

Midwestern Cuisine

Unit: Preparing Foods

Problem Area: Regional and International Cuisine

Lesson: Midwestern Cuisine

- **Student Learning Objectives.** Instruction in this lesson should result in students achieving the following objectives:

- 1 Summarize midwestern regional cuisine and its influences.**
- 2 Describe the Midwest's most common food ingredients and classic cuisine.**

- **Resources.** The following resources may be useful in teaching this lesson:

E-unit(s) corresponding to this lesson plan. CAERT, Inc. <http://www.mycaert.com>.
Caldwell, Gianacis. "Homemade Squeaky Cheese Curds," *Culture*. Accessed Apr. 4, 2018. <https://culturecheesemag.com/diy/homemade-squeaky-cheese-curds>.
Kryza, Andy. "21 Things You've Definitely Eaten If You Grew Up in the Midwest," *Thrillist*. Accessed Apr. 4, 2018. <http://www.thrillist.com/eat/nation/best-midwestern-foods-tenderloin-coneys-chislic-custard-and-more>.
Levitt, Aimee. "What Is Midwestern Cuisine?," *ChicagoReader*. Accessed Apr. 4, 2018. <https://www.chicagoreader.com/chicago/midwest-cuisine-food-catherine-lambrecht-paul-fehribach-big-jones/Content?oid=19488375>.
"Midwest Food," *MapsOfWorld.com*. Accessed Apr. 4, 2018. <https://www.mapsofworld.com/pages/mmmerica/united-states-of-mmmerica-cuisine-of-the-midwest/>.
Schedler, Carrie. "Midwestern Food Is the Most American Food," *Chicago Magazine*. Accessed Apr. 4, 2018. <http://www.chicagomag.com/dining-drinking/March-2014/Amy-Thielen-New-Midwestern-Table/>.
"What is Molecular Gastronomy?," *MolecularRecipes.com*. Accessed Apr. 4, 2018. <http://www.molecularrecipes.com/molecular-gastronomy/>.



■ **Equipment, Tools, Supplies, and Facilities**

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials

■ **Key Terms.** The following terms are presented in this lesson (shown in bold italics):

- ▶ cheese curds
- ▶ Chicago-style hot dog
- ▶ Cincinnati chili
- ▶ Coney Island hot dog
- ▶ curd
- ▶ deep-dish pizza
- ▶ fish boil
- ▶ gooey butter cake
- ▶ hotdish
- ▶ hungarian goulash
- ▶ Kansas City barbecue
- ▶ lefse
- ▶ loose-meat sandwich
- ▶ lutefisk
- ▶ Maxwell Street polish
- ▶ midwestern cuisine
- ▶ molecular gastronomy
- ▶ pierogi
- ▶ rennet
- ▶ slinger
- ▶ St. Louis-style pizza
- ▶ toasted ravioli
- ▶ Wisconsin supper club

■ **Interest Approach.** Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

Write the following on the board: "There's more diversity in midwestern food than there is in universal cuisine. Midwestern cuisine is wherever you happen to be." Have students discuss what they think this means. Display or project a map of the United States Midwest to the class (VM–A). Ask students to identify the

states in this region. Then, as a brainstorming activity, ask students to list the food items from this area. Students can do a think-pair-share, or you can compile a comprehensive list on the board. Next, ask students to point out the topography of this region (based on the Midwest map). Ask how the landscape influences the foods found in the various states. Finally, point out that the Midwest is in the middle of our country. Ask how this geographic component is a positive and a negative factor for the region's food resources. As needed, use visuals throughout the lesson.

CONTENT SUMMARY AND TEACHING STRATEGIES

Objective 1: Summarize midwestern regional cuisine and its influences.

Anticipated Problem: What is midwestern cuisine? How do history, geography, and culture influence the Midwest's cuisine?

