

# Southern Cuisine

**Unit:** Preparing Foods

**Problem Area:** Regional and International Cuisine

**Lesson:** Southern Cuisine

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

- 1 Summarize southern regional cuisine and its influences.**
- 2 Describe the South'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>.

"A Brief History of Southern Food," *Southernfood.com*. Accessed Apr. 20, 2018.  
<http://www.southernfood.com/history.html>.

Lynn, Andrea. "What Defines Authentic Soul Food?," *The Spruce*. Accessed Apr. 20, 2018.  
<https://www.thespruceeats.com/soul-food-history-and-definition-101709>.

"Recipes," *SouthernLiving.com*. Accessed Apr. 20, 2018. <https://www.southernliving.com/recipes>.

"Southern Food: A Popular Press Primer," *Southern Foodways Alliance*. Accessed Apr. 20, 2018. <http://www.southernfoodways.org/scholarship/southern-food-primer/>.

"Southern United States," *New World Encyclopedia*. Accessed Apr. 20, 2018.  
[http://www.newworldencyclopedia.org/entry/Southern\\_United\\_States](http://www.newworldencyclopedia.org/entry/Southern_United_States).



## ■ **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):

- beignet
- buttermilk
- cobbler
- coleslaw
- comfort food
- divinity
- greens
- grits
- hoppin' John
- hush puppies
- Lowcountry
- Mardi Gras
- meat n' three restaurant
- moon pie
- pawpaw
- potlikker
- soul food
- southern cuisine
- sweet potato pie
- sweet tea

## ■ **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.

*Southern food is one of the highlights of American cuisine. It's an essential American cuisine with a long history: It's wonderful home cooking. Southern food encompasses many states, people, and economics. Post or project a map of the southern states. Ask students to identify the cuisines or foods they associate with each state. To really understand this regional cuisine, it is important to take a look at the roots of the south and the cultural influences on the cuisine. Each area has its own cuisine; however, all of these states have*

traditional southern foods and meals in common. Ask students to describe a traditional southern meal. Record their ideas. A traditional meal, often called “soul food” or “comfort food,” might consist of pan-fried chicken, greens, mashed potatoes, cornbread, sweet tea, and a dessert.

## CONTENT SUMMARY AND TEACHING STRATEGIES

**Objective 1:** Summarize southern regional cuisine and its influences.

**Anticipated Problem:** What is southern cuisine? How do history, geography, and culture influence southern cuisine?

- I. **Southern cuisine** is home-style cooking rooted in local ingredients, necessity, and frugality. The southern region of the United States stretches from Virginia to Texas. These states are home to a variety of unique foods, flavors, and some quintessentially American meals. Many dishes are associated with comfort, because they are hearty and remind many people of their childhood. Despite being considered unhealthy (lots of fried food), these dishes have become a large part of the cultural identity of the United States.
  - A. SOUL AND COMFORT FOODS: There are two common references to southern dining: soul food and comfort food. Both of these can be found at a meat n’ three restaurant.
    1. Soul Food: In an article found on The Spruce’s website, 1960s cookbook (*Soul Food Cookbook*) author Bob Jeffries is quoted as saying, “While all soul food is southern food, not all southern food is soul. Soul food cooking is an example of how really good southern [African-American] cooks cooked with what they had available to them.” **Soul food** is traditional African-American cuisine originating in the rural South. The staples of soul food are beans, greens, pork, and cornmeal (for cornbread, hush puppies, johnnycakes, and as a coating for fried fish), and pork. All parts of the pig are used in soul food cooking: pig ears, hog jowl, chitlins, pigs’ feet, and ham hocks. Pork fat is used for frying other foods, such as slow-cooked greens. Sweet, cold drinks are also staples. These drinks are common in areas with a history of slave-based plantations, and they have maintained their popularity among black Americans and the Deep South. The term “soul food” was never mentioned before the 1960s. In those years, the terms soul music, soul brothers and sisters, and soul food were coined. Sylvia Wood also opened her famous Harlem restaurant, *Sylvia’s*, and is now known as the “queen of soul food.” Soul food is currently the most popular regional cuisine of the South. (Source: The Spruce.)

