toasted pine nuts                     |
| 85 g Mexican chocolate         | 25 g ripe apricots or strawberries, sliced |
| ½ tsp chimayo red chili powder |  |

**Describe the Southwest:** Intriguingly multicultural  
**What inspires you?** The seemingly infinite interpretations of foods  
**What's your favourite regional dish?** Green chili stew  
**What's your favourite place to visit in the US?** San Francisco, California



**Chef Patrick Gharrity**  
La Casa Sena, Sante Fe, New Mexico

- In a heavy bottomed saucepan over medium-low heat, heat the cream to 65°C/150°F. Set a glass bowl over the pot of cream and add the chocolates, stirring occasionally until melted. Add the melted chocolate to the warm cream and remove from heat. Add the chili powder and salt to mixture and whisk until the colour is uniform, about 1 minute.
- Transfer the mixture to a stainless steel bowl, and chill in refrigerator for 2 hours, stirring every 30 minutes. Garnish with fresh whipped cream, toasted pine nuts and apricots or sliced, fresh strawberries.

## Regional Events and Food Festivals

**SPRING**  
**AUSTIN FOOD & WINE FESTIVAL**  
Austin, Texas

Presented by FOOD & WINE magazine, this culinary festival promotes all things Texas—expect lots of grilling, local wine, spirits and craft brews as well as al fresco feasts.  
[www.austinfoodandwinefestival.com](http://www.austinfoodandwinefestival.com)

**SPRING**  
**SCOTTSDALE CULINARY FESTIVAL**  
Scottsdale, Arizona

This community festival is the longest running event of its kind in the nation—no surprise when you consider the lavish dinners, festive cocktail parties and 50-restaurant-strong picnic with live music.  
[www.scottsdalefest.org](http://www.scottsdalefest.org)

**SPRING**  
**SAVOR DALLAS**  
Dallas, Texas

A wine stroll through the arts district, delicious meals and tastings at the Dallas Arboretum including more than 500 wines from around the world—Savor Dallas is proof that everything's bigger in Texas.  
[www.savordallas.com](http://www.savordallas.com)

**SUMMER**  
**HATCH CHILE FESTIVAL**  
Hatch, New Mexico

Where else can you see the crowning of a chili queen? Head to New Mexico, where their sacred pepper takes centre stage in demos, tastings and fiery cooking contests.  
[www.hatchchilefest.com](http://www.hatchchilefest.com)



# WEST

## ABUNDANT FRONTIER

Nevada • Idaho • Montana • Wyoming • Colorado • Utah



**C**overed with plains, mountains and a sky so big it seems to stretch on forever, the American West is the country's most geographically-diverse region. The area is known as much for thrilling outdoor adventure as for its simple cowboy and ranch culture. Skiers and snowboarders from all over the world flock to famous Western slopes in cities like Park City, Utah, Jackson Hole, Wyoming, Aspen, Colorado and Lake Tahoe on the California-Nevada border. In the world's first national park, Yellowstone, you can hike to a geyser, spot wildlife and set up camp in the adjacent national forests. You can also catch a concert under the stars at Denver, Colorado's Red Rocks Park Amphitheater, an open-air venue with postcard-worthy views of mammoth red rocks.

There are also modern indulgences to complement the stunning outdoors. In Nevada, the Las Vegas Strip is home to hundreds of luxury resorts and casinos, world-class dining, unparalleled designer shopping, spectacular shows and nonstop nightlife.

### ▶ HEARTY PIONEER FARE: SIT DOWN TO A CHUCKWAGON DINNER!

[www.DiscoverAmerica.com/chuckwagon](http://www.DiscoverAmerica.com/chuckwagon)

◀ Large photo: Red Rocks, near Denver, Colorado. Inset photos: ribeye steaks; hiking in Snow Canyon State Park, Utah.



## Common Ingredients in the WEST

### Venison

Slightly richer and gamier than beef, venison (deer) is hunted throughout the USA. You'll find it served as steaks, jerky and sausages.

### Peaches

Lusciously sweet peaches were brought to America by Spanish explorers. Today, they're a summer favourite, served fresh or cooked in pies and tarts.

### Morels

These beautiful honeycomb mushrooms, treasured for their elegant yet earthy flavour, grow wild throughout the United States.



## WEST: WHISKEY

# The Centennial Smash

by Sean Kenyon of Williams & Graham, Denver, Colorado

In the frontier days, bourbon whiskey was king in Colorado saloons. The Centennial Smash showcases the whiskey, while featuring all state-grown ingredients, like Palisade peaches, wildflower honey, mint and Leopold Bros Three Pins, an alpine liqueur containing botanicals all indigenous to Colorado.

45 ml Spring 44 Bourbon or other bourbon whiskey

15 ml Colorado honey or raw honey

15 ml Leopold Bros Three Pins or other alpine herbal liqueur

¼ of a Palisade peach or fresh peach

10 to 12 mint leaves

1. In a mixing tin, muddle the peach and mint with the honey. Add the bourbon and bitters and shake.
2. Double strain over fresh ice into an old fashioned glass. Garnish with a peach slice and a mint sprig.

For more recipes, chef stories and local foods, visit [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)



# Venison Meatballs

Prep Time: 20 minutes | Cooking Time: 20 minutes | Total Time: 40 minutes | Yield: Serves 8

225 g white onion, minced

2 garlic cloves, minced

1 tsp ground juniper berries, toasted

2 tsp fresh rosemary, chopped

75 g breadcrumbs

2 eggs

500 g minced venison

250 g minced beef

1 tbsp coarse sea salt

30 g fresh ground black pepper

1. Preheat the oven to 190°C/375°F. In a large frying pan over medium heat, sauté the onions and garlic until lightly browned, about 8 to 10 minutes. Add the juniper and rosemary, sautéing until fragrant, about 1 to 2 minutes. Remove from heat; set aside to cool.
2. In a large mixing bowl, combine the bread crumbs, eggs, and cooled onion mixture. Add the minced meats, salt and pepper and mix by hand until well combined. (Note: You can cook a small piece to check for seasoning and adjust as necessary.)
3. Form 14-gram balls from the mixture and place on baking sheet. Partially bake in the oven for 5 minutes. Place the par-baked meatballs on bamboo skewers; roughly 5 balls per skewer. When ready to serve, cook the skewers over a pre-heated grill until just hot throughout, or a meat thermometer reads an internal temperature of 68°C/155°F.

Optional: Serve with mustard dressing. To make dressing, whisk together 15 ml whole grain mustard, 30 ml Dijon mustard, 45 ml sherry vinegar, 30 ml honey and 60 ml olive oil until well combined.