- I. Midwestern cuisine influences
 - A. HISTORY: Midwestern cuisine is the regional fare of the Great Lakes and the northern plains region of the United States. Sometimes called the “Breadbasket of America,” it draws its most significant culinary roots from the cuisines of Central, Northern, and Eastern Europe. This area is influenced by regionally and locally grown foods and cultural diversity. The Midwest is home to many regional specialties and some of the most iconic foods of the United States. Though most midwestern food is not fancy cuisine, many of these dishes are symbols of Americana: hot dogs, fruit pies, pizza, chili, ice cream, and hotdishes—not fancy, but very, very good-tasting foods.
 1. Location: The United States Midwest consists of the states in the center of the country and east of the Rocky Mountains. The area has contributed a great deal to American cooking, while supporting varied populations and their culinary influences. The region is a mix of rich agricultural areas and industrial cities. Migration from the American east and immigration from the British Isles, Germany, and Scandinavia have made their mark on both rural and urban areas. Later, waves of immigrants from Eastern and Southern Europe to the Midwest have also influenced the culture and the cuisine. The area's land mass is vast, and the food is varied and rich. Virtually anywhere in the Midwest, a diner can feast on classic American cuisine or regional specialties. Each state in this region contributes different food offerings.
 - a. Illinois [corn, soybeans, morel mushrooms, Chicago-style pizza, and the horseshoe sandwich (famous in Springfield, IL)]

- b. Indiana (sugar cream pie, persimmon pudding, pork tenderloin sandwiches, and beef and noodles)
 - c. Iowa (pork, loose-meat sandwiches, and Dutch letters)
 - d. Kansas (alcoholic beverages and barbecue)
 - e. Michigan (asparagus, apples, blueberries, cherries, Michigan chicken salad, fruit salsas, wine, beer, pasties, and fudge)
 - f. Minnesota (lefse, lutefisk, walleye, wild rice, and hotdish)
 - g. Missouri (barbecue, sweet tea, toasted ravioli, gooey butter cake, the slinger, “threwed” rolls, and St. Louis-style pizza)
 - h. Nebraska (corn and beef)
 - i. North Dakota (bison, krumkake, rosettes, kuchen, juneberry pie, fleisschkuechle, and knoephla)
 - j. Ohio (buckeyes, Cincinnati chili, and sauerkraut balls)
 - k. Wisconsin (“America’s Dairyland,” cheese, ice cream, cranberries, fish boils, kringle, beer, supper clubs)
2. German Influence: In the early 1700’s, German immigrants arrived, bringing beer, sauerkraut, and sausages with them. They also introduced the tradition of serving meals family style—meat platters, relish trays, hearty soups, vegetables, baskets of rolls, and pies all set on the table at the same time and passed to each guest.
 3. British Influence: In the late 1700’s, British immigrants arrived, bringing pasties (meat pies), bread puddings, and roasted meats with potatoes.
 4. Other Influences: Scandinavian immigrants introduced the Midwest to lefse (potato bread) and meatballs. Hungarian immigrants brought goulash, and other cultures brought pastas and their native cheeses.
- B. **GEOGRAPHY**: The Midwest is known for its plains (long stretches of grassland), but there are other topographical and climate attributes worth mentioning.
1. Topography: The Midwest is not only made up of flatlands, but many states have natural and artificial lakes, mountains, and streams. (For example, Minnesota claims more than 10,000 lakes.)
 - a. Far from the oceans, midwesterners traditionally ate little seafood. Instead, they relied on local freshwater fish, such as perch and trout, supplemented with canned or cured tuna, salmon, and herring.
 - b. Modern air shipping of ocean seafood has been increasing the midwesterners’ taste for ocean fish. Today, flights into all major midwestern cities bring fresh seafood from all over the world.
 2. Climate: The Midwest has four distinct seasons: spring, summer, fall, and winter. Based on the season and the state, the climate is constantly changing. In the northern areas, springs are mild, with temperatures of about 70°F. Summers there are warm, averaging 80°F, while fall temperatures are cooler at 40°F to 50°F. In general, the northern winters are snowy and cold with average temperatures of about 10°F. The climate is affected by the area’s location in the region and its vicinity in relation to the Great Lakes: Areas near the lakes

are cooler in the summer and warmer in the winter. Lake-effect snow is moist, with enormous flakes.