2. Comfort Food: **Comfort food** is satisfying food that creates a feeling of well-being, and it typically contains high amounts of sugar or other carbohydrates. Comfort food is often associated with the childhood memories of mom's chicken soup, grandma's fried chicken, or dad's meatloaf. Comfort foods can be of an individual or cultural nature. Southern comfort foods include pot roast, fried chicken, chicken and biscuits, chicken-fried steak with redeye gravy, skillet cornbread, buttermilk biscuits, macaroni (mac) and cheese, sweet potato casserole, banana pudding, peach pie, pound cake, and chocolate pie.
  3. Meat n' Three: A **meat n' three restaurant** is often a cafeteria-style establishment in which a patron picks one meat (from a daily selection of three to six choices) and three sides (fixin's) from twelve or more choices. Meat n' three is closely tied to comfort food in the South. The meal is typically served with cornbread and sweet tea. Common meat choices include fried chicken, country ham, country-fried steak, meatloaf, pork chops, or beef. Common side-dish choices include mac and cheese, gelatin, creamed corn, creamed spinach, greens, lima beans, or potatoes. Today, not only are these restaurants found in the South, but they can be seen in all parts of the country.
    - a. *Brenda's Meat & Three* restaurant in San Francisco offers a traditional meat n' three with some Frisco flair. Choices include pepper-jelly-glazed pork belly, oyster dressing, and a kale and feta salad.
    - b. In Chicago, *MacArthur's Restaurant* on West Madison Street offers a meat dish and two sides. Fried chicken, yams, and mashed potatoes and gravy are menu staples. Then, they can add a piece of red velvet cake. At *Bub City* on North Clark Street, the meat-and-three often includes a chopped brisket sandwich, cucumber and tomato salad, barbecue nachos, and mac and cheese. Then, a piece of peanut butter and chocolate pie can be added for \$3.00 more.
- B. STATE BY STATE INFLUENCES: The cuisine of the southern United States is historically derived from the states south of the Mason-Dixon line. This line divides Pennsylvania and Delaware from Maryland, follows the southern portion of the Ohio River (right above Kentucky), and then extends west to Oklahoma and Texas. Each southern state has a favorite recipe for fried chicken, as well as other local specialties.
1. Alabama: Catfish (with Mississippi, provides the most in the United States), orange rolls, crab cakes, and tomato pie
  2. Arkansas: Riceland rice, sweet corn, fried catfish, pork barbecue, smoked ham, chocolate gravy, fried okra, and chicken (home of Tyson chicken)
  3. Florida: Key lime pie, swamp cabbage, orange juice, and "Floribbean cuisine," (foods influenced by Caribbean immigrants, combination of Florida and the Caribbean Islands)
  4. Georgia: Peaches, pecans, peanuts, Vidalia onions, meat n' three, pralines, and home of Coca-Cola
  5. Kentucky: Burgoo (hunter's stew), beer cheese, corn pudding, hot brown, bourbon, mint julep, Ale-8-One soft drink, chess pie, and derby pie

6. Louisiana: Creole and Cajun cuisine, crawfish (the largest supplier in the United States), jambalaya, gumbo, étouffée, red beans and rice, po' boy sandwiches, beignets, King Cakes, hurricanes, and pralines
  7. Maryland: Blue and soft-shell crabs, crab cakes, and Smith Island Cake (up to 15 layers of cake and fudge frosting)
  8. Mississippi: Catfish (with Alabama, provides the most in the United States), soul food, crawfish, biscuits, black bottom pie, caramel cake, and mud pie
  9. North Carolina: Pork barbecue, fried green tomatoes, Krispy Kreme doughnuts, Cheerwine soft drinks, seafood, and shrimp n' grits
  10. Oklahoma: Root beer, grain and bean-based dishes, beans and cornbread, biscuits and gravy, chicken-fried steak, and Sonic (a.k.a. Sonic Drive-In)
  11. South Carolina: Rice dishes [Hoppin' John (Carolina peas and rice), Charleston red rice], oysters, sweet tea, grits, collards, and Blenheim ginger ale
  12. Tennessee: Memphis barbecue (several famous restaurants and a major barbecue cooking competition every May), country ham, dry ribs, whole hog barbecue, biscuits and gravy, greens, potlikker, Goo Goo Clusters, banana pudding, vinegar pie, and moon pies
  13. Texas: Barbecue, brisket, chili (chili con carne), queso, Gulf oysters, Tex-Mex food, Whataburger, and Frito pie
  14. Virginia: Smithfield ham, shrimp and grits, Brunswick stew, raw and baked oysters, peanut soup, and peanut pie
  15. West Virginia: Biscuits and gravy, beans and cornbread, morels, and the double-cut pork chop
- C. AFRICAN INFLUENCES: African traditions have had the most impact on the flavors and the methods of southern cooking. African-American women continued to hold dominion in southern kitchens after slavery ended. Culinary "Africanisms," such as the use of smoked meats and fish as seasonings, the use of nuts as thickeners, and the use of okra to prepare soupy stews (often called gumbos), influenced the plantation's culinary vocabulary. These dishes, along with fried chicken, call upon the West African art of frying. Fritters harken back to the African method of frying in deep oil. They also brought a range of nut soups that represent some of the best cooking in the south.
- D. OTHER IMMIGRANT INFLUENCES: Aside from Africans, there were many other influences on southern regional cuisine.
1. Native Americans taught European settlers to grow and cook corn, a vegetable unknown in Europe at the time.
  2. Spanish explorers brought pigs with them in the 1500s, introducing pork to the region.
  3. Creoles, known for their unique use of spices, are descended from French, Haitian, and Spanish settlers that intermingled in and around New Orleans.
  4. Cajuns, also recognized for their unique style of cooking, were originally Acadians, French settlers from Canada.