**Chef Gary Kucy**  
Rupert's Restaurant, McCall, Idaho

**Describe the West:** Modern pioneers

**What inspires you?** Taking raw ingredients and transforming them into an experience for others

**What's your favourite regional dish?** Elk from Idaho

**What tasty bite should travellers to the West not miss?** Morel mushrooms



## Thai Basil Sockeye Salmon Belly and Daikon Fettuccine

🕒 Prep Time: 15 minutes (plus 20 minutes soak time) | Cooking Time: 2 minutes | Total Time: 40 minutes 🍴 Yield: Serves 4

**230 g San Marzano plum tomatoes**

**45 ml extra virgin olive oil, plus 2.5 ml**

**2 Thai chilies, sliced thin**

**2 garlic cloves, minced**

**1 small onion, finely chopped**

**2 tsp sugar**

**1 tsp salt**

**30 g basil, chopped, plus 20 small basil leaves for garnish**

**coarse sea salt to taste  
pepper to taste**

**500 g daikon radish (may substitute salsify or parsnip)**

**4 (85-gram) portions of sockeye salmon belly, with skin**

**Describe the West:** Rich and wild

**What inspires you?** Traveling and my experiences learning from other cultures

**What tasty bite should travellers to the West not miss?** Abalone, caviar and oysters

**Where is your favourite city to eat in the US?** Las Vegas, Nevada



**Chef Rick Moonen**  
*rm seafood, Las Vegas, Nevada*

**5 ml lemon juice**

**2.5 g togarashi (may substitute any Japanese chili pepper)  
chili threads for garnish**

1. Drain the tomatoes, reserving half the juice. In a medium bowl, crush the tomatoes using a box grater. Add the reserved juice.
2. In a medium saucepan over medium heat, add the olive oil, Thai chilies, garlic and onions. Sauté until translucent, about 2 minutes. Add crushed tomatoes, sugar and salt. Cook over high heat until sauce slightly thickens, about 10 minutes. Add the chopped basil; season with salt and pepper to taste. Set aside.
3. Meanwhile, peel the outer skin of the daikon radish. Continue to peel down the length of the vegetable creating a

fettuccini-like noodle. Soak the ribbons in cold, salted water for 15 to 20 minutes.

4. Season the fish with the togarashi, salt and pepper. Heat the remaining oil in a frying pan over high heat. Lightly sear the belly on skin side of the fish, cooking to a rare temperature, about 2 minutes. (Note: Do not flip the fish.) Remove the fish from the pan and drizzle with the lemon juice, sea salt and togarashi.
5. When ready to assemble, drain the daikon ribbons and toss with the hot Thai chili basil sauce. Place in the centre of a plate and top with the cooked salmon, skin side up. Garnish with chili threads and basil leaves.

## Grilled Colorado Peach Crostini

🕒 Prep Time: 20 minutes | Cooking Time: 10 minutes | Total Time: 30 minutes 🍴 Yield: Serves 6

**1 sourdough baguette, cut into 12 bias-cut slices**

**300 g blue cheese (any standard blue cheese with little smoky flavour)**

**180 ml extra virgin olive oil**

**3 sprigs fresh rosemary leaves, cleaned and removed from stems**

**60 g flat leaf parsley leaves, cleaned and removed from stems**

**6 ripe Colorado peaches, halved, pits removed, skin on**

**250 g organic arugula (or any bitter leaf lettuce)**

**20 ml Pedro Ximénez 1979 sherry (may substitute any vintage sherry)**

**6 paper-thin slices Serrano ham (may substitute prosciutto)**

**Coarse sea salt and black pepper, to taste**

1. Preheat the oven to 180°C/350°F/Gas 4. In a food processor, add 225 g of the blue cheese and 120 ml of the olive oil; blend until smooth.
2. Dip each piece of the bread into the cheese mix and then place on a baking sheet lined with parchment paper. Bake until the bread is crispy on the outside, but still a bit soft in the centre, about 5 minutes.
3. Meanwhile, in a blender, combine the rosemary, parsley leaves and remaining olive oil; blend until thoroughly combined. Season the oil to taste with salt and pepper; set aside.
4. Preheat a grill to high heat. Brush the peach halves with the olive oil. Grill the peaches over high heat, making nice grill marks and warming the peach through, about 5 minutes.
5. In a bowl, toss the arugula with 30 ml of the rosemary oil and 15 ml of the sherry wine; season with salt and pepper. Place a slice of ham along the bottom of each salad plate. Mound the arugula in the centre of the plate and place two warm crostini over the salad. Crumble remaining cheese on top. Place one or two of the peach halves on plates and drizzle with 15 ml rosemary oil and the remaining sherry wine.



**Chef Jennifer Jasinski**  
*Rioja, Denver, Colorado*

**Describe the West:** Mountains and fun

**What inspires you?** The dedication of Colorado's people to delicious products

**What tasty bite should travellers to the West not miss?** Our craft beer—we have over 100 breweries in Colorado

**Where is your favourite city to eat in the US?** Santa Barbara, California - ocean, wine, mountains, my mom



## The culinary story of the West

Cowboy-ranch culture permeates the cuisine of the West, with meals centred on meat dishes like beef, chili, salt pork and jerky. People hunt elk, deer and game birds and fish for trout. In traditional rancher culture, the dinner bell is rung at nightfall and families gather outside to prepare dinner. Strong coffee brews over an open campfire, filets of beef and fish come hot off the grill, and old Western songs are crooned as fruit cobblers get passed around. Hearty vegetables abound as the West is the United States' potato country. It's the simple life at its finest.

You can also explore some of the most innovative gourmet and international cuisine in urban areas like Las Vegas, Nevada and Denver, Colorado, where you can find everything from the world's top chefs to Latin fusion food trucks.



▶ **SECRETS OF THE GRILLMASTERS: LEARN TO GRILL A PERFECT STEAK!**

[www.DiscoverAmerica.com/chuckwagon](http://www.DiscoverAmerica.com/chuckwagon)

◀ **Top photo: rancher's dinner. Bottom photo: downtown, Las Vegas, Nevada.**

# Gingersnap Cookies

▼ Prep Time: 20 minutes (plus 2 hours chill time)  
 Cooking Time: 10 minutes | Total Time: 2 hours 30 minutes  
 🍴 Yield: 24 cookies

- |                         |                       |
|-------------------------|-----------------------|
| 100 g sugar, plus 450 g | ¼ tsp white pepper    |
| 210 g dark brown sugar  | ¾ tsp salt            |
| 250 g unsalted butter   | ¼ tbsp baking soda    |
| 1 egg                   | 1 tsp cinnamon        |
| 78 ml treacle           | ½ tsp nutmeg          |
| 350 g plain flour       | ¾ tsp powdered ginger |
| ¼ tsp cayenne pepper    |                       |