- a. The climate and terrain of the Midwest are perfect for cultivating crops. Although their regional title is the “Breadbasket of America,” individually, Kansas is called the “Wheat State,” Iowa is the “Corn State,” and Nebraska is the “Cornhusker State.”
 - b. Michigan produces much of the country’s asparagus—a vegetable crop whose sprouts are widespread in the spring season. Western and Northern Michigan’s climates allow for growing apples, blueberries, and cherries. The northwestern portion of Michigan’s Lower Peninsula accounts for approximately 75 percent of the United State’s crops of tart cherries.
 - c. Midwestern states also produce most of the country’s wild rice.
- C. CULTURE: As with most of American regional fare, immigrant groups that settled in the Midwest heavily influenced the cuisine. In the northern portion of the Midwest, the predominant number of immigrants were northern European.
1. German: Wisconsin, Missouri, Kansas, Ohio, and Illinois were destinations for many German immigrants. Pork sausage and potatoes are common menu items. Beer is also a Midwest experience influenced by German settlers.
 - a. Leinenkugel’s: Chippewa Falls, Wisconsin
 - b. Berghoff: Chicago, Illinois and Monroe, Wisconsin
 - c. Anheuser-Busch: St. Louis, Missouri
 - d. Schlitz, Pabst, Blatz, and MillerCoors: Milwaukee, Wisconsin
 - e. Goose Island: Chicago, Illinois
 - f. Bell’s: Kalamazoo, Michigan
 2. Greek: In the Rust Belt (Illinois, Michigan and Ohio were part of this region), many Greek newcomers became restaurateurs and imparted a strong Mediterranean influence to the region’s cuisine.
 3. Native American: Native peoples’ influences are evident in the numerous uses of corn and wild rice in regional cuisine. For example, corn and rice are some of the largest crops grown in the Midwest. They are often used as side dishes and incorporated in many hotdish casseroles.
 4. Scandinavian: Strong Scandinavian influences appear across Minnesota, North Dakota, and Wisconsin in iconic dishes, such as lefse and lutefisk. Lefse and lutefisk are very common in Christmas and New Year’s Day meals.
- D. RELIGIOUS AND HOLIDAY CELEBRATIONS: Christian religions are dominant in the Midwest: Christmas and Easter are the main religious holidays. These holidays are generally observed in the same way as the rest of the United States—families gather to celebrate, visit, and eat.
1. Served family style, Christmas and New Year’s Day menus often include a main course of roasted ham or turkey accompanied by a variety of vegetables (potatoes, carrots, green beans, or corn).
 2. Midwesterners celebrate many non-religious holidays and festivals, including Thanksgiving (the commemoration of the feast between the Pilgrims and the

Native Americans in 1621). Midwesterners, as most Americans, celebrate Thanksgiving with a spread of turkey and stuffing, mashed potatoes and gravy, cranberry sauce, green bean casserole, rolls, and a variety of pies (pumpkin, pecan, and apple).

- E. **MEALTIME CUSTOMS:** Generally, midwesterners and Americans eat three meals a day plus snacks.
1. Breakfast may be hearty (with bacon, sausage, eggs, toast or biscuits, grits or oatmeal, and coffee), or it could be as simple as a doughnut or cinnamon roll with coffee.
 2. Lunch is usually a light meal: a sandwich, a salad, a bowl of soup, or a hamburger and french fries picked up from a fast food restaurant. Many students buy lunch at the school cafeteria, or they carry a brown-bag lunch brought from home. Often, barbecued pork sandwiches, chicken nuggets, and hamburgers are found on school cafeteria menus, while a sandwich, potato chips, and fruit are brought from home.
 3. Dinner is the main meal of the day—usually the time when family members gather to eat and talk about their day. Large family dinners are traditionally cooked on Sundays. Dinner (or supper) usually consists of meat (beef, chicken, ham, or pork chops), one or two vegetables (corn, green beans, or carrots), and a starch (potatoes, rice, or noodles). Baked beans are also very common dinner fare. Dinner is often eaten at home, but may also be eaten at a “sit-down” restaurant.
- F. **CUISINE:** A surge of immigration, beginning around the time of the Civil War, brought Europeans to the region—especially from Germany, Ireland, Scandinavia, and Eastern Europe (Poland and Hungary). This wave of immigrants brought the adaptation of many regional dishes to the newcomers’ own tastes, infusing them with traditions from their homelands. The fusion of cultures has created many midwestern specialties that represent the people and the lifestyle of the region.
1. **Hotdish** is a casserole; an all-in-one meal invented for its convenience and ability to quickly feed a large group of people. It is a classic midwestern staple and a significant piece of American culture. Hotdish is closely associated with Minnesota, and it normally consists of a starch (potatoes, pasta, rice) combined with meat, vegetables, and a liquid to bind the ingredients together. Hotdish is then baked in a casserole dish and served hot (making it a hearty meal during the cold midwestern winter). Examples of hotdishes include:
 - a. Hash brown casserole
 - b. Chicken and wild rice
 - c. Shepard’s pie
 2. A **loose-meat sandwich** is cooked, crumbled ground beef (mixed with sautéed onions, mustard, sugar, salt and pepper) served with pickles on a burger bun. The loose-meat sandwich is a close cousin to the sloppy joe, a version in which the meat is cooked in tomato sauce or ketchup, making for an even messier meal. Maid-Rite is an Iowa-based restaurant whose name is synonymous with loose-meat sandwiches.