- E. **TOPOGRAPHICAL INFLUENCES:** Southern geography varies from east to west. Around the regional coastlines of the Atlantic Ocean and the Gulf of Mexico, seafood influenced cuisine offerings. Moving inland, more fertile soils allowed for the use of various crops. The South shares the Appalachian, Smokey, and Ozark Mountains (as well as numerous rivers and lakes) which provide the region with a variety of unique dishes. There are many branches of southern cuisine related to the region it is found. Creole, Cajun, Tex-Mex, Texas barbecue, North Carolina barbecue, Tidewater, Appalachian, Lowcountry, and Floribbean are all southern cuisines that are associated with their location and unique topographical areas.
1. Coastal Region: The **Lowcountry** is a geographical and cultural region along South Carolina's coast that includes the four counties of Beaufort, Colleton, Hampton, and Jasper. Grits is a staple of Lowcountry cuisine. Besides the Lowcountry, the southern coastline includes the Carolinas, Virginia, Georgia, and Florida that share many of the same food resources as the central Gulf Coast: fish, shrimp, oysters, rice, and okra. It also displays some similarities to Creole and Cajun cuisines. In Virginia, the Tidewater region extends down into the northeast corner of North Carolina. It is also known for seafood, peanuts, wine, and classic coastal cuisine.
  2. Appalachian Mountain Region: Travel distances, forest conditions, and mountainous terrain limited the crops that early settlements could grow locally. For farmers, pigs and chickens were the primary source of meat. Many farmers maintained their own smokehouses to produce a variety of ham, bacon, and sausage. Seafood, beyond locally caught fish, was unavailable until modern times. Appalachia offered early settlers a wide variety of wild game, and venison and squirrel were particularly common. The necessity of hunting and fishing in Appalachia means that game and fish are often staples of the table. Because the mountains are cooler and drier than the lowlands, apples, oats, and potatoes are also common to this region's cuisine. Butter was used extensively, but very little cheese was made. A variety of wild, lesser-known fruits (pawpaws, persimmons, and wild blackberries) were commonly available and used in cooking. A **pawpaw** is a fruit with a pungent aroma and a sweet taste—likened to a combination of an apple, a pineapple, and a banana.
- F. **CLIMATIC INFLUENCES:** Throughout the South, the climate is generally warm and sunny. Summers are usually hot, long, and humid. The areas along the Gulf of Mexico and the Atlantic coast often experience hurricanes from June through November. Winters in the South are typically short and mild. Snowfall and freezing temperatures generally occur in the northern or mountainous areas. The South usually enjoys a full, temperate spring and autumn.
- G. **CULTURAL INFLUENCES:** In the South, no other form of cultural expression, not even music, is as distinctively characteristic of the region as a gathering comprised of kin, friends, and food. For as long as there has been a South, food has been central to the region's image, personality, and character. Most southerners are from Christian backgrounds, for whom the main holidays are Christmas and Easter. Ham is a typical main dish for Easter and Christmas. Thanksgiving and Catholic holidays are also celebrated with family gatherings.

1. The making of fruitcake for Christmas is a longstanding tradition in America. The Claxton Bakery was in Georgia opened (with fruitcakes) in 1910. They sell more than 200 tons of the cake each year. In Texas, the Collin Street Bakery has been selling them since 1896 (over 120 years).
2. A Catholic holiday that receives special treatment in the South is Mardi Gras. **Mardi Gras**, a.k.a. Fat Tuesday or Shrove Tuesday, is a carnival-like celebration (starting on the Catholic holiday of Epiphany and ending with a parade on the day before Ash Wednesday) that celebrates feasting before Lent begins. New Orleans is famous for this celebration, which lasts several days and involves parades, balls, music, and lots of food. One traditional element of the feast is the king cake, in which a small figurine is baked inside. Whoever gets the piece with the figurine is crowned king or queen for the day, and that person is responsible for hosting next year's gathering with a king cake.