**Describe the West:** Rugged beauty  
**What inspires you?** The history of the West and the severe seasons  
**What's your favourite regional dish?** Cast-iron seared buffalo rib-eye steak  
**What tasty bite should travellers to the West not miss?** Huckleberry milkshakes



**Chef Jeff Drew**

Snake River Grill, Jackson Hole, Wyoming

- In a mixer fitted with the paddle attachment, cream the sugars and butter together. Add the egg and molasses and mix until combined.
- In a separate bowl, combine the flour, cayenne pepper, white pepper, salt, baking soda, cinnamon, nutmeg and ginger; mix thoroughly. Add the dry mix to the wet batter and mix on medium speed until completely incorporated, about 3 to 5 minutes. Refrigerate dough for at least 2 hours in a metal bowl.
- Roll the dough into 20-mm logs. Sprinkle the remaining 450 g of sugar onto a large plate. Roll the logs in the sugar until completely covered. Refrigerate once more on a baking sheet for at least an hour.
- Preheat the oven to 165°C/325°F/Gas 3. Cut the logs into 1-cm thick cookies and bake for 8 to 10 minutes, rotating the sheet 180 degrees after the first 5 minutes.



BOOKMARK GREAT USA RECIPES AT [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)

## Regional Events and Food Festivals

### SPRING VEGAS UNCORK'D Las Vegas, Nevada

Thanks to Bon Appétit magazine, gourmands can have a food-filled weekend complete with the world's biggest celebrity chefs and a variety of events from afternoon teas to boisterous after-parties.  
[www.vegasuncorked.com](http://www.vegasuncorked.com)

### SUMMER PARK CITY FOOD & WINE CLASSIC Park City, Utah

Head to the mountain town of Park City for a five-day epicurean spectacular with master winemakers, culinary bigwigs and more than 100 food artisans.  
[www.parkcityfoodandwineclassic.com](http://www.parkcityfoodandwineclassic.com)

### SUMMER FOOD & WINE CLASSIC Aspen, Colorado

The country's most respected food festival offers up-close access to the hottest chefs in the US, alongside 50,000 bottles of wine and 100 cooking demonstrations.  
[www.foodandwine.com/classic](http://www.foodandwine.com/classic)

### AUTUMN IDAHO FOOD & WINE FESTIVAL Boise, Idaho

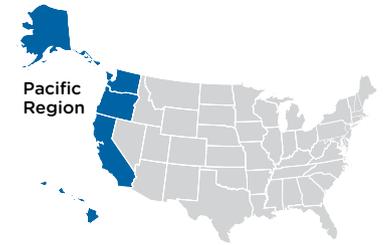
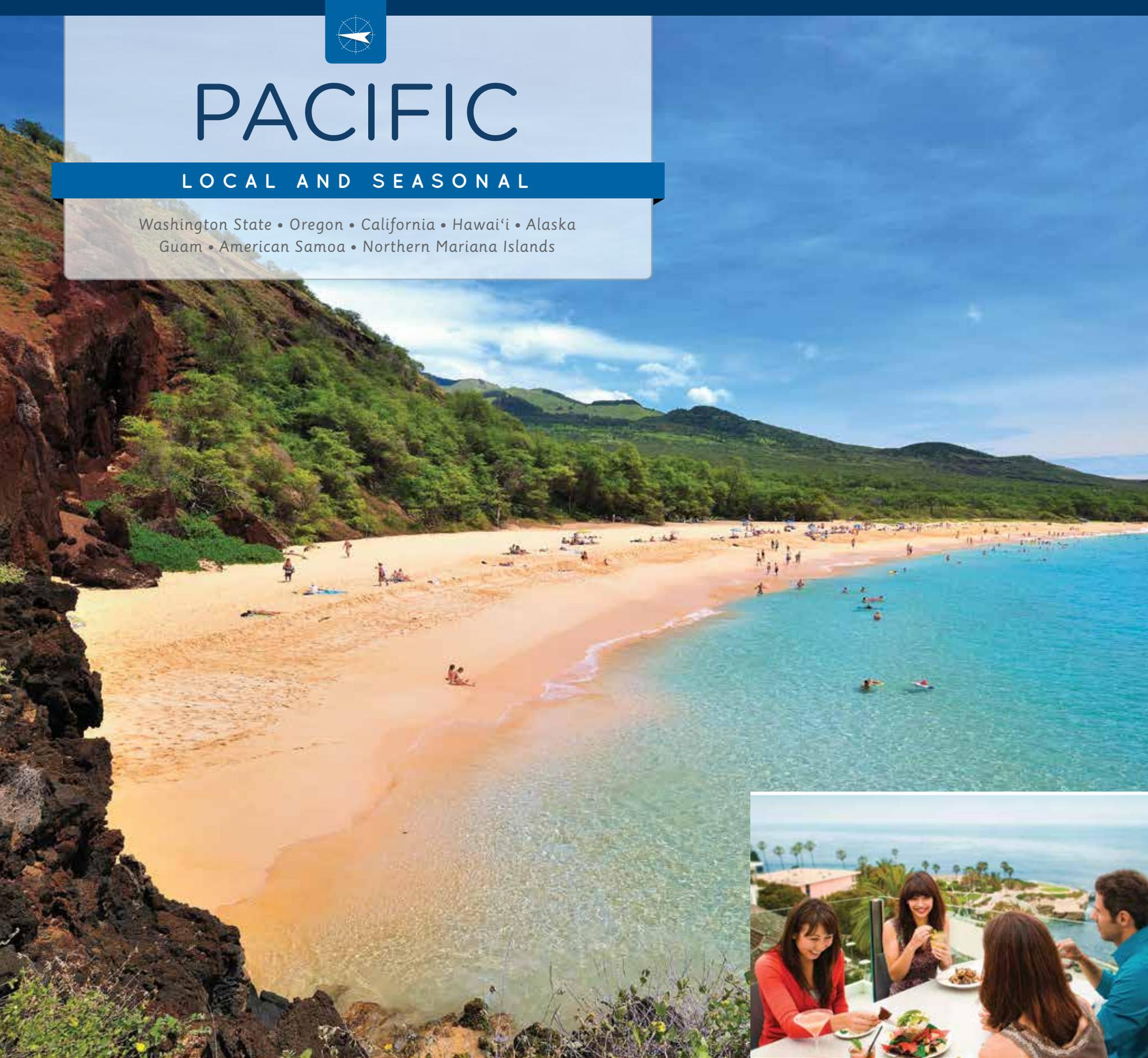
Head to Boise's beautiful waterfront on Lake Harbor where Grow Local USA puts on a fabulous foodie festival teeming with local culinary delights.  
[www.idahofoodandwinefestival.com](http://www.idahofoodandwinefestival.com)



# PACIFIC

## LOCAL AND SEASONAL

Washington State • Oregon • California • Hawai'i • Alaska  
Guam • American Samoa • Northern Mariana Islands



**K**ilometers of rugged coastline meet rolling green hills and varied terrain in the Pacific. This region is undoubtedly the most eco-friendly part of the country, with efficient public transit, environmentally conscious businesses and a lot of rainfall. The Pacific is known for its free and innovative spirit and draws people from around the world to its great technology hubs. Sample the region's legendary craft beer or coffee and enjoy the local pub and coffee house culture. This area is the birthplace of the Hollywood film industry as well as grunge music, as seen at Seattle, Washington's EMP Music Museum.