3. **Pierogi** is a Polish dumpling (similar to a ravioli or a pot sticker) that is usually filled with potato, sauerkraut, ground meat, and cheese. The dumplings are boiled and then baked or fried, and they are served with butter or sour cream. Dessert pierogies are filled with various fruits. Polish cooks and chefs brought this meal to the Midwest, where they are a popular treat today.
4. **Hungarian goulash** is a stew (of beef or veal with vegetables) that is seasoned with paprika and other spices. A Midwest version often contains macaroni, tomato sauce, and some vegetables, like corn, peppers, or beans. It is sometimes baked in a casserole and topped with cheddar cheese. This dish is especially popular in Cleveland, Ohio.
5. Lefse and lutefisk are two dishes that originated in Norway. Scandinavian settlers in Minnesota (and other upper-Midwest states) brought these dishes with them. Both dishes are now staples in midwestern cuisine.
 - a. **Lefse** is a mashed-potato-based dough, similar to a pancake or a tortilla, that is baked on a griddle. It is served as a side to many Scandinavian dishes. Lefse is rolled up with savory (such as meatballs) or sweet fillings, and it is especially popular during the Christmas season. Sweetened lefse is heated and rolled with melted butter, sugar, and/or cinnamon. It is also served as a side, with coffee or at dinner.
 - b. **Lutefisk** is dried cod that is soaked and cured in a water and lye solution (and then simmered). Lutefisk is served hot with salt and pepper, melted butter, and a side of lefse. It is a traditional Norwegian dish that became popular with Minnesotans. Madison, Minnesota, has claimed the title of the “Lutefisk Capital of the World.” The state consumes more lutefisk per capita than any part of the nation. Lutefisk is eaten during cold winters. It is a common Christmas dish for Americans of Norwegian descent.

Teaching Strategy: Use VM–A to illustrate a map of the U.S. Midwest. Use VM–B through VM–F to review common midwestern cuisine influences and some staple dishes of the region.

Objective 2: Describe the Midwest’s most common food ingredients and classic cuisine.

Anticipated Problem: What are the Midwest’s most commonly used food ingredients? What is classic midwestern cuisine?

II. Midwest food ingredients and cuisine

- A. **GENERAL:** The Midwest’s regional fare is considered simple and hearty. Dairy products (such as milk or cheese) and eggs are common ingredients. Popular main dishes include roasts, stews, and numerous dishes made from trout and whitefish. Rice is used in many side dishes and desserts, and wheat bread or cornbread accompany many meals. Many midwestern foods are based on the season. In summer months, picnic foods are enjoyed. The harsh winter season

once forced cooks to find preservation methods for their food: smoking, pickling, and canning.