**Teaching Strategy:** Use VM-A to project a map of the southern United States. Use VM-B to illustrate examples of soul food and comfort food.

**Objective 2:** Describe the South's most common food ingredients and classic cuisine.

**Anticipated Problem:** What are the southern regions' most commonly used food ingredients? What are the South's most common foods? What are examples of classic southern cuisine?

- II. As previously stated, the South is made up of several states, and its borders run from Virginia to Texas. Each area has its own local cuisine, yet the entire region has some southern commonalities found throughout its various states. Meats, especially chicken and pork, are central in southern cuisine. Many favorite dishes from this region include country hams, pulled pork, sausage, fried chicken, and bacon. Pigs and chickens grew in popularity in the South because they are easy to raise and inexpensive to feed. This region's freshwater and seafood specialties include catfish and shellfish (especially shrimp and crawfish) found in riverbeds, creeks, ponds and the Gulf and Atlantic coasts. There are many common ingredients found throughout this region.
  - A. **SPICES AND HERBS:** Traditionally, spices were applied more liberally in warmer climates, both to enhance flavors and to disguise spoiled meats.
  - B. **BARBECUE:** Barbecue is a classic example of the way terrain and food sources define each local area of the South. All regions affirm, by the multiple uses of pork and beef, the importance of meat in southern barbecue. North Carolinians cook pork so long that it falls apart, and they commonly serve it shredded on hamburger buns. Tennesseans in Memphis almost exclusively use smoked pork. South-central Kentuckians serves slices of bone-in pork shoulder as barbecue. It is dipped in sauce and accompanied by white bread. Texans barbecue sausage links. Sometimes barbecue is not even pork. Many Texans and Arkansans barbecue beef brisket, and some Kentuckians feast on mutton barbecue.

- C. **SIDE DISHES:** Side dishes are the coin of the realm in the South. Most southern dishes are accompanied by multiple side dishes.
1. **Hush puppies** are small, savory, deep-fried balls (similar to fritters) made from a cornmeal-based batter. They are frequently served with seafood and other deep-fried foods.
  2. **Coleslaw** is a salad consisting primarily of finely-shredded raw cabbage and dressed with vinaigrette or mayonnaise.
  3. **Greens** are any cabbages without a compact head (kale, collards, turnip, spinach, and mustard). Southerners love their greens. They are traditionally cooked by boiling them with a hunk of salt pork or a ham hock for a “long time,” or until the stems and leaves are soft. Greens are often served with cornbread dipped into the **potlikker** (a concentrated broth left over from boiled greens or beans). According to local lore, collards served with black-eyed peas and a hog jowl on New Year’s Day promise good luck and financial reward to the diner.
  4. **Grits** are coarsely ground corn kernels boiled with water or milk. Unless grits are topped with something flavorful, they have a very bland taste. Grits originated in the southern United States, but are now available nationwide. Grits are often served as a side at dinnertime, especially when cheese is added, and they are often served with shrimp entrées. Grits can also be served at breakfast, where they are flavored with butter, sugar, or even syrup.
  5. **Hoppin’ John** (Carolina Peas and Rice) is a rich bean stew made of black-eyed peas simmered with spicy sausage, ham hocks or fatback, and rice. It is found across the South, but it is primarily associated with the Carolinas. Introduced by Africans working in the rice plantations, this dish has African, French, and Caribbean roots. A New Year’s Day tradition is to bury a dime within the black-eyed peas. The person who finds the dime is said to have good luck for the rest of the year. [NOTE: Southerners who serve hoppin’ John the day after New Year’s refer to the dish as skippin’ Jenny.]
- D. **DESSERTS:** The native fruits and vegetables of the South contributed to their dessert specialties.
1. A **cobbler** is a dish containing a fruit filling (or sometimes savory) that is poured into a large baking pan, where it is covered with batter, biscuits, or dumplings before baking. Some southern cobblers resemble a thick-crusted, deep-dish pie with both a top and bottom crust. Common fruit fillings can include peach, apple, blackberry, and blueberry.
  2. A **sweet potato pie** is a custard-filled pie made with mashed sweet potatoes, milk, sugar, eggs, and spices (such as nutmeg). Other possible ingredients include vanilla or banana extracts. This traditional southern dessert is often served at Thanksgiving, and it is similar in appearance and taste to pumpkin pie.
  3. A **moon pie** is a chocolate-dipped snack cake composed of marshmallow cream sandwiched between two round graham cracker cookies. Moon pies were first created in Tennessee’s Chattanooga Bakery in 1917 as a portable snack for miners, and they have become a permanent part of southern culture.