In the Pacific, you can also discover world-class contemporary art museums and learn about cultural traditions such as the Hawaiian Luau. California is the largest wine producer in the United States and the fourth largest in the world. Explore California's Napa Valley and Oregon's Willamette Valley. It all adds up to an unforgettable vacation.

**➤ LEARN MORE ABOUT PACIFIC FOOD AND TRAVEL EXPERIENCES!**

[www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)

◀ Large image: Makena Beach State Park, Maui, Hawai'i. Inset photos: al fresco dining, La Jolla, California; vineyards, Oregon.



### Common Ingredients in the PACIFIC

#### Huckleberries

Originally part of many Native American tribes' diets, the huckleberry is a North American term for wild plants bearing small, blue berries.

#### Salmon

Prized for its fiery, orange hue and deliciously buttery flesh, wild Pacific salmon, particularly from Alaska, is full of heart-healthy omega-3 fatty acids.

#### Hazelnuts

Bakers and candy-makers prize these sweet, protein-rich nuts. Nearly 100 percent of U.S. production comes from family-owned farms in Oregon.



## PACIFIC: WINE California Wine

Spanish missionaries first planted vineyards in California in the 1700s, and today more than 3,800 wineries call California home. The state produces nearly 90 percent of all wine in the United States, from buttery Chardonnay to spicy Cabernet and fruit-forward Pinot Noir. Bottles range from boutique growers to worldwide corporations. The mostly Mediterranean climate initially resulted in a wine industry largely dominated by bold Bordeaux varietals and oaky Chardonnay. Today, new winemaking technologies and a mission to improve quality has spurred winemakers to produce nearly every single known wine varietal and style, including berry-like Grenache, floral Viognier and even heirloom varietals like Trousseau Gris. And don't forget about the plentiful wine regions in Oregon and Washington State, where crisp Pinot Gris, French-style Pinot Noir and complex Riesling shine. It's an exciting time to drink Pacific wine. Cheers!



For more recipes, chef stories and local foods, visit [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)

# Seared Ahi Tuna with Vanilla Vinaigrette

Prep Time: 15 minutes | Cooking Time: less than 1 minute | Total Time: 15 minutes | Yield: Serves 6

70 g ahi tuna, cut into 6 cm x 6 cm blocks (may substitute salmon, halibut or scallops)

salt and pepper, to taste

2 tsp extra-virgin olive oil

30 ml water

¼ tsp Hawaiian chili pepper

90 ml rice wine vinegar

90 ml passionfruit concentrate (Lilikoi)

15 ml yuzu juice

30 g fresh young ginger, julienned (if not young ginger, then grate)

1 Hawaiian vanilla bean, halved and seeded

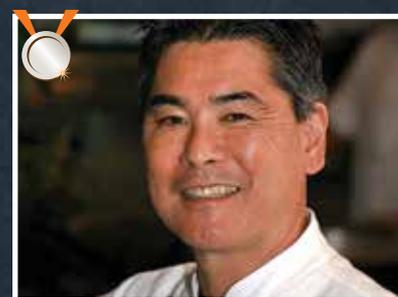
30 ml macadamia nut oil

fruit garnishes\*

- Season the ahi to taste on all sides with salt and pepper. Add olive oil to a very hot frying pan over high heat. Add the ahi and sear for 7 seconds per side; set aside.
- In a mixing bowl, combine the water, chili pepper, vinegar, Lilikoi, yuzu juice, ginger and vanilla bean seeds. Using a wire whisk, add the macadamia nut oil and blend well. Season to taste with salt and pepper.
- Cut each block of tuna into 4 slices and place on individual plates, seasoning to taste with salt and pepper. Randomly scatter fruit garnishes around the tuna, creating a colorful, dimensional plate. Spoon the vinaigrette on top.

\*GARNISHES: In Hawai'i, Chef Yamaguchi uses cherry tomatoes, oranges, Kahuku sea asparagus, star fruit, watermelon radishes,

cilantro, microbasil, Big Island lychee, hearts of palm, fennel, fern tips and mango. You can substitute whatever locally grown produce you have in your area.



**Chef Roy Yamaguchi**  
Roy's Hawaii,  
locations throughout Hawai'i

**Describe the Pacific:** Natural beauty

**What inspires you?**  
The aloha spirit and rich natural and cultural history

**What tasty bite should travellers to the Pacific not miss?**  
Laulau with poi and lomi salmon (taro leaves, salted butterfish and pork steamed and served with tomato, salmon and green onions)



# Lamb Chop with Hazelnut Sauce Verte

Prep Time: 20 minutes | Cooking Time: 6 minutes | Total Time: 25 minutes | Yield: Serves 2

4 lamb chops (500 g total), roughly 4 cm thick salt and pepper, to taste

45 ml extra virgin olive oil, plus additional 120 ml

240 g butter

45 g Italian parsley, finely chopped

15 g mint, finely chopped

15 g chervil, finely chopped (if not in season, simply add more parsley)

15 ml chives, finely chopped

1 medium shallot, finely minced

60 ml aged white wine vinegar (recommended: Sauvignon Blanc)

40 g toasted hazelnuts, chopped

1. Preheat the oven to 200°C/400°F. Season both sides of the lamb chops with salt and pepper. Add olive oil to a heavy bottomed frying pan over high heat; once hot, add the lamb chops and press down with tongs to create extra contact with the pan until the chops are golden brown, about 1 minute per side. Turn off the heat and flip the chops on their edges (the fat side) to render out some of the fat. Add the butter to the pan and baste the chops by spooning melted butter over top.
2. Place the frying pan in the oven and cook for 4 minutes. Remove the chops from the frying pan and rest on a rack lightly covered in foil for 5 minutes.
3. Meanwhile, in a small mixing bowl, combine chopped herbs. Just barely cover in the remaining olive oil. In another small dish, combine the shallot, vinegar and salt; mix well.
4. Combine the herbs with the shallot mixture and pour over the lamb chops. Garnish with the hazelnuts.