- B. **SPICES AND HERBS:** Traditionally, midwestern cooks use a “light hand” with seasonings. However, Latin American and Asian immigrants have helped broaden the taste buds of midwesterners. Preferred spices and herbs include sage, dill, caraway, mustard, and parsley. Hot, bold, and spicy flavors are common in hard sausages, sausage patties, and barbecue sauces.
- C. **DAIRY:** As “America’s Dairyland,” Wisconsin is home to numerous cheesemakers and frozen-custard stands. Wisconsin cheesemaking is very diverse, ranging from artisans who handcraft cheeses from the milk of their own dairy herds to large “stainless steel” factories. When making cheese, milk is pasteurized and cooked until the whey (liquid) separates from the curd. A **Curd** is the solid bit of coagulated protein created by acidifying milk with rennet. The curd is placed in a mold and pressed to release more moisture, and this creates a wheel (or block) of cheese. [NOTE: **Rennet** is a complex of enzymes produced in the stomachs of ruminant animals—used to curdle milk.]
1. Any fresh curd that doesn’t make it into the mold is a cheese curd. **Cheese curds** are freshly-coagulated, cut cheese pieces (usually two to three inches). They have a mild, slightly rubbery texture, possess a somewhat salty taste, and make a squeaky sound when eaten.
 2. Cheese curds are a common addition to many meals, and can be eaten as a cold snack or as a batter-fried appetizer. Deep-fried cheese curds are often served with ranch dressing.
- D. **URBAN CENTERS:** Major Midwest urban areas feature distinctive cuisines that are very different from the region’s rural areas. Some larger cities—Chicago, Kansas City, and Minneapolis-St. Paul—are home to world-class restaurants.
1. **Barberton, Ohio:** Barberton is located in the greater Akron area. It is a small industrial city with a strong central and eastern European heritage. It is the home of “Barberton Chicken,” created by Siberian immigrants. This dish is comprised of chicken that is deep fried in lard and accompanied by sides of hot rice, coleslaw, and french fries.
 2. **Chicago, Illinois:** Not only is Chicago the home of the National Restaurant Association, but Chicago’s rich ethnic neighborhoods support a vibrant restaurant scene with numerous local specialties.
 - a. The **Maxwell Street polish** is a grilled or fried length of Polish sausage served on a bun and topped with grilled onions and yellow mustard, with the option of pickled, green sport peppers.
 - b. The **Chicago-style hot dog** is a high-quality (often Kosher) frankfurter that is topped with yellow mustard, chopped white onions, bright-green sweet pickle relish, a dill pickle spear, tomato slices or wedges, pickled sport peppers, and a dash of celery salt. Due to the many toppings, the fully assembled Chicago-style hot dog is said to have been “dragged through the garden.”

- c. Chicago-style pizza refers to several different styles of pizza developed in the city and suburbs. The most famous of these is deep-dish pizza. **Deep-dish pizza** is a pizza made by creating a thick layer of dough that is formed into a bowl within a high-sided pan—topped with meat, vegetables, and cheese. Then, an additional layer of dough is placed on top and pressed to the sides of the bottom crust (also called stuffed deep-dish).
 - d. Chicago is the Midwest’s center of molecular gastronomy. **Molecular gastronomy** is a blend of physics and chemistry that transforms the tastes and textures of food. It is a style of cuisine in which chefs explore culinary possibilities by combining tools from the science lab with ingredients from the food industry.
3. Cincinnati, Ohio: Cincinnati, called the “Queen City,” is home to its famous Cincinnati chili. **Cincinnati chili** is a Greek-inspired meat sauce served over spaghetti or hot dogs. Unlike chili con carne, Cincinnati chili is never served or eaten by itself; instead, it is eaten in “ways.”
- a. Two-way: Chili with spaghetti.
 - b. Three-way: Cheddar cheese is added.
 - c. Four-way: Chopped raw onion is added.
 - d. Five-way: Kidney beans are added.
 - e. Coney: These “ways” can also be found on a Cincinnati cheese Coney dog, a regional variation of a Coney Island hot dog.
4. Detroit, Michigan: Detroit specialties include Coney Island hot dogs, not to be confused with a regular chili dog. A **Coney Island hot dog** is a frankfurter served with ground beef sauce, chopped onions, and mustard.
5. St. Louis, Missouri: St. Louis’ local cuisine includes an abundant variety of beef, pork, and chicken dishes (often roasted or grilled). The city also has a variety of desserts, including rich cakes, stollens, fruit pies, doughnuts, and cookies. A few local specialties are included below.
- a. **Goopy butter cake** is a rich, soft-centered coffeecake.
 - b. **Toasted ravioli** is stuffed ravioli, breaded and fried.
 - c. **St. Louis-style pizza** is a crisp, thin-crust pie made with provolone cheese (instead of traditional mozzarella).
 - d. A **slinger** is a late-night-diner specialty dish of eggs, hash browns, and hamburger that is topped with chili, cheese, and onion.
6. Wisconsin, statewide: Wisconsin offers some unique dining experiences.
- a. In Wisconsin, a **fish boil** is a mix of chunked Lake Michigan (or Lake Superior) whitefish, red potatoes, and small onions that is boiled outside in a large stockpot (preferably cast iron) filled with heavily-salted water. The ingredients are added in a particular order and cooked for a specific amount of time before each addition. When the fish and vegetables are cooked, the boiler (the cook) adds kerosene to the fire to increase the heat. The dish is done when the fish oils rise to the top and the mixture “boils over.” A serving consists of ladling melted butter over a chunk of fish and a few potatoes and onions. Next, the dish is garnished with lemon

wedges and possibly a side of fresh coleslaw. Fish boils are a tradition in areas of Wisconsin that include large populations of Scandinavian descendants.