The Chattanooga Bakery still makes moon pies today, more than 100 years later.

4. **Divinity** is sweet nougat candy made from stiffly-beaten egg whites, corn syrup, sugar, and pecans or dried fruit: It is often called white fudge or sea foam candy. Divinity has its roots in ancient Turkey, but the American version was created in the early twentieth century. Some tricks to making divinity include using a candy thermometer and only making the confections on a dry day (recommended humidity level is less than 50%).
  5. A **beignet** is a square doughnut made from deep-fried choux pastry (or sometimes yeast dough). It is served immediately after deep-frying, and it is usually heavily coated with powdered sugar. New Orleans is famous for powder-sugar beignets.
- E. DRINKS: Southerners have provided the country (and world) with a few unique beverages.
1. **Buttermilk** is the thin, slightly sour liquid left after churning butter from cream. It was once a popular drink in the South, because it kept longer than raw milk in the days before refrigeration. Therefore, it became a staple in southern kitchens. Buttermilk adds tenderness to the crumb of breads and cakes, and it provides leavening when combined with soda. Today, all U.S. buttermilk is made from regular, pasteurized milk. It is fermented with active cultures containing probiotics. Currently, buttermilk ranges in its level of fat, from skim to full-fat varieties. Southerners drink buttermilk in many ways, such as in a drink, smoothie, or a shake. It is also used a lot in cooking. Dishes made with buttermilk include:
    - a. Desserts (pies, pound cakes, or chocolate cakes)
    - b. Quick breads (biscuits, cornbread, muffins, or waffles)
    - c. Sauces (salad dressings, marinades, and brines)
  2. Soft drinks are popular southern exports. The development of carbonated water (soda water) and glass bottles (combined with Prohibition) set the stage in the late 1800s for the popularity of these drinks. Different “sodas” included ginger ale, rootbeer, and cola. Soft drinks are called by many names across the country, such as coke, pop, soda, or cola. In the South, “coke” is often a generic term for most soft drinks. Many soft drinks originated in the South, where relief from summer heat and humidity were a constant desire.
    - a. Coca-Cola, Atlanta, GA
    - b. Barq’s Root Beer, Biloxi, MI (now part of Coca-Cola)
    - c. Dr. Pepper, Waco, TX
    - d. Pepsi Cola, New Bern, NC
    - e. Mt. Dew, Knoxville, TN
    - f. RC Cola (Royal Crown), Columbus, GA
    - g. Multiple others, including Cheerwine (NC), Blenheim (SC), Grapico (AL), Dr. Enuf (TN), and Ale-8-One (KY)
  3. Below the Mason-Dixon line, **sweet tea** is a non-alcoholic, sugary tea served cold. To make sweet tea, sugar is added to the hot water in which the bags of

black tea are brewing. It is traditionally served ice-cold with lemon; however, raspberry, peach, or mint flavors are sometimes added. South Carolina was the first place in the United States with a tea crop. Most restaurants in the South have their own version of sweet tea.

**Teaching Strategy:** Use VM–C through VM–F to illustrate the southern favorites of hush puppies, coleslaw, and grits. Use VM–G through VM–K for a discussion on southern desserts. Use VM–L to show sweet tea being served with a typical soul food meal. Assign LS–A to have students research, write, and present a southern menu.

- **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. f
2. h
3. d
4. a
5. e
6. l
7. g
8. c
9. j
10. b

#### Part Two: Completion

1. Mardi Gras
2. Louisiana
3. coleslaw
4. North Carolina
5. African

6. meat n' three restaurant
7. Lowcountry
8. greens

### Part Three: Short Answer

Answers will vary, but they should include the ideas shared in the paragraph below.

Soul food is traditional African-American cuisine originating in the rural South. The staples of soul food are beans, greens, pork, and cornmeal (for cornbread, hush puppies, johnnycakes, and as a coating for fried fish). All parts of the pig are used in soul food cooking: pig ears, hog jowl, chitlins, pigs' feet, and ham hocks. Pork fat is used for frying other foods, such as slow-cooked greens. Sweet, cold drinks are also staples. Comfort food is satisfying food that creates a feeling of well-being, and it typically contains high amounts of sugar or other carbohydrates. Comfort food is often associated with childhood memories of mom's chicken soup, grandma's fried chicken, or dad's meatloaf. Comfort foods can be of an individual or cultural nature. Southern comfort foods include pot roast, fried chicken, chicken and biscuits, chicken-fried steak with redeste gravy, skillet cornbread, buttermilk biscuits, macaroni (mac) and cheese, sweet potato casserole, banana pudding, peach pie, pound cake, and chocolate pie.