**Describe the Pacific:** Verdant valley

**What inspires you?** The reverence for our amazing produce and meat, and the farmers who provide them

**What's your favourite regional dish?** Lamb

**What tasty bite should travellers to the Pacific not miss?** Hazelnuts



**Chef Naomi Pomeroy**  
Beast, Portland, Oregon

# Zinfandel Spaghettoni with Spicy Rapini

Prep Time: 20 minutes | Cooking Time: 30 minutes | Total Time: 50 minutes | Yield: Serves 4

750 g rapini (may substitute broccoli rabe)

500 g spaghettoni

1 750-ml bottle of Zinfandel

15 g sugar

80 ml extra virgin olive oil

4 garlic cloves, sliced

1 tsp Calabrian chili paste (may substitute minced jarred Calabrian chilis or flakes)

1 tsp coarse sea salt, preferably gray salt

½ tsp freshly ground black pepper

45 g grated Pecorino Romano

1. Bring an 8-L pot of salted water to a boil. Add the rapini, and cook for 3 minutes. Transfer the rapini to a baking sheet using tongs and spread it out to cool. Do not drain the water.
2. Using the same water, cook the spaghettoni for half the time indicated on the package instructions (about 3 to 5 minutes), stirring occasionally. Reserve 240 ml of the pasta water; drain the pasta in a colander and set it aside.
3. Return the empty pasta pot to the stove. Pour the wine and sugar into the drained pasta pot and boil vigorously over high heat until the liquid is reduced by half, about 8 to 10 minutes. Add the spaghettoni to the pot and shake the pot to prevent the pasta from sticking. Gently stir with tongs until coated and boil over high heat, stirring occasionally, until most of the liquid is absorbed, about 6 minutes (pasta will be al dente).
4. While the pasta cooks in the wine, heat a large deep frying pan over medium-high heat; once hot, pour in the olive oil and reduce the heat to medium-low. Add the garlic and sauté until pale golden, about 3 minutes. Add the chili paste, blanched rapini and salt and pepper. Cook for 1 to 2 minutes, stirring occasionally. Pour in half of the reserved pasta water (or as much as needed). Combine with the spaghettoni, tossing gently. Garnish with the grated cheese.



**Chef Michael Chiarello**  
Bottega, Napa, California

**Describe the Pacific:** America's Tuscany

**What inspires you?** The constant celebration of food and wine

**What's your favourite regional dish?** Cabernet lees (leftover sediment after grapes are fermented) marinated lamb cooked over vine cuttings

**What tasty bite should travellers to the Pacific not miss?** Anything that celebrates wine grapes

# Burrata with Chickpea Pesto and Toasted Hazelnuts

Prep Time: 20 minutes | Cooking Time: 5 minutes  
Total Time: 25 minutes | Yield: Serves 16

- 8 thin slices of baguette
- 60 ml extra virgin olive oil
- 4 garlic cloves: 3 whole and 1 minced
- 1 large Hass avocado, halved, pitted and peeled
- 300 g fresh green chickpeas, shelled (may substitute peas or edamame)
- 3 cloves garlic, peeled
- 75 g fresh basil, chopped
- 50 g oregano, chopped
- 50 g parsley, finely chopped
- 350 ml extra virgin olive oil
- 15 ml fresh lemon juice
- 500 g burrata cheese
- 40 g toasted hazelnuts, chopped
- salt and pepper, to taste

1. Brush both sides of each baguette slice with olive oil and season with salt and pepper. Grill the bread until nicely toasted on both sides, but not hard. Rub one side of the crostini with one of the cloves of garlic and set aside, garlic-side up.
2. Brush the insides of the avocado halves with olive oil and season with salt and pepper. Grill the avocados cut-side down until they have nice grill marks and are warmed through, about 3 to 4 minutes. Add the avocado to a large bowl with the minced garlic. Season with salt and pepper and mash together.



### What inspires you about the Pacific?

The culture of learning and diversity—we feel the influences of Baja, other Southwestern states, the Middle East and also Korea, Vietnam, Peru and Japan

### What's your favourite regional dish?

Fish tacos

### What tasty bite should travellers to the Pacific not miss?

Anything with avocados



**Chef Benjamin Ford**

Ford's Filling Station, Los Angeles, California

3. Meanwhile, in a food processor, add the fresh green chickpeas, herbs and remaining whole garlic cloves. Puree on high speed while slowly drizzling in 120 ml of olive oil. Add the lemon juice, salt and pepper; taste and adjust seasoning if needed. Set aside.
4. Top each crostini with a dollop of the mashed avocado. Divide the burrata cheese evenly on top of each crostini and drizzle the chickpea pesto on top. Garnish with the chopped hazelnuts.

# Huckleberry and Black Pepper Tart

Prep Time: 35 minutes (plus 3 hours chill time) | Cooking Time: 25 minutes | Total Time: 4 hours  
Yield: Serves 4

- 1 stick (113 g) cold butter, cubed
- 120 g plain flour
- 190 g sugar, divided
- ¼ tsp salt
- 10 ml ice water
- 250 g fresh, wild huckleberries (may substitute blueberries)
- 1 tbsp cornflour
- 15 ml water
- fresh black pepper to taste
- 115 g fresh raspberries
- 10 ml lemon juice
- 75 g crème fraîche
- 60 g freeze-dried strawberries

1. In a stand mixer fitted with a paddle attachment, combine the cold butter, flour, 25 g of sugar and salt. Mix on medium speed until the butter is broken up into pea-size morsels. Add the water and mix until just combined. Wrap the dough in plastic wrap and let chill in refrigerator for 3 hours.
2. Meanwhile, in a saucepan, combine the huckleberries with 115 g of sugar and heat over medium heat, stirring occasionally. In a small bowl, combine the cornflour and water. Stir the mixture into the huckleberries and bring to a boil to thicken. Remove from heat and season with black pepper to taste; allow to cool.
3. In another saucepan, add the raspberries, 50 g of sugar and lemon juice and bring to a boil. Reduce the heat to simmer and cook until thick and syrupy. Add the raspberry mixture to a blender, and spin until smooth; allow to cool.
4. Preheat the oven to 180°C/350°F. Roll out the chilled pie dough to .65-cm thick. Lay the dough into a 24.75-cm non-stick tart shell and cut away excess. Line the dough with parchment paper and fill the tart shell fully with dried beans or pie weights. Bake for 8 to 10 minutes, or until the sides are slightly browned and the bottom is set. Remove the weights and allow the shell to cool. Add the huckleberry filling to the pre-baked tart shell and return to the oven until the filling is bubbling and the tart shell is deep golden brown, about 8 to 10 minutes; allow to cool.
5. In a small bowl, beat the crème fraîche until stiff peaks form. Garnish the tart with a dollop of the whipped crème fraîche. Serve slices on a plate garnished with the raspberry mixture and freeze-dried strawberries.