- b. A **Wisconsin Supper Club** is generally a moderately-priced, independently-owned restaurant located in “a pretty spot on the edge of town.” In the 1920’s Prohibition Era, roadhouses materialized where gangsters stopped on moonshine runs. After Prohibition was repealed in 1933, liquor licenses were first granted to establishments that served food and were outside of city limits, thus giving birth to the supper club.
7. Kansas City, Kansas: The Kansas City metropolitan area is renowned for barbecue. **Kansas City barbecue** is a specific, regional style of barbecuing meat. The slab of meat is smoked slowly over a variety of firewood and then covered with a thick tomato- and molasses-based sauce. There are more than 100 barbecue restaurants in the metropolitan area, and it is home to several large, well-attended barbecue cooking contests. Kansas City barbecue sauce is tomato-based, contains sweet, spicy, and tangy flavor profiles, and is an integral part of the city’s barbecue experience.

Teaching Strategy: Use VM–G through VM–N to illustrate popular regional dishes of the Midwest. Assign LS–A. [NOTE: The Molecular Gastronomy lesson and e-unit can be found in the MyCAERT library (<http://www.mycaert.com>) as a guide to potential lab activities.]

- **Review/Summary.** Use the student learning objectives to summarize the lesson. Have students explain the content associated with each objective. Student responses can be used in determining which objectives need to be reviewed or taught from a different angle. If a textbook is being used, questions at the ends of chapters may also be included in the Review/Summary.
- **Application.** Use the included visual master(s) and lab sheet(s) to apply the information presented in the lesson.
- **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

■ **Answers to Sample Test:**

Part One: Matching

1. e
2. c
3. b
4. a
5. d

6. f
7. h
8. g

Part Two: Completion

1. Rocky Mountains
2. seafood
3. curd
4. fish boil
5. Coney Island hot dog
6. Kansas City barbecue

Part Three: Short Answer

Answers may vary, but should be similar to the following:

1. The Midwest is known for its plains (long stretches of grassland). However, the Midwest is not only made up of flatlands, but many states have natural and artificial lakes, mountains, and streams. Far from the oceans, midwesterners traditionally ate little seafood. Instead, they relied on local freshwater fish, such as perch and trout, supplemented with canned or cured tuna, salmon, and herring. Today, flights into all major midwestern cities bring fresh seafood from all over the world. The climate and terrain of the Midwest are perfect for cultivating crops such as corn, apples, wheat, and potatoes.
2. Although their regional title is the “Breadbasket of America,” individually, Kansas is called the “Wheat State,” Iowa is the “Corn State,” and Nebraska is the “Cornhusker State.” The Midwest is the United States center for grain production. Midwestern states also produce most of the country’s wild rice.

Midwestern Cuisine

► Part One: Matching

Instructions: Match the term with the correct definition.

- | | |
|-------------------------|--------------------------|
| a. molecular gastronomy | e. Chicago-style hot dog |
| b. Cincinnati chili | f. Wisconsin supper club |
| c. cheese curds | g. lefse |
| d. hotdish | h. midwestern cuisine |

- _____ 1. A high-quality (often Kosher) frankfurter topped with yellow mustard, chopped white onions, bright green sweet pickle relish, a dill pickle spear, tomato slices or wedges, pickled sport peppers, and a dash of celery salt
- _____ 2. Freshly-coagulated, cut cheese pieces (usually two to three inches) that have a mild, slightly rubbery texture, possess a somewhat salty taste, and make a squeaky sound when eaten
- _____ 3. A Greek-inspired meat sauce served over spaghetti or hot dogs
- _____ 4. A blend of physics and chemistry that transforms the tastes and textures of food
- _____ 5. A casserole; an all-in-one meal invented for its convenience and ability to feed a large group of people
- _____ 6. A moderately-priced restaurant, often independently owned, and usually located in “a pretty spot on the edge of town”
- _____ 7. The regional fare of the Great Lakes and northern plains areas in the United States
- _____ 8. A mashed-potato-based dough, similar to a pancake or a tortilla, that is baked on a griddle



WHERE IS THE MIDWEST LOCATED?