# Southern Cuisine

## ► Part One: Matching

**Instructions:** Match the term with the correct definition.

- |               |                     |
|---------------|---------------------|
| a. beignet    | f. hush puppies     |
| b. buttermilk | g. moon pie         |
| c. cobbler    | h. southern cuisine |
| d. divinity   | i. sweet potato pie |
| e. grits      | j. sweet tea        |

- \_\_\_\_\_ 1. Small, savory, deep-fried balls (similar to fritters) made from a cornmeal-based batter
- \_\_\_\_\_ 2. Home-style cooking rooted in local ingredients, necessity, and frugality
- \_\_\_\_\_ 3. A sweet nougat candy made from stiffly-beaten egg whites, corn syrup, sugar, and pecans or dried fruit
- \_\_\_\_\_ 4. A square doughnut made from deep-fried choux pastry (or sometimes yeast dough)
- \_\_\_\_\_ 5. Coarsely ground corn kernels boiled with water or milk
- \_\_\_\_\_ 6. A custard-filled pie made with mashed sweet potatoes, milk, sugar, eggs, and spices (such as nutmeg)
- \_\_\_\_\_ 7. A chocolate-dipped snack cake composed of marshmallow cream sandwiched between two round graham cracker cookies
- \_\_\_\_\_ 8. A dish containing a fruit filling (or sometimes savory) that is poured into a large baking pan, where it is covered with batter, biscuits, or dumplings before baking
- \_\_\_\_\_ 9. Below the Mason-Dixon line, a non-alcoholic, sugary tea served cold
- \_\_\_\_\_ 10. The thin, slightly sour liquid left after churning butter from cream



## ► Part Two: Completion

**Instructions:** Provide the word or words to complete the following statements.

1. Also called Fat Tuesday or Shrove Tuesday, \_\_\_\_\_ is a carnival-like celebration (starting on the Catholic holiday of Epiphany and ending with a parade on the day before Ash Wednesday) that celebrates feasting before Lent begins.
2. Cajun and Creole cuisines are from the state of \_\_\_\_\_.
3. A salad consisting primarily of finely-shredded raw cabbage commonly dressed with vinaigrette or mayonnaise is \_\_\_\_\_.
4. A style of southern barbecue cooked so long that it completely falls apart is popular in the state of \_\_\_\_\_.
5. Southern regional cuisine has many cultural influences, the predominant influence being \_\_\_\_\_ traditions.
6. A cafeteria-style establishment in which a patron picks one meat (from a daily selection of three to six choices) and three sides (fixin's) from twelve or more choices is a/an \_\_\_\_\_.
7. A geographical and cultural region along South Carolina's coast that includes the four counties of Beaufort, Colleton, Hampton and Jasper is called the \_\_\_\_\_.
8. Any cabbages without a compact head (kale, collards, turnip, spinach, and mustard) are called \_\_\_\_\_.