**Chef Maria Hines**

Tilth, Golden Beetle & Agrodolce, Seattle, Washington

### Describe the Pacific:

Wild seafood and specialty crops

### What inspires you?

The sustainable like-mindedness and access to biodiversity

### What's your favourite regional dish?

Steamed spot prawn, mussels and clams

### What tasty bite should travellers to the Pacific not miss?

Oysters



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## The culinary story of the Pacific

**T**he Pacific is the birthplace of the United States' farm-to-table movement, which promotes a closer connection between consumers and their sources of food. Here, it's all about the ingredients. From halibut and fresh oysters to Dungeness crab and bright salmon, seafood reigns supreme. Locally raised, grass-fed beef and wild game are also favorites. Edible plants, wild mushrooms, berries and hazelnuts flavor local cuisine. You can often find chefs in the woods, foraging for their own ingredients, or tending herbs in their on-site gardens.

Pacific cuisine draws on Asian and Mediterranean traditions and is prepared simply, to let the ingredients shine. You can expect a lot of wraps, fresh sushi and salads piled high with locally grown vegetables. Tacos and fajitas are equally popular, thanks to a large Mexican population. Be sure to wash it all down with one of the region's fantastic wines: California Chardonnay, Oregon Pinot Noir and Washington Riesling are top picks.

**▶ HOME GROWN: THE STORY OF AMERICA'S FRESH LOCAL PRODUCE!**

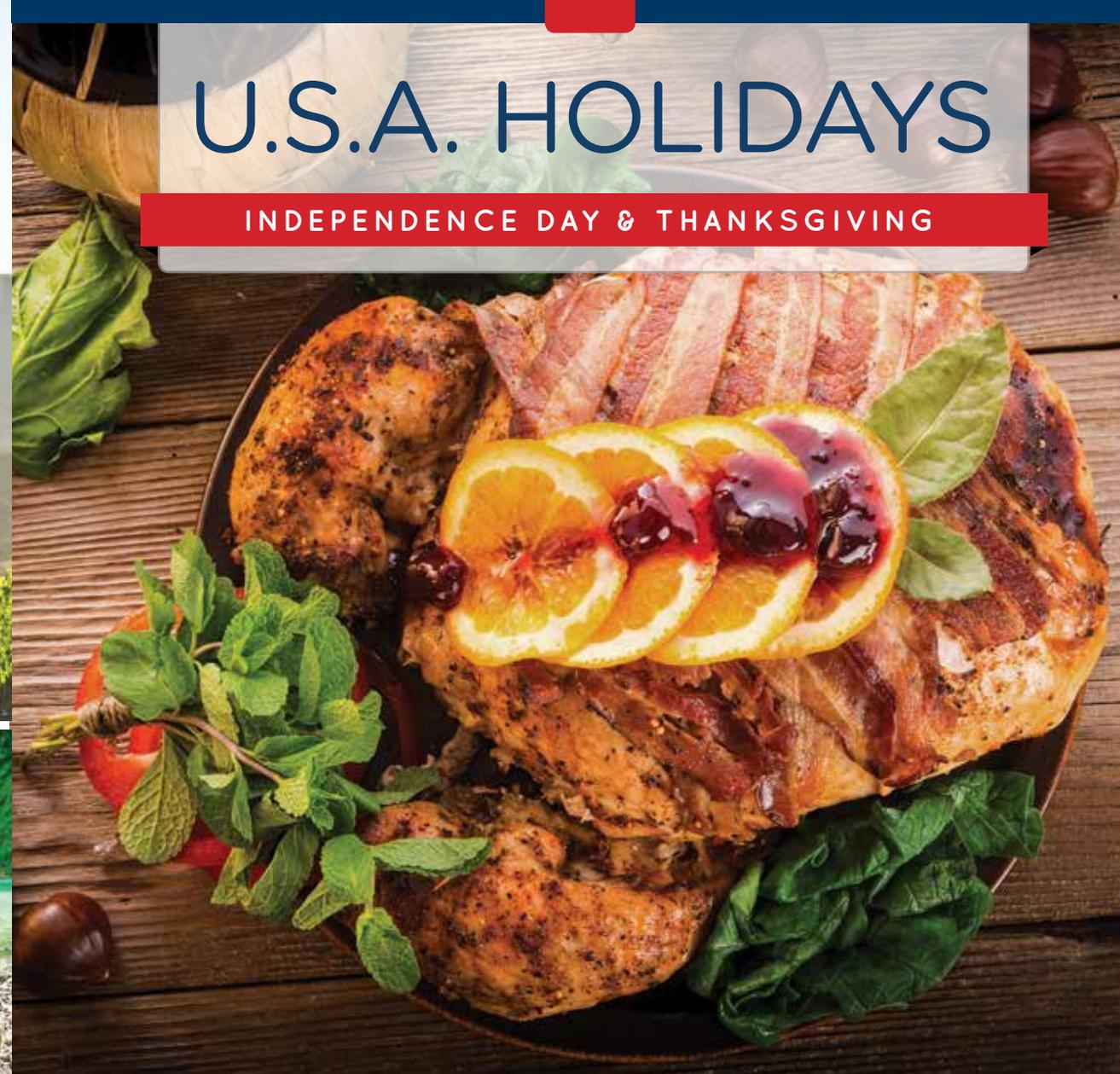
[www.DiscoverAmerica.com/locallygrown](http://www.DiscoverAmerica.com/locallygrown)

Top photo: hot air balloon over vineyard, ▶ Napa Valley, California. Bottom photo: traditional fishing in Manu'a, American Samoa.



# U.S.A. HOLIDAYS

INDEPENDENCE DAY & THANKSGIVING



**A**round the world, the food served at holiday celebrations is almost as important as the holiday itself. The United States is no exception, and every national holiday is marked with an equally substantial feast.

Independence Day, also known as the Fourth of July, commemorates the adoption of the Declaration of Independence in 1776 with family-friendly activities including fireworks, parades, baseball games and delicious barbecues and picnics.

Thanksgiving, a national holiday centred on gratitude for the harvest, family and friends, can be traced back to 1621. Today, the fourth Thursday of November is marked by large family dinners centred on golden-roasted turkey and delicious sauces, casseroles, vegetables and pies.

Across the United States, you'll find diverse regional influences on tables and picnic blankets as Americans welcome family, friends and guests to celebrate these cherished holidays.



FIND MORE HOLIDAY RECIPES AT [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)

## Regional Events and Food Festivals

### SUMMER HAWAII FOOD & WINE FESTIVAL Honolulu, Hawai'i

Five days on a tropical island sipping and savoring epicurean delights from a roster of more than 75 world-renowned culinary talents—paradise found!