The Midwest region of the United States consists of the states in the center of the country: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin. The cuisine draws its culinary roots from the cuisines of Central, Northern, and Eastern Europe. It is also heavily influenced by regionally and locally grown food. The Midwest, often called “the Bread Basket of America,” serves as the center for grain production (especially wheat, corn, and soybeans). This region also produces most of the country’s wild rice.



LOOSE-MEAT SANDWICH

Maid-Rite is a well-known loose-meat sandwich chain from Iowa. Also known as a loose hamburger or tavern sandwich, a **loose-meat sandwich** is cooked, crumbled ground beef (mixed with sautéed onions, mustard, sugar, salt and pepper) served with pickles on a burger bun. It's a close cousin to the sloppy joe.



POLISH PIEROGI

Pierogi is a Polish dumpling (similar to a ravioli or a pot sticker) that is usually filled with potato, sauerkraut, ground meat, and cheese. The dumplings are boiled and then baked or fried, and they are served with butter or sour cream.



GOULASH: HUNGARIAN AND AMERICAN

Hungarian goulash is a stew (of beef or veal with vegetables) that is seasoned with paprika and other spices. A Midwest version often contains macaroni, tomato sauce, and some vegetables, like corn, peppers, or beans.



LEFSE

Lefse is a mashed-potato-based dough, similar to a pancake or a tortilla, that is baked on a griddle. It is served as a side to many Scandinavian dishes. Lefse is rolled up with savory (such as meatballs) or sweet fillings, and it is especially popular during the Christmas season.



LUTEFISK

Lutefisk is dried cod that is soaked and cured in a water and lye solution (and then simmered). Lutefisk is served hot with salt and pepper, melted butter, and a side of lefse. It is a traditional Norwegian dish that became popular with Minnesotans.



WISCONSIN CHEESE CURDS

Cheese curds are freshly-coagulated, cut cheese pieces (usually two to three inches). They have a mild, slightly rubbery texture, possess a somewhat salty taste, and make a squeaky sound when eaten. Deep-fried cheese curds are often served with a ranch-dressing dipping sauce.



CHICAGO'S MAXWELL STREET POLISH

The **Maxwell Street polish** is a grilled or fried length of Polish sausage served on a bun and topped with grilled onions and yellow mustard, with the option of pickled, green sport peppers.



CHICAGO-STYLE HOT DOG

A **Chicago-style hot dog** is a high-quality (often Kosher) frankfurter that is topped with yellow mustard, chopped white onions, bright-green sweet pickle relish, a dill pickle spear, tomato slices or wedges, pickled sport peppers, and a dash of celery salt. Due to the many toppings, the fully assembled Chicago-style hot dog is said to have been “dragged through the garden.” Don’t even think about asking for ketchup!



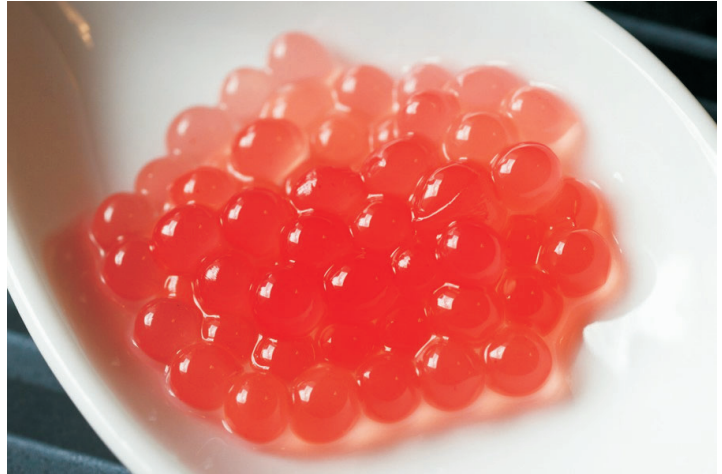
CHICAGO DEEP-DISH PIZZA

Chicago-style pizza refers to several different styles of pizza developed in the city and suburbs. The most famous of these is deep-dish pizza. **Deep-dish pizza** is a pizza made by creating a thick layer of dough that is formed into a bowl within a high-sided pan—topped with meat, vegetables, and cheese. Then, an additional layer of dough is placed on top and pressed to the sides of the bottom crust (also called stuffed deep-dish).