## ► Part Three: Short Answer

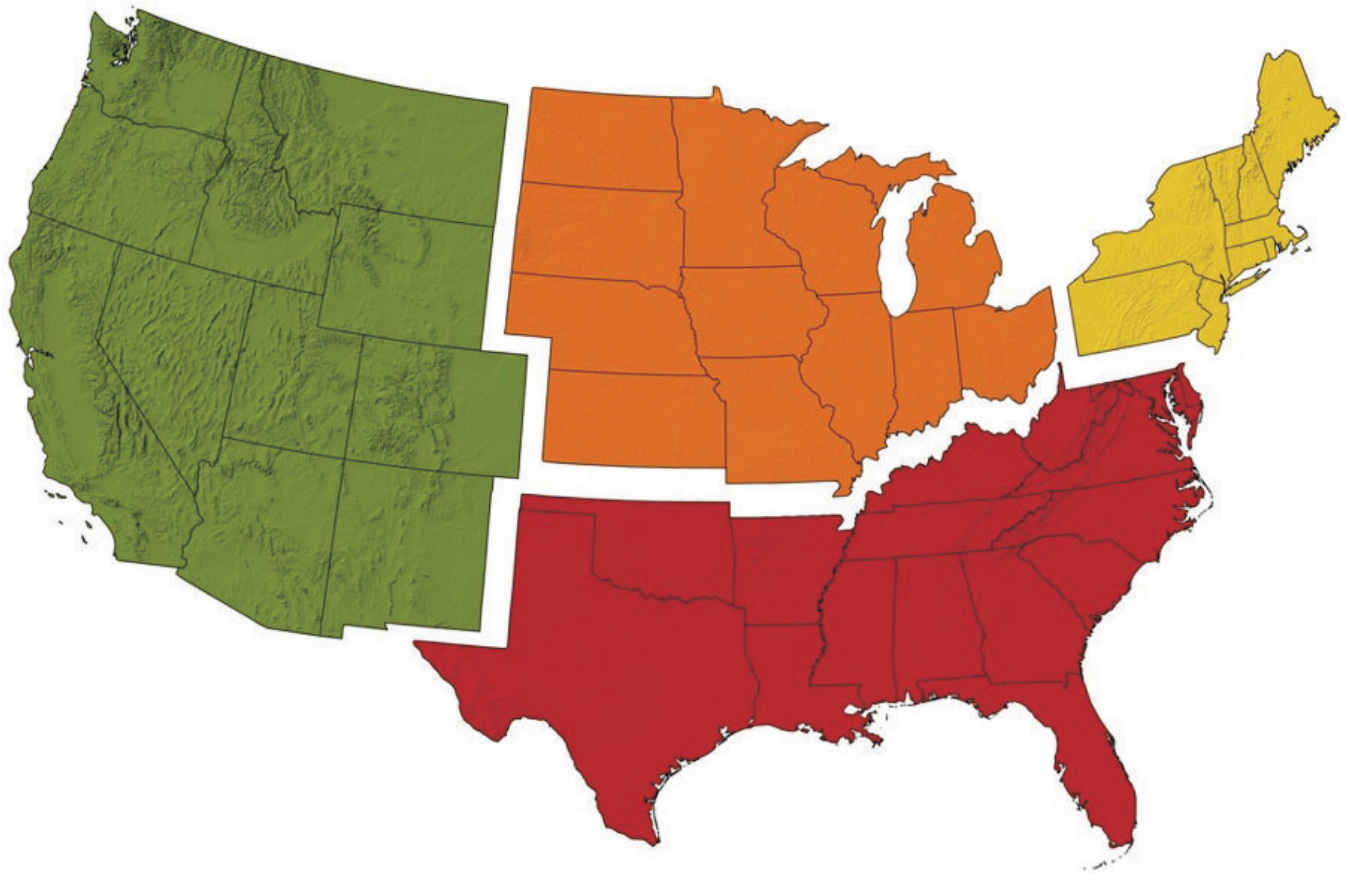
**Instructions:** Answer the following.

Differentiate between southern soul food and southern comfort food.



# WHERE IS THE SOUTH?

The South consists of Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, and West Virginia. In this map image, the southern region of the United States is highlighted in red.



# SOUL FOOD AND COMFORT FOOD

**Soul food** is traditional African-American cuisine originating in the rural South. The plate of soul food pictured here contains fried chicken, cornbread, and collard greens. **Comfort food** is satisfying food that creates a feeling of well-being, and it typically contains high amounts of sugar or other carbohydrates. Comfort food is often associated with childhood memories of mom's chicken soup, grandma's fried chicken, or dad's meatloaf. The plate of comfort food pictured here has smoked turkey, candied yams, macaroni and cheese, kale greens, and cornbread.





# HUSH PUPPIES

**Hush puppies** are small, savory, deep-fried balls (similar to fritters) made from a cornmeal-based batter. They are frequently served with seafood and other deep-fried foods.



# COLESLAW

**Coleslaw** is a salad consisting primarily of finely shredded raw cabbage commonly dressed with vinaigrette or mayonnaise. In many southern homes, mayonnaise-based coleslaw recipes are as varied as barbecue sauces. They can include carrots, sugar, buttermilk, pickles, onions, celery seed or salt, pickled jalapeños (other pickled vegetables), hot sauce, or dijon mustard. Vinegar-based coleslaw is an essential part of a North Carolina barbecue. Barbecue slaw (red slaw) is made using ketchup and vinegar (usually without mayonnaise).





# SOUTHERN GREENS

**Greens** are any sort of cabbage without a compact head: kale, collards, turnip, spinach, and mustard. Southerners love their greens. They are traditionally cooked by boiling them with a hunk of salt pork or ham hock for a “long time,” or until the stems and leaves are very soft. Greens are often served with cornbread dipped into the **potlikker** (a concentrated broth left over from boiled greens or beans). In the photos, the two dishes of greens are collard with bacon and mustard with ham hock.





# GRITS

**Grits** are coarsely ground corn kernels boiled with water or milk. Unless grits are topped with something flavorful, they have a very bland taste. They can be served at breakfast, as shown in the first picture, or, as shown in the second picture of shrimp and pork served over cheese grits, they can be part of a dinner.



# COBBLER

A **cobbler** is a dish containing a fruit filling (or sometimes savory) that is poured into a large baking dish, and then it is covered with batter, biscuits, or dumplings before baking. Some southern cobblers resemble a thick-crusted, deep-dish pie with both a top and bottom crust. Common fruit fillings can include peach, apple, blackberry, and blueberry. In the picture, an individual serving of peach cobbler and a cast iron skillet of blueberry cobbler are both shown.





# SWEET POTATO PIE

A **sweet potato pie** is a custard-filled pie made from mashed sweet potatoes, milk, sugar, eggs, and spices (such as nutmeg). This traditional southern dessert is often served at Thanksgiving, and it is similar in appearance and taste to pumpkin pie. Marshmallows are sometimes added as a topping, but this was mostly an adaptation made in the northern states.



# MOON PIE

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A **moon pie** is a chocolate-dipped snack cake composed of marshmallow cream sandwiched between two round graham cracker cookies. Moon pies were first created in Tennessee (Chattanooga Bakery, 1917) as a portable snack for miners, and they have become a permanent part of southern culture. The Chattanooga Bakery still makes moon pies today, more than 100 years later. An ice-cold RC Cola is the traditional accompaniment to a moon pie.



# DIVINITY

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**Divinity** is sweet nougat candy made from stiffly-beaten egg whites, corn syrup, sugar, and pecans or dried fruit: It is often called white fudge or sea foam candy. Some tricks to making divinity include using a candy thermometer and only making the confections on a dry day (recommended humidity level is less than 50%).





# BEIGNETS

A **beignet** is a square doughnut made from deep-fried choux pastry (or sometimes yeast dough). It is served immediately after deep-frying, and it is usually heavily coated with powdered sugar. New Orleans is famous for powder-sugar beignets.



# SWEET TEA

Below the Mason-Dixon line, **sweet tea** is a non-alcoholic, sugary tea served cold. To make sweet tea, add sugar to bags of black tea while it is brewing in hot water. It is traditionally served ice-cold with lemon; however, raspberry, peach, or mint flavors are sometimes added. As pictured, sweet tea is almost always served with soul food.



# Create a Southern Menu

## Purpose

The purpose of this activity is to research, write, and present a southern menu.

## Objectives

1. Select and research a southern cuisine.
2. Create a menu, and then present it to your class (possible by preparing the meal).

## Materials

- ◆ lab sheet
- ◆ pen or pencil
- ◆ device with Internet access
- ◆ projection device
- ◆ ingredients as needed to prepare the dish (optional)

## Procedure

1. Work with a partner or a small group to complete this lab activity. Review your class notes about southern cuisines.
2. Select a specific southern cuisine to research from the list provided. [NOTE: Ideally, the partner team or the small group would each select a individual cuisines.]
  - a. Creole
  - b. Cajun
  - c. Tex-Mex
  - d. Texas Barbecue
  - e. North Carolina Barbecue



- f. Tidewater
- g. Appalachian
- h. Lowcountry
- i. Floribbean
- j. OTHER: \_\_\_\_\_

3. TASK #1: Conduct basic research about foods that best represent the cuisine you chose, and their typical preparation methods. Report your findings in the table below.

Cuisine Categories	Food Items	Preparation Methods
Breakfast		
Lunch		
Dinner		
Appetizers & Salads		
Entrées		

Cuisine Categories	Food Items	Preparation Methods
Side Dishes & Breads		
Desserts		
Beverages		

4. TASK #2: Write a menu that best represents the cuisine you selected.
5. TASK #3: Create a visual representation of your cuisine for use during your presentation. You will be instructing the class about the cuisine's food items, preparation methods, and selection process. Presentational items could be made from:
  - a. Google Slides
  - b. PowerPoint
  - c. Prezi
  - d. Infographic
  - e. OTHER: \_\_\_\_\_
6. TASK #4 (Optional) Prepare one of the menu dishes.
7. TASK #5 (Optional) Take pictures of the dish for your presentation and for your culinary arts portfolio.
8. TASK #6: Prepare a three-minute presentation. Tell a story that relates to the customs of your selected southern menu.
9. TASK #7: Present your menu, visuals, and any preparation to the class. (If you prepared your dish, conduct a taste test as part of your presentation.)
10. Turn in or email your completed lab sheet, menu, visuals, and a copy of the presentation to your instructor.