[www.hawaiifoodandwinefestival.com](http://www.hawaiifoodandwinefestival.com)

### SUMMER BITE OF SEATTLE Seattle, Washington

Enjoy foods from iconic Seattle restaurants as well as up-and-comers. See cooking demos by elite chefs, and sip and savor a huge variety of wines and craft beers. Listen to live music on eight stages by local bands!

[www.biteofseattle.com](http://www.biteofseattle.com)

### FALL FLAVOR! NAPA VALLEY Napa Valley, California

Come to a region prized for its beauty, legendary wines and culinary greatness to enjoy a five-day festival in support of The Culinary Institute of America's Greystone Campus.

[www.flavornapavalley.com](http://www.flavornapavalley.com)

### WINTER THE GOOD FOOD AWARDS San Francisco, California

This special event celebrates the kind of food we all want to eat: tasty, authentic and responsibly produced. Join a fun evening and see which outstanding American food producers and farmers will win awards!

[www.goodfoodawards.org](http://www.goodfoodawards.org)



## Copper and Cane

by Greg Best,  
Atlanta, Georgia

- 30 ml small batch bourbon
- 30 ml grapefruit juice
- 10 ml Benedictine
- 10 ml sorghum syrup (mix 2 to 1 syrup to water)
- 4-6 dashes of orange bitters
- 120 ml champagne or dry sparkling wine

Combine the first five ingredients in a cocktail shaker with ice and shake. Strain into a champagne flute, and top with sparkling wine. Garnish with a twist of lemon.



**Chef Sam Kass**

Executive Director of Let's Move! and Senior Policy Advisor for Nutrition Policy, White House

**What inspires you?** Families all over the USA who work hard to put healthy and delicious meals on the table every day

**What's your favourite dish?** Maryland crab

**Where is your favourite city to eat in the US?** Chicago

## Cool Cucumber Avocado Soup

🕒 Prep Time: 8 minutes | Total Time: 8 minutes

🍴 Yield: Serves 4

5 cucumbers, peeled, seeds removed

1 avocado, peeled and pit removed

45 g plain yogurt

2 lemons, juiced (optional: may also use the zest of 1 lemon)

1 bunch mint, chopped salt and pepper to taste

- In a blender, combine four roughly chopped cucumbers and the avocado, lemon juice, salt and pepper. Blend well.
- Dice the remaining cucumber and mix with the mint, yogurt, salt and pepper. Pour soup into 4 individual bowls and top with the cucumber mint salad.



## Fried Chicken

🕒 Prep Time: 20 minutes | Cooking Time: 30 minutes | Total Time: 50 minutes (plus 1-2 days in refrigerator)

🍴 Yield: Serves 4

1 L buttermilk

50 g salt

120 g Cajun spice blend

120 g plain flour

4 chicken thighs (bone in, skin on)

4 chicken legs (bone in, skin on)

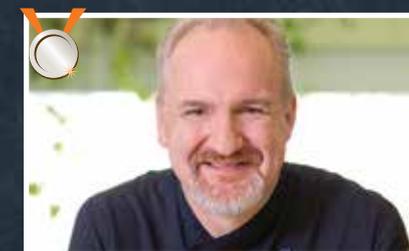
1 L vegetable oil

- Mix the buttermilk, salt and half of the spices with a whisk until completely incorporated. Pour over the chicken in an airtight container and allow to sit in refrigerator for at least 24 hours (48 hours is preferred).
- When ready to fry, put the flour into a large bowl and add the remaining spices. Remove the chicken from the buttermilk marinade and dredge in seasoned flour. Repeat process again to make a double batter, shaking off excess.
- Add the oil to a large cast iron pot and slowly heat until a high-temperature thermometer reads 165°C/325°F. Gently place the chicken in the hot oil, ensuring the temperature holds at 130°C/265°F. Cook the chicken for 14 minutes per side. Once the chicken is cooked, remove the pot from the heat and carefully remove the chicken from the oil, placing onto a sheet tray fitted with a cooling rack. Allow the chicken to sit for 5 to 10 minutes before serving.

**What inspires you?** My family, friends and guests. Their appetites inspire!

**What's your favourite dish?** Chicken and rice, our paella

**What tasty bite should travellers to your region not miss?** Hot water cornbread, made from local cornmeal



**Chef Art Smith**

Table fifty-two, Art and Soul, Southern Art and Bourbon Bar, and LYFE Kitchen, nationwide

• For more recipes, chef stories and local foods, visit at [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories)



## About Thanksgiving

In the autumn of 1621, almost one year after the English Pilgrims landed at Plymouth Rock in what is now Massachusetts, they gathered with the Wampanoag Indians for a feast celebrating the colonists' first successful harvest. A blend of Native American and English Puritan customs, the three-day celebration combined eating with expressions of gratitude and friendship. Historians believe the two groups dined on foods native to North America such as turkey, duck, venison, lobster, crab, berries, pumpkin and squash. Although the modern American Thanksgiving menu differs slightly from the original fare, the holiday's essence remains the same: giving thanks for what you have and sharing with others.



Prep Time: 15 minutes | Cooking Time: 50-60 minutes | Total Time: 65-75 minutes | Yield: Serves 12

- 60 g unsalted butter
- 2 bay leaves
- 2 tsp fresh thyme
- 2 tsp cracked black pepper
- 150 g onions, diced
- 75 g celery, diced
- 1.8 kg fresh oysters, shucked (reserve liquid)
- 4 eggs
- 2 L double cream
- 900 g day-old bread, cut into 2.5-cm cubes

## Oyster Dressing

1. Melt the butter in a medium saucepan over medium-high heat. Add the bay leaves, thyme and black pepper; stir to combine. Add the onions and celery and sauté until translucent, about 5 to 8 minutes. Add the oysters and their liquid and cook until just boiling, about 3 to 5 minutes; remove from heat.
2. In a large bowl, mix the eggs and cream; set aside.
3. Preheat the oven to 190°C/375°F/Gas 5. Place the bread cubes in a large mixing bowl; add the oyster mixture and egg mixture; season with salt and pepper and toss well to combine. Transfer the dressing to a large casserole dish and bake until golden brown, about 40 to 50 minutes; serve.



**Chef Richard Hetzler**

Mitsitam Native Foods Café, Washington, D.C.