MOLECULAR GASTRONOMY

Chicago is the Midwest's center of molecular gastronomy. **Molecular gastronomy** is a blend of physics and chemistry that transforms the tastes and textures of food. It is a style of cuisine in which chefs explore culinary possibilities by combining tools from the science lab with ingredients from the food industry. The dishes pictured here include melon-flavored "caviar" balls, iced-cappuccino bubble tea, and shrimp and lemon mousse.



CINCINNATI CHILI

Cincinnati chili is a Greek-inspired meat sauce served over spaghetti or hot dogs. Unlike chili con carne, Cincinnati chili is never served or eaten by itself; instead, it is eaten in “ways.”

- ◆ Two-way: Chili with spaghetti.
- ◆ Three-way: Cheddar cheese is added.
- ◆ Four-way: Chopped raw onion is added.
- ◆ Five-way: Kidney beans are added.
- ◆ Coney: These “ways” can also be found on a Cincinnati cheese Coney dog, a regional variation of a Coney Island hot dog.



ST. LOUIS'S TOASTED RAVIOLI

Toasted ravioli is stuffed ravioli, breaded and fried. Typically, these appetizers consist of meat and cheese wrapped in square ravioli that are breaded and deep fried until slightly crispy (hence the name, “toasted”). It is traditionally sprinkled with parmesan cheese and served with a marinara dipping sauce.



FISH BOIL

A Wisconsin **fish boil** is a mix of chunked Lake Michigan (or Lake Superior) whitefish, red potatoes, and small onions that is boiled outside in a large stockpot (preferably cast iron) filled with heavily-salted water. The ingredients are added in a particular order and cooked for a specific amount of time before each addition. When the fish and vegetables are cooked, the boiler (the cook) adds kerosene to the fire to increase the heat. The dish is done when the fish oils rise to the top and the mixture “boils over.” A serving consists of ladling melted butter over a chunk of fish and a few potatoes and onions. Next, the dish is garnished with lemon wedges and possibly a side of fresh coleslaw. Fish boils are a tradition in areas of Wisconsin that include large populations of Scandinavian descendants.



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Molecular Gastronomy Research

Purpose

The purpose of this lab activity is to research and present the science and the cooking techniques behind molecular gastronomy cuisine.

Objective

1. Research, choose, and present molecular gastronomy science concepts and cuisine techniques.

Materials

- ◆ lab sheet
- ◆ pen or pencil
- ◆ device with Internet access
- ◆ projection device
- ◆ OPTIONAL: ingredients needed to prepare the dish (or any variation)

Procedure

1. **TASK #1:** Research the science and culinary techniques associated with molecular gastronomy. Begin your research with the article “Molecular Gastronomy—the Food Science” on Splice’s website. Go to <https://splice-bio.com/molecular-gastronomy-the-food-science/>. Then, watch the Kevin Lieber video on YouTube entitled “What Is Molecular Gastronomy?” You’ll find it at <https://www.youtube.com/watch?v=vbvQIKzSmkQ>. Next, list a minimum of three additional resources (or URL’s) you used for your molecular gastronomy research.
 - a. Resource #1:



- b. Resource #2:
 - c. Resource #3:
 - d. Resource #4:
 - e. Resource #5:
2. TASK #2: Find a molecular gastronomy recipe. Find the following information that is needed to complete the recipe:
- a. The science—
 - b. The ingredients—
 - c. The equipment—
 - d. Key instructions—
3. TASK #3: Create a visual display of your recipe. Visuals could include:
- a. Google Slides
 - b. PowerPoint Slides
 - c. Prezi Presentation
 - d. Infographic
4. TASK #4 (OPTIONAL): Prepare the molecular gastronomy food item. Take pictures of the completed dish for your presentation and culinary arts portfolio.
5. TASK #5: Prepare a three-minute presentation of the dish or food item combining all four tasks. Present your research to the class.
6. Turn in your completed lab sheet and a printed or shared copy of the presentation to your instructor.

Molecular Gastronomy Research

To obtain more information on molecular gastronomy, consider viewing the “Molecular Gastronomy” lesson and e-unit (CA B3–15) found in the MyCAERT library (<http://www.mycaert.com>). Within that lesson you will find information on the history of molecular gastronomy and the restaurants that serve this cuisine.