**What inspires you?**

Seeing the joy food brings to people

**What tasty bite should travellers to your region not miss?** Wild rice salad

**Where is your favourite city to eat in the US?** Washington, DC, has everything you could ever want

## Roasted Turkey

Prep Time: 15 minutes | Cooking Time: 3 hours (plus 30 minutes rest time) | Total Time: 3 hours, 45 minutes | Yield: Serves 14

- 200 g salt
- 8-kg turkey (or any roasting bird)
- 226 g butter
- leaves from 4 sprigs of fresh sage
- 2 tsp coarse sea salt
- 1 tsp freshly ground black pepper

1. Liberally salt the turkey inside and out; chill in the refrigerator, uncovered, for 12 to 24 hours; rinse under cold water and dry thoroughly.
2. Preheat the oven to 220°C/425°F/Gas 7. Meanwhile, in a small saucepan over low heat, melt the butter slowly.
3. Gently run your fingers between the skin and meat on either side of the turkey's breast bone; arrange the sage leaves between the skin and breast. Pour one-fourth of the melted butter over the turkey and rub it into the skin with your hands. Tuck the drumsticks under the folds of skin or tie together with butcher's twine. Season the turkey with salt and pepper. Place the turkey on a rack in a roasting pan and insert an ovenproof meat thermometer into the thickest part of the thigh so it points toward the body but does not touch the bone.
4. Place the turkey in the oven. After 30 minutes, baste the turkey with some of the melted butter and reduce the oven to 175°C/350°F/Gas 4. Continue roasting, basting with the melted butter every 30 minutes until the thermometer registers 70°C/160°F, about 2.5 hours. If the turkey is browning too quickly, cover it with aluminum foil. Adjust cooking time if using a smaller or larger turkey.
5. Remove the turkey from the oven and transfer to a cutting board; allow it to rest, uncovered, for 30 minutes. Carve and serve with gravy.

Find Chef Quatrano's brining and gravy recipes at [www.DiscoverAmerica.com/foodstories](http://www.DiscoverAmerica.com/foodstories).



**Chef Anne Quatrano**

Star Provisions, Atlanta, Georgia

**What inspires you?**

Our traditions and their modern interpretations in the Southeast

**What's your favourite regional food?** Boiled peanuts

**What's your favourite place to visit in the US?** Charleston, because the people are so welcoming



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## Sautéed Green Beans with Buttered Almonds

Prep Time: 10 minutes | Cooking Time: 15 minutes | Total Time: 25 minutes | Yield: Serves 10

- 30 g unsalted butter
- 150 g slivered almonds
- 2.25 kg green beans
- 75 ml olive oil
- 2 shallots, sliced
- 4 cloves garlic, sliced
- 60 ml chicken stock
- 1 bunch parsley, chopped

1. Melt the butter in a medium sauté pan over medium heat. Add the almonds and toast until golden brown. Season with salt and pepper; set aside.
2. Bring a large pot of salted water to a boil and blanch the green beans for 1 to 2 minutes. Place the blanched beans in an ice bath; once cool, dry the beans and reserve.
3. In a large sauté pan over medium heat, add the olive oil and shallots and cook until translucent, about 8 minutes. Add the garlic and cook until starting to brown, about 1 minute. Add the green beans and sauté for 2 minutes. Add the chicken stock and reduce by half, about 3 to 4 minutes. Toss with the parsley and place into serving bowl. Garnish with toasted almonds.

**What inspires you?** Bringing people together around the table through food

**What's your favourite regional dish?**  
Braised meats

**Where is your favourite city to eat in the US?** New Orleans—you can taste the culture in their cuisine



**Chef Marc Murphy**  
Chef/Owner Benchmark Restaurants, New York City

## Pumpkin Pie

Prep Time: 10 minutes | Cooking Time: 60 minutes | Total Time: 70 minutes | Yield: Serves 8

- 2 cups pumpkin puree
- 30 g softened cream cheese
- 30 ml treacle
- 100 g granulated sugar
- 45 g brown sugar
- 1½ tsp cinnamon
- 1 tsp nutmeg
- 1 tsp ground ginger
- ½ tsp ground cloves
- 3 eggs, slightly beaten
- 350 ml single cream
- 1 23-cm unbaked pie shell

1. Preheat the oven to 220°C/425°F/Gas 7. Whisk together the pumpkin, cream cheese and treacle until mixed well and smooth. Whisk in the sugars and spices. Whisk in the eggs and single cream, whisking until everything is well blended.
2. Pour the pumpkin mixture into an unbaked pie shell, spread evenly and bake for 10 minutes. Reduce temperature to 180°C/350°F/Gas 4 and bake until a knife inserted into the centre comes out clean, about 40 to 50 minutes. Let the pie cool on a rack until room temperature. Garnish with whipped cream, if desired.



**Chef Duff Goldman**  
Charm City Cakes, Baltimore, Maryland

**What inspires you?**  
Encouraging others to be original and thoughtful about the art of cooking

**What's your favourite place to visit in the US?**  
Vail, Colorado

**What's your favourite place to eat in the US?**  
Shake Shack, Terminal 4, JFK airport

# Recipe Index

Here's a handy list of all of the recipes found in Great American Food Stories. Each dish has been placed in a category, but feel free to mix and match as you wish for your own culinary adventure.

## STARTERS

- Chicken Fried Egg .....35
- Clam Chowder .....11
- Cool Cucumber  
Avocado Soup .....58
- Florida Fish and  
Avocado Ceviche .....19
- Freshwater Crayfish  
and Sweet Corn Salad .....27
- Seared Ahi Tuna with  
Vanilla Vinaigrette .....51
- Venison Meatballs .....43

## ENTRÉES

- Coffee-Cured  
Beef Brisket .....36
- Fried Chicken .....59
- Lamb Chop with  
Hazelnut Sauce Verte .....52
- Marinated Skirt Steak  
with Stone Fruit and  
Green Tomato Relish .....28
- Maryland  
Crab Cakes .....20

- Roast Pork with  
Broccoli Rabe .....12
- Roasted Turkey .....61
- Thai Basil Sockeye  
Salmon Belly and  
Daikon Fettuccine .....44

## SIDES

- Ancient Grains  
"Risotto"-Style .....13
- Burrata with  
Chickpea Pesto and  
Toasted Hazelnuts .....54
- Esquites Fritos  
(Spicy Fried Corn) .....29
- Fried Okra .....21
- Grilled Colorado  
Peach Crostini .....45
- The Original  
Chopped Salad .....37
- Oyster Dressing .....60
- Sautéed Green Beans  
with Buttered Almonds ...62
- Zinfandel Spaghettini  
with Spicy Rapini .....53

## DESSERTS

- Apple Cake .....14
- Butterscotch  
Pudding .....30
- Chocolate Chimayo  
Red Chile Soup .....38
- Gingersnap Cookies .....46
- Huckleberry and  
Black Pepper Tart .....55
- Pecan Pie .....22
- Pumpkin Pie .....63

## BEVERAGES

- The Centennial  
Smash .....42
- Classica Margarita .....34
- Copper and Cane .....58
- Medford  
Stuyvesant .....10
- Salted Sorghum  
Old Fashioned .....18



▲ Photos from top left: preparing star fruit; Zahav Restaurant, Philadelphia, Pennsylvania; Wisconsin cheeses; country market, New Hampshire; vineyard, Oregon.



Conversion Chart To